



East Gwillimbury's Santa Claus Parade ushers in the Holiday Season!

East Gwillimbury's Bulletin MAGAZINE



Since 1998

December 2015, Vol. 17, No. 10



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East Gwillimbury's
Bulletin
 MAGAZINE
 Since 1998

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It's time to say 'thanks'!

By Blair Matthews

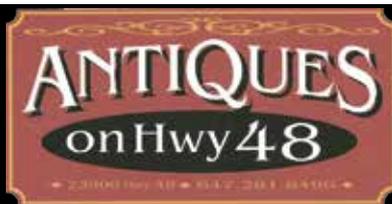
As we wrap up our Bulletin publishing for another year, I offer my sincere thanks to all of the local East Gwillimbury businesses who embraced us in 2015. Lots of you were new to the Bulletin (and some of you were also new at advertising your business). It's my job to provide a product that people will look forward to reading everytime it arrives in their mailbox. Without the financial support of local businesses and the advertising revenue they bring to the Bulletin, none of what you're reading right now would be possible. Thanks to all our readers and advertisers for their on-going support and positive feedback about the Bulletin's direction. The best way you can support the Bulletin is to support our advertisers - and be sure to tell them you saw their ad in the Bulletin!

It's been quite a year here in East Gwillimbury. New Council members, a whole lot of new construction, and some new faces in parts of our Town. For those just joining us, Welcome to East Gwillimbury! You picked a great place to live, work, and play.

Our plans for 2016 are already in motion where the Bulletin is concerned. We're seemingly hitting our stride with our feature stories, columns, photos, and community coverage. We don't publish in January, but we'll be back in February raring to go! As always, if you have a tip for a story that you think we'd be interested in, by all means, let me know.

If you haven't seen us out covering events in East Gwillimbury, inevitably, you will. Please stop and say 'hi' if you see me out and about at an event. I'm an East Gwillimbury resident and a neighbour just like you. From my family to yours, thanks for reading, be well, and have a Very Merry Christmas and a Happy Healthy New Year.

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Important Bulletin Deadlines:

Submission & Advertising deadline for February issue:

January 25, 2016

Bulletin delivered to residents: February 3

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ON THE COVER:

The East Gwillimbury Santa Claus Parade had terrific weather and a great crowd gathered to welcome Jolly 'Ole St. Nick!

Mount Albert Lions Santa Claus Parade

December 5, 2015





Community Happenings

ONGOING EVENTS:

Holland Landing Storybook House

A free resource centre for families/caregivers with children from birth to 6 years of age. Join us for socialization, stories, songs, fingerplays, playdough, music and movement. Mondays and Wednesdays, 9:30 a.m. to 11:30 a.m. Closed school holidays and July/August. 16 Holland River Blvd., Holland Landing, inside Holland Landing Public School. For more information, call 905-836-8916.

Mount Albert Legion activities:

Every Thursday Evening - DARTS beginning @ 7 pm; Snooker on Wednesday & Friday nights. All welcome to come out and play. The Legion is located at: 31 Princess Street, Mount Albert.

Mount Albert Friendship Club for Seniors

Ross Family Complex/Seniors Meeting Room, First Tuesday of each month Bingo at 1pm; First Wednesday of each month Potluck Luncheon, General Meeting and Euchre from 12-4pm; Each Wednesday is Bid Euchre at 1 pm; Each Thursday is Shuffleboard from 6pm in the Gym. Each Friday night is Bid Euchre starting at 7pm. Call 905-473-3305 for more info. Pickleball each Tuesday at 1-3pm and Thursday at 11am - 12:30 pm. Drop In \$2/visit. For more info call Town of East Gwillimbury at 905 478-3826.

The 2nd & 4th Tuesday of each month - from Sept. to June

Meetings of the **Lions Club of Mount Albert & District**, are held at the Lions' Hall (west entrance), beginning at 7:00 pm. Visitors welcome. Call 905-476-2094 for more information and to indicate your attendance. Check us out at: <http://e-clubhouse.org/sites/mountalbert/>

Mount Albert Village Association Monthly Meeting

3rd Tuesday of the month, 7 pm - downstairs at the Mount Albert Community Centre (53 Main Street). *NOTE: MAVA will NOT meet in December but will resume on Jan. 19th, 2016.

DECEMBER:

December 4 - North Union Christmas Carol Sing, 7:00 PM - 8:00 PM.

Contact Bill Potts, North Union Recreation Community Centre Committee Chair for more information: wpotts@xplornet.com.

December 5 - Christmas Carol Sing & Breakfast, 9am start

Sharon Temple, Tickets are \$15 (Kids under 5 are free). Call 905-478-2389.

December 5 - Mount Albert Lions Club Santa Claus Parade, 11am. For details contact Trisha Livingston at 905-478-8863.

December 6 - A Dramatic Reading of Christmas Carol. 3-5pm

The Very Useful Theatre Company is presenting 'A Dramatic Reading of a Christmas Carol with Music' at the New Hope Methodist Church in Newmarket. Net proceeds from this event are being donated to CHATS – Community Home Assistance to Seniors.

December 8 - A Special Breakfast at 7AM with the East Gwillimbury Chamber of Commerce, sponsored by the Town of East Gwillimbury.

Network while enjoying a hot buffet breakfast in the Atrium of the Town of EG Civic Centre. After breakfast we'll adjourn to the Town's Chambers for a presentation from the Town of East Gwillimbury. This is a complimentary breakfast courtesy of the Town of EG. Plus, the Town Toy Drive and Food Bank Drive will be on - donations of unwrapped new toys or non-perishable foods will be appreciated. Space is extremely limited....Reservations required! Contact: 905.478.8447 or egcoc@egcoc.org or www.egcoc.org.

December 10 - Mount Albert Knitting Guild, 6-8pm.

Meet others who love to knit, chat, and learn new skills. Free. Location: Ross Family Complex, Mount Albert.

Elf Day at Sharon Public School

6th Annual Holiday Bazaar

December 12, 9am-2pm

Vendors, Silent Auction, Poinsettia Sale, Kids Crafts, Free Gift Wrappingand much more! Visit www.spselfday.ca for more details. 18532 Leslie St., Sharon.

December 12 - Community Christmas Party presented by Uptown Realty Inc., Mount Albert

Enjoy an afternoon of Christmas family fun with complimentary food, hot chocolate, and Christmas cheer. Santa visits from 4 pm to 5 pm with gifts for all the children. Raffle: 1st prize \$500 Visa Gift Card, 2nd prize \$75 Cineplex Gift Card, 3rd prize \$35 LCBO Gift Card. Please RSVP (to ensure age and gender appropriate gifts for the children) to uptownrealty@rogers.com or call Dora 416-876-0952.

December 12 - Jingle Bell Walk (York Regional Forest) 10am-noon.

Join merrymakers in a walk along a forest path. Learn about the holiday traditions of bells and Christmas trees. We provide the bells. Please bring a donation of non-perishable food for our local food bank. Registration required. Register online at york.ca/forestevents or by phone at 1-877-464-9675 ext. 73000.

December 15 - Community Luncheon

Mount Albert United Church, 11:30am-1:00pm Church Basement \$8.00. Details at: www.mauc.com.

December 20 - 2:30-3:30pm

Christmas Skating Party hosted by Holland Landing Dental

Come and enjoy our 3rd Annual FREE skating event at East Gwillimbury Sports Complex, 1914B Mount Albert Rd. Donations of non-perishable items are appreciated. There will also be a DJ and a special visitor too.

December 23, 7pm - Kaylies Kottage 2nd Annual Christmas Carolling.

Meet at Kaylies Cottage, 19157A Centre Street, Mount Albert.

December 27, 10am - Sharon Hope United Church

We celebrate with a church service filled with lessons and carols.

JANUARY:

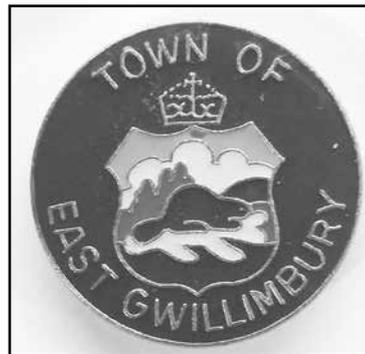
January 21,22,23, 2016

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*Not-for-profit events are free to list in our print edition. All other events, the cost is \$25 plus HST. Visit our website thebulletinmagazine.com and fill in the **Submit an Event** form. Listings are 'first come first served', space permitting.*

LET'S SEE YOUR PINS!

A few months ago I was looking on eBay for something and I suddenly came across this East Gwillimbury lapel pin. I had never seen one before (although I'm sure some of you probably have one just like it!). I paid \$7.95 for it from a seller in Richmond, Virginia.



Do you have an East Gwillimbury lapel pin stashed in your sock drawer? I'm curious if there have been other versions that are similar to this pin? If you have one, send me a photo and details about it and I'll include it in the next Bulletin (due out in February).

- Blair

**MOUNT ALBERT FOOD PANTRY
DROP-OFF INFORMATION**

Drop off for donations of food and toys for the Mount Albert Food Pantry can be made at the lower level of The Corner Decor & More/Benjamin Moore, 19124 Centre St., Mount Albert. Deadline for drop-offs: Dec. 16.

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December 25 & 26 and

December 31 at 8pm and January 1

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*From our family to yours,
have a Merry Christmas and Happy New Year.*

Mount Albert Sports Day Needs YOU!



Mount Albert Sports Day is looking for volunteers to help organize the 91st annual Sports Day.

We meet the last Tuesday of each month in the basement of the Mount Albert Community Hall. If you enjoy the weekend event, come on out and give us a hand. Many hands make light work.

The first meeting of the new year will be January 26th, 2016 beginning at 7:30 pm.

On behalf of the Sports Day Committee to each and every one of you, Merry Christmas and Best Wishes for 2016.

Contact us:

info@moualbertsportsday.com or
call 905 557 0304 to register

www.moualbertsportsday.com

Local resident's African charity still going strong and making education possible

By Blair Matthews

Sometimes it's easy to forget how big the world is outside of our own little town with its growing pains and community issues. We take for granted all the common amenities that, for most of us, have always just been there. Like toilets. And libraries. And schools that aren't falling apart at the seams. Here, the cost of public primary education doesn't prevent a child from attending – and excelling – at school.

But it's not like that everywhere.

Local artist and Mount Albert resident Frank Smith had an opportunity to visit the African country of Tanzania in 2007 and it was an eye-opening experience.

Tanzania is best-known for Mt. Kilimanjaro, the Serengeti National Park, and the Ngorongoro Crater. But beyond the popular tourist destinations, the children in the small villages there were struggling to get access to proper education.

At the time, Smith had just retired from being a visual arts high school teacher, and was looking for volunteer opportunities. He applied for a position on the artistic enrichment committee at the Newmarket hospital where they manage the artwork you see hung in various wings at Southlake.

Smith met a member of the local Rotary Club during his interview. One conversation sparked another and when he learned of an opportunity to travel to Tanzania through the Rotary Club, he snatched up the chance to volunteer his time and unique skills in a different way.

In 2006 he was an art teacher; less than a year later he was flying across the world to a foreign country to help students from a different culture – all of whom faced social conditions and dilemmas most of us couldn't fathom here.

Poverty and the possibility of having to leave school because of financial barriers are two common problems. Some of the children are orphans, most have only one parent. Some are living with HIV/AIDS.

Smith's first Tanzania trip with the Rotarian group was to help rebuild and renovate schools. When he witnessed firsthand the children in some of the local villages and learned that many couldn't afford to attend school, he was inspired to help even more.

As an artist and teacher, Smith knew how important creative expression could be to kids in all walks of life



no matter their background or level of education.

Most of the children Smith encountered in Tanzania had never seen coloured pencils or paints.

In 2008, Smith officially formed a registered charity he called ABCD (Art Building Children's Dreams).

ABCD is a small, dedicated group of people who are working to improve the lives of close to 50 disadvantaged children in rural Tanzania. Their dream is

to help these children become healthy, happy and contributing members of their own villages and communities through educational funding. ABCD uses children's art as inspiration and motivation to raise funds for their education. This helps to stop the cycle of poverty.

How do they achieve this mandate? With monetary donations, fund raising events, foundation grants, dedication, and lots of good will they've gained along the way. You can support the education of one of the ABCD children on the website by just choosing one and emailing Smith. For your donation you'll be kept informed with photos and artwork as the child progresses through their school years.

Smith raises funds locally here in East Gwillimbury, and although he's limited in what physical donations he can accept (due to storage constraints), there have been instances where local businesses have stepped in to help in unique ways.

"(Mount Albert) Home Hardware donated bags, for example," Smith says. "They give us enough to give each child a bag full of school supplies every year when we get over there."

On average it costs about \$100 per year for a child to attend elementary school. For high school kids, it's \$300-\$600 depending on if they are boarding there or not.

Smith spends about a month in Tanzania every year and each time he and his team visit, they are welcomed as friends.

"We feel much more a part of the community there now," he says. "Each year we get a warm welcome and we have a big celebration with them. We're helping them with building so they can take a much stronger leadership role in the development of their own community. Because it is poverty alleviation we're talking about here.

Continued on Page 25.

Cocoa and Cookies with Santa at the Elman W. Campbell Museum

You're invited! Jingle all the way to the Elman Campbell Museum. Drop-in and enjoy an afternoon of hot cocoa and cookies. Have a visit and photo opportunity with Santa and Mrs. Claus. Saturday, December 5, 1-3PM. Presented by the Friends of the Museum. Free admission. Don't forget to bring your camera!

For more information please call 905-953-5314 or email elmanmuseum@rogers.com We are located at 134 Main St., South, Newmarket.

BE A SANTA TO A SENIOR

With your help and involvement you can make the difference in the life of a senior this holiday season. Our goal is to provide a Christmas gift for each of the nursing home residents at Cedarvale Lodge in Keswick and River Glen Haven in Sutton.

Step 1: Select a "Christmas Wish" Tag from one of the displays located at: Canadian Tire (Keswick), Giant Tiger (Sutton), Shopper's Drug Mart (Keswick) or Club 55 (Keswick).

Step 2: Fulfill the Wish List. Shop for and purchase the items listed on the tag.

Step 3: Delivery of the Gift. Once you have purchased your gift, leave the item with the Wish Tag at one of these locations: Canadian Tire (Keswick), Giant Tiger (Sutton), Shopper's Drug Mart (Keswick) or Club 55 (Keswick). Please do not wrap or sign the gift.

Deadline: Thursday, December 10th.

For more information, please call: (905)476-4301 ext. 2237.

Thank you to everyone for your support and to those who will fulfill a Christmas Wish this season!

EAST GWILLIMBURY TRAIL WALKS

December 12, 9am at Peggy's Wood Trail. Meet at Oldfield Cres. & Harvest Hills Blvd. west of Yonge Street & south of Green Lane.

YORK-SIMCOE NATURALISTS MEETING

Tuesday, December 8, 2015 @ 7:30 pm
The Decline of Aerial Insectivores
by Kristyn Richardson of Bird Studies Canada

Tuesday, January 12, 2016 @ 7:30 pm
Winter Survival Foods
by Author Karen Stephenson

Visitors can attend for free and new members are always welcome.

All meetings start at 7:30 p.m. are held at 20 Oak Ave. River Drive Park Community Centre, East Gwillimbury, ON, L9N 1A1. <http://goo.gl/maps/Vtg45>

East Gwillimbury Public Library Partners with Hoopla Digital

Library will now offer patrons
online and mobile access to free movies,
music, eBooks and more

East Gwillimbury Public Library recently announced public availability of thousands of movies, television shows, music albums, eBooks, audiobooks and comics, all available for mobile and online access through a new partnership with hoopla digital (hoopladigital.com).

EGPL card holders can download the free hoopla digital mobile app on their Android or IOS device to begin enjoying thousands of titles – from major Hollywood studios, record companies and publishers – available to borrow 24/7, for instant streaming or temporary downloading to their smartphones, tablets and computers.

By partnering with hoopla digital, EGPL patrons now have 24/7 access to the library and thousands of educational and popular titles, to accommodate varying interests. The service is also digital so there is no waiting period for popular titles and hoopla's automatic return means no late fees.

East Gwillimbury Public Library is the forty-fifth library system in Canada to partner with hoopla digital. Current partners include Toronto Public Library, Calgary Public Library, Hamilton Public Library, Edmonton Public Library and many others.

"With hoopla digital, it is our mission to empower the evolution of public libraries while helping them to meet the needs of the mobile generation. We've worked for years to create a best-in-breed service that is fun, fast and reliable. And we continue to secure content deals to expand our offering of popular and niche movies, TV shows, music, eBooks, audiobooks and comics," said Jeff Jankowski founder and owner of hoopla digital.

All content is accessible via hoopla digital's mobile app and online via egpl.ca. For more information, please contact the Library at (905) 836-6492.



Above: John Verdoold demonstrates his watercolour painting technique.



Around East Gwillimbury

East Gwillimbury Group of Artists Show

Twenty local East Gwillimbury artists had their works for sale at the group's annual Artistic Edge show on November 7th and 8th at the E.G. Sports Complex. Dozens of pieces were on display and members of the public attending the show were invited to nominate their favourite work for 'people's choice'.

Also at the show were artist demos. When I dropped by, Group member John Verdoold was busy putting the finishing touches on a watercolour he'd been working on that afternoon. I was surprised to learn that John has only been painting for a short time - he took up painting three years ago and has been a keen student, learning from others in the group, ever since.

The East Gwillimbury Group of Artists was founded in September 2010 after being an informal drop-in for years. They help advance each other's skills, exchange ideas, learn from guest artists, and participate in art shows.

- Photos by Blair Matthews



DID YOU KNOW?

- Since June of 2013, the East Gwillimbury Group of Artists have been privileged to hang some of their work at the East Gwillimbury Town Offices (Sharon). A new piece is hung approximately every three months.

- For the past four years, the Group has provided bursaries to six local Grade 12 students to help them continue their education in an art-related field.



Nativity Display at Queensville Holland Landing United Church

Queensville Holland Landing United Church got into the spirit of the season this past November by hosting a unique event: a display of nativities. Some sets were very old, others were modern (Charlie Brown and Mattel versions); many different types were represented made out of plastic, wood, ceramics, cardboard, yarn, fabric, and stone. The display featured nearly 500 nativities and 150 angels and was open to the general public to tour until November 29. After the self-guided walk-through, guests were invited to have coffee or tea and a sweet treat.

Congregation member Sylvia Kernohan has been the driving force behind this event, now in its 7th year. What started out with 35 nativities has ballooned into a collection that spans many rooms and stretches across a number of tables. Sylvia says she was inspired to start the yearly event after viewing a similar display of nativities in a Walkerton, Ontario church 8 years ago. She was so impressed by the display but was disappointed it was such a long drive from East Gwillimbury to see it. Along with community and congregation friends, Sylvia borrowed many of the nativities used. This year the display included a special international section of nativities that church members brought back from their travels.

This year when you're putting away your nativity keep Sylvia and the Queensville Holland Landing United Church in mind - I'm sure they'd be pleased to borrow a unique nativity you may have.

- Photos by Blair Matthews



This Christmas manger set (owned by Marg Smith [Wilkinson]) has been in the Wilkinson Family for approximately 65 years. Origin unknown - possibly England.



Sylvia Kernohan and her team of volunteers have welcomed the Christmas Season with a popular display of nativity scenes.



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Give yourself the gift of song for Christmas

As we move into the dark time of the year there is Christmas, the light of the darkest nights. The theory is good but somehow the reality of it is rush, rush and rush some more. There are magical moments, so many that we agree to do the whole thing over again next year but each year, I like to give myself a special something, a little gift, just to keep me moving.



That may sound easy enough but in order for it to fit my needs it has to be inexpensive, after all the season is about giving, not receiving. It can't take up room in my small house and it definitely cannot collect dust. The last requirement is that it actually gives me joy and doesn't become just another drain on my energy.

What about you? If you were giving yourself a gift, what would it be? New shoes, a good book, or a peaceful holiday? Sometimes after a busy autumn all I want is more energy; if only I could figure out how to package that. Well, it turns out there is something out there, something that will literally bring joy not only to you but to others and probably change your life. I am talking about choral singing, raising your voice in harmony with others.

It may sound like a funny thing but as the host of monthly house concerts, I have found concert days energizing and inspirational. I can't sing but those who do,

need an audience so I can do my part and enjoy the vibrations thrumming through me as I listen with a group of good friends. It is wonderful but then again, it could be more.

I interviewed Marg Toole of the York Harmony Chorus (YHC) a chartered group of Sweet Adeline's International. There are 43 women who meet every Tuesday evening all year to sing, laugh and enjoy themselves. Under the direction of Martha DeClerq, they learn pieces and sing them A Cappella, without music, practising until they become a finely tuned instrument. Then, they do public performances, usually as fundraisers and compete with other Sweet Adeline's Groups, often winning. This year is the 45th anniversary of their charter and Marg has been with them for all of those years. She is enthusiastic about the magic and benefits of singing in a group and no wonder.

As we sat talking that Tuesday evening, I could hear the different sections warming up all around me. What an audio feast. Marg told me, "Our director and organization use visualization as part of our education, to enhance vocal production and add emotion to performance. We are encouraged to sing the story." The group sings 'Barbershop,' which is a form of ensemble singing. When all singers are in 'sync', each cord has lock and ring. At the magical moment when that happens, "the hair stands up on our arms. The best part of it is, our audience feels it too." She told me it is exciting to use her body as an instrument to produce beautiful harmonies with her riser mates.

As I listened to her, my first thought was 'but I can't sing'. It is possible that real musical talent is born but most singers learn their craft. Marg told me anyone can sing if they find the proper range for their voices and if they have the right support. Anyone can sing? Amazing. I love music and I love to sing when I walk the dog in the back field or in the bathroom when no one else is in the house.

I began to talk to everyone I know who sings and asked the YHC sisters what they like about singing enough to bring them out into the dark of night in all weather to



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raise their voices together. Here is what they said:

1. It's fun.
2. I meet amazing people.
3. You become very close to the group and get singing and life support. (Marg told me that in her group, over 45 years, people have gone through health and personal issues. The music and the friendship pull them through.)
4. It relieves stress (the deep breathing learned for singing is like meditation but not only that, because of the way people use their lungs, it has been known to help or even cure lung based diseases.)
5. It is as good/better than drug therapy to relieve depression. (I actually spoke to many people who started singing because of depression. They don't know why it works, possibly the focus that goes into it.)

Scientists add to the discussion by saying that choral singers have changes creating calm and energy through the release of endorphins. The research also tells us choral singers have lower levels of Cortisol, the stress hormone, and their heart rates are regulated because they sync with the rest of the choir as they breath together. Singing also reduces anxiety and contributes to overall quality of life.

I also spoke to the director of the Uxbridge Chamber Choir, Thomas Baker, and he told me, "One thing I find about choral singing is that, unlike, say, a violinist who

has to struggle for years just to figure out how to hold the instrument, pay thousands of dollars for lessons, and even more for an instrument and then practice for hundreds of hours, a choral singer with a good director, with virtually no training or expense, barely reading music, can take part in some of the world's greatest masterpieces." No wonder people are making their way through all weather after long days at work to choir practises during the stressful weeks leading up to Christmas.

So as we head into winter, do it with a song on your lips. Sing, not to yourself but out loud in a choir. Find a group to walk through the neighbourhood with you, singing old seasonal favourites and definitely check out some of the amazing choirs and singing groups around town. Sing often and sing loud. Merry Christmas from me to you and of course from you to yourself.

For more information and to find Christmas Music:
York Harmony Chorus: www.yorkharmonychorus.ca
Uxbridge Chamber Choir: <http://uxbridgechamberchoir.ca/>

The Ceremony of Carols by Benjamin Britten <https://www.youtube.com/watch?v=UoaL9rKJPr4>

Vicki Pinkerton lives on a small farm just outside of Mount Albert. When she is not driving the roads of Canada she is a practicing life coach, a writer and adventurer who wonders about many things. www.waitingonwisdom.ca or lifelinescoaching.org.



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WINTER WEDDING PACKAGES



THE People OF East Gwillimbury

The People of EG is based on the work of photographer Brandon Stanton, the creator of Humans of New York. He takes candid photographs of individuals in the Big Apple and tells their story. It can be as simple as why two people fell in love or stories of tragedy and loss.

As Network North has grown I have had the pleasure of meeting so many amazing individuals with incredible stories. People doing great things for our community, serving our country in times of war, serving those in need and working to make our schools a better place. This exhibit highlights 14 individuals who work, live, learn or play in EG. As per our funder The United Way Toronto and York Region, part of our program focuses on community engagement. What better way to engage the community than with an opportunity to meet our neighbours?

Network North is growing rapidly and with each day new partners come on board. We already have a few stories to tell for next year's exhibit!

Our volunteer photographers Lori Woodyatt and Anne Damon-Armstrong told the stories of these individuals with the help of their creative storytelling and artistic photography. It was a real team effort and I am truly grateful for the time they spent telling the stories of these truly fantastic individuals.

I know it's difficult to stand in front of a camera for many; I am so thankful that our subjects were so supportive of our vision.

- Christine Stewart, Network North

Brian Snooks

Mt. Albert Volunteer Fire Fighter

I sat down with Brian who kindly dressed in uniform for our interview and the photograph I took of him.

I learned that not only is Brian a volunteer fire fighter for Mt. Albert, but he is a full time designate Captain for the Markham fire department and it seems that fire fighting is truly in his blood.

Brian went to university not knowing what his career path was going to be until he completed his schooling and even then was unsure if becoming a police officer like his father or becoming a fire fighter was what he wanted to do.

After hearing about a university friend's experience at Fire Fighting Texas A&M and how positive and hands-on the training was it was clear that fire fighting was what Brian wanted to pursue.

Brian went to Texas and completed the training which was unique allowing him to have hands on and very practical training with live fires and real life medical situations.

Brian has served almost 16 years as a full time fire fighter for Markham writing in 2009 to become a designate Captain and promoted in 2011.

Brian and his family have lived in Mt. Albert for 10 years and for 6 of those years he has been a volunteer fire fighter for our community.

He told me that what attracted him to becoming a volunteer fire fighter for Mt. Albert was the skill set he already possessed and most importantly to give back.

Sadly, 16 minutes into our interview he received a page for a medical call that he had to go out to.

Brian is a part of the Mt. Albert volunteer fire fighter family and his dedication and the dedication of all East Gwillimbury Fire Fighters ensures the safety of each and every resident. Not only does this team keep us safe, every Christmas they ensure that families in need have the Christmas that they deserve by collecting food and toys on their own time embody what community is all about.

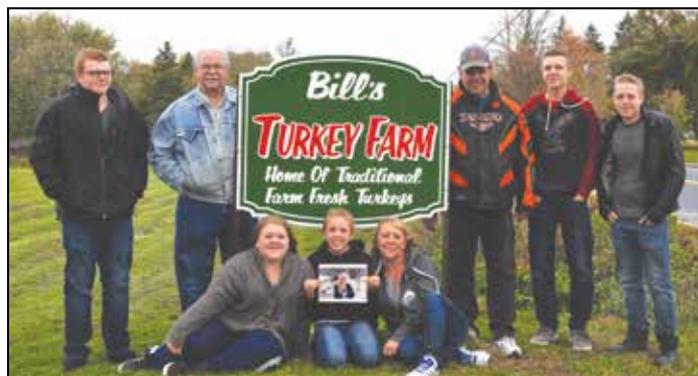
Bill's Turkey Farm

60 years and Still Going Strong

Bill's Turkey Farm was originally purchased by Bill's father 60 years ago. He had no intention of keeping it running for as long as it has continued to do so today. Bill's mother had everything to do with keeping the business alive, running and successful. She was still hard at work in the barn at the age of 94 but sadly passed away at 95 of a stroke.

The farm started out with 500 turkeys and 500 laying hens but not long after switched to 100% turkeys. Today they have roughly 35,000 turkeys, 15,000 for Thanksgiving and 20,000 for Christmas.

Bill ran the farm up until 25 years ago when his son Mike took over. When Bill was told in 1990 he could no longer do New York dressed which allowed him to send them to the butcher whole and insides intact is when he decided to get out. Mike had to then start the process of cleaning the turkeys, taking out all the organs, neck and repacking them back into the bird. He has the help not only of his wife Michelle but of their children Logan, Riley, Presley and Montana along with 30 seasonal workers. Their oldest son Colby has chosen not to be involved in the family business but has definitely had his share of helping out when he was younger.



Mike has kept his processing the same for the past 25 years and his secret to keeping the turkey so moist is to cold scald, air chill and never freeze their birds.

Although they have had their challenges over the years with barn fires and losing 2500 turkeys last year due to the heat, they always seem to recover with their family business mentality and come out stronger than ever.

It really was a great pleasure to meet and spend time with Mike, Michelle and their 5 children. Very kind and down to earth people that work extremely hard together to keep their successful business going.

As a child growing up in York Region I can recall many trips out to Bill's Turkey Farm with my mom to pick up our turkeys for Thanksgiving and Christmas!

Blue Door Shelter

A single mom who has beat the odds



In the summer of 2015, Linda, along with her two children found themselves homeless with nowhere to go. First moving to a hotel in Toronto that rented by the month until they were forced to leave due to a \$400 a month increase. They had to stay at her mother's for a couple of nights before they were finally accepted to The Blue Door Shelter here in East Gwillimbury.

Hooked on prescription medication she decided to finally fight her demons and enter the shelter's drug addiction program and admits it was one of the hardest things she has ever done. She was tired of not being present for her children, something she was determined to change.

I met with Linda and her two children in her new apartment to discuss her experience with Blue Door Shelter and what their help has really meant to her and her children. To make sure she remains clean and sober, Linda goes to her drug counsellor arranged by Blue Door as well as daily visits to a methadone clinic to help with her cravings.

Linda told me that Blue Door helped her find housing, furniture, clothing, toys for her children as well as food to get her started with being on her own.

Her children admit that their mom is so much different when she's sober (in a very positive way). She's happier, calmer, spends time playing with them and takes them to the local library whenever she can.

Linda is grateful to the Blue Door Shelter for taking her and her children in, providing support to treat her drug addiction and for caring when everyone else in her life turned their backs and had no faith in her ability to turn her life around. With tears streaming down her face Linda told me she didn't know where she would be if it wasn't for Blue Door.

I personally was very moved by Linda's story and how she has beat her demons and continues to follow a path of sobriety not only for her children but for herself. She is learning to heal and love herself again which is a very big accomplishment in my eyes.

Frank Kelly A man who had a vision

I was privileged to spend some time with the most incredibly accomplished man I have ever met.

Frank had a vision back in 1953 - to purchase land and do a co-op build of 24 homes to house the eleven families that jumped on board along with him and his family.

They searched and researched for two years looking for the right place, right land and at the right cost. The land they purchased was in Sharon from the Morton brothers and each plot of land cost the families \$500.

Although quite a shy man, Frank took on the role of manager of the Villanova Home Builders' Co-operative Ltd. He took the initiative and became a true leader in the build.

Frank and his family, which at the time consisted of his wife and 2 of their 8 children (one sadly passed away at birth), lived in Newmarket for the two years it took to build the homes.

Between the families they had one plumber, one sheet metal worker and one electrician. They did however come across a group of Italian men that agreed to plaster each house for \$90 which was a great relief as their own attempts did not work out as well as they'd hoped. Not only did these men build their own homes, they did it part time while working full time to support their families.

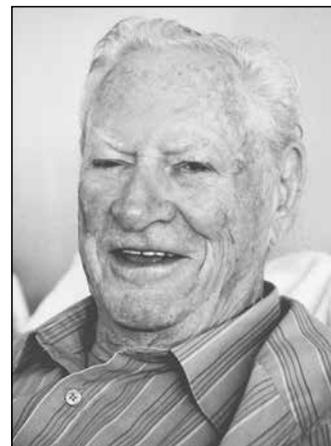
The build included the men digging their own wells by hand 50 feet deep which was a requirement of CMHC at the time.

Not only did they build their own homes, they built a school and took apart an old church from the Holland Marsh, brought all the material to Sharon and rebuilt it.

Frank oversaw the entire build and was also involved in politics for 27 years. He sat on the school board for 9 years and fought for a catholic high school to be built in Newmarket. That's when Sacred Heart Catholic High School came about.

Sadly, Frank's wife passed away in January of 2014 leaving him to continue living in the same home he helped build.

The best memory Frank has of the build was that everyone worked very well together and truly worked as a team.



Bill Cober Passionate Educator



Bill Cober grew up in the small farming town of Schomberg located just west of Newmarket.

It was there that he first realized he enjoyed teaching through coaching local soccer and hockey starting when he was a young teenager. He admits that he was also heavily influenced by his own coaches and teachers that left a lasting impression.

Bill taught for 10 years before he became a Principal taking on the administrative role. He taught all levels of education but admits that the best professional development that made him a better teacher was the time he spent as a special education resource teacher. It was extremely rewarding and taught him compassion and much patience.

Bill attributes his success as a principal to working side by side with his staff and encouraging them to constantly renovate their teaching practices. He says the reasoning

for the constant renovation is because what worked 10 years ago in education does not work in today's teaching practices.

Bill runs Phoebe Gilman Public School as a team and on his team is everyone that helps make the school run as smoothly as possible. He includes the students as part of his team and calls them "Ambassadors" given the correct information and encouragement.

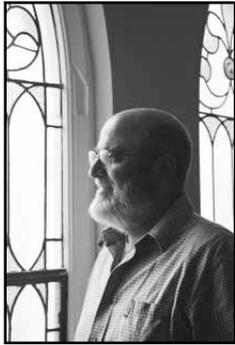
Allowing the students to vote for their school mascot known as Gilman Gator made the kids feel a big part of Bill's team.

Phoebe Gilman is unique and widely diverse with 13 different languages spoken. There are students that leave and don't speak a word of english until they return to school.

Bill makes sure he includes himself in even the most daunting tasks such as standing outside for bus time or out in the yard in rain, snow and on the coldest days of the year. He says if the teachers are doing it then so should he!

Since coaching is still a huge part of his life, he makes sure he takes time to coach the Junior Girls Basketball Team and has for the past two seasons.

Bruce Janes The Compulsive Volunteer



Bruce Janes is one incredible man that thoughtlessly donates his time not only to our food bank here in Mt. Albert but acts as a Beaver leader for his grandson Mark. He is also a very active member of Mount Albert United Church and has involved himself helping with the outreach program, messy church, Sunday school, leadership team and is chairman of their search of a new minister.

Bruce and his family have lived in Mt. Albert since 1981, raising his own children and three step children (one stepson passed away).

Bruce has had quite an accomplished career being a paramedic for 35 years in Toronto.

He wanted to involve himself in his new community and decided to become a volunteer fire fighter with Mt. Albert fire for twelve years which he attributes to the start of his volunteer career.

Along with his career in paramedics Bruce came up with a program to involve high school students in first aid and trained them under the Med-Vent program. With his knowledge and help of two other individuals they trained students to have hands-on ability of basic first aid for emergencies. The Med-Vent program caught on very quickly and was adopted by Scouts Canada which they offer to members of the Venturers.

Bruce had quite a health scare two and a half years ago which sidelined him from work as a paramedic. They discovered that he had a small brain bleed called subdural hematoma which they did their best to fix. Bruce was left with some balance issues and worked very diligently to regain full function. The doctors advised Bruce to go home and get involved in small groups and not sit at home doing nothing. He took that as a challenge for himself and became involved tremendously.

Bruce continues to live in Mt. Albert with his wife and leads his life with passion and kindness.

Taking on the challenge of interviewing and photographing five migrant workers from Mexico that spoke only Spanish was one I gladly accepted.

Thankfully I have a very kind friend that speaks Spanish fluently and agreed to come interpret for me.

Three of them have been coming to work at the potato farm for 12 years and the other two for 8 years. They work between 6 to 8 months of the year away from their families in order to provide them with a better way of life in Mexico. They are paid significantly more here in Canada than in their home country which pays for schooling, clothing, food and the basic necessities of life. Each of them have between 3 and 5 children to support along with their spouses.

These men sacrifice months away from their families to provide a better life in Mexico and the only communication they have is by telephone.

During harvest at the farm they work between 12-14 hours a day, seven days a week. After harvest they work 8-9 hour days having the weekends off.

The Thompson Family provides a house for accommodation and charges \$13 dollars a week for board which once was paid by the Mexican government. As part of a contract The Thompson family and each individual worker pays half of the airfare to come work at their farm.

They are provided with free coffee throughout the day and as much produce as they could possibly want.

I asked what they do for food and they told me that they each take turns cooking for the group but no one would admit to being a better cook than the other.

It was a truly eye opening experience interviewing these men realizing what they sacrifice for their families and what great work ethic they possess. It was a real pleasure and honour to be in their presence to hear of the love they have for their families and don't think twice about the length of time away from them.

Five Migrant Workers from Thompson Potato Farm



More 'People of East Gwillimbury' photographs and write-ups will appear in our next Bulletin edition.



@ Your East Gwillimbury Library

December/January Events:

Winter Reading Club

Earn prizes over the holiday break for the books you read or have read to you. Ages 0 – 18 years. Running December 15 to January 9 at both branches. Visit your local branch to sign up and begin reading! For details visit egpl.ca.

Family Storytime

Ages 0 – 5 years with caregiver. Free. Drop In. Drop in for music, rhymes, stories and a craft. Mount Albert: Wednesdays, December 2, 9, 16 @ 10:30 am
Holland Landing: Thursdays, December 3, 10, 17 @ 10:30 am

Colds and Flu – how homeopathy can help. Free. Please Register.

Join Homeopath Renee Edwards for this free seminar discussing how homeopathy can be used to treat cold and flu symptoms. Learn ways to boost the immune system with vitamins and diet, and important remedies to address specific symptoms. Remedies will be on display, and handouts of the presentation and brochures will be provided. Holland Landing: Saturday, January 9, 1:00-2:30 pm.

Identity Theft. Free. Please Register.

Get tips and advice on how to guard yourself against this growing danger. Presented by Steve Walsh, chartered accountant and financial advisor. Holland Landing: Thursday, January 21, 2:00-3:30 pm

Valentine Card Workshop with Ann Bennington. Cost \$7. Please Register.

Learn how to create your own greeting card for Valentine's Day using a variety of card making techniques. See the sample at the branch. Holland Landing: Saturday, January 23, 1:00-2:30 pm.

Tax Tutorial for the simple form - Tips and Queries. Free. Please Register.

Doing your taxes yourself? Got questions about your return? Steve Walsh, Chartered Accountant and financial advisor offers a free seminar to help you along. Saturday, February 27, 10:30 am–12 pm

Knitting Workshop

With Melanie Sparks, Knitting Guild: Stay tuned for the theme!

Grow Into Reading

Grow Into Reading storytimes present interactive activities that support the development of early literacy skills in children. Early literacy skills help children get ready to read. This storytime program is based on Every Child Ready to Read, created by the American Library Association.

Babytime

Birth – 17 months. Free. Share our simple stories, songs, and interactive play with your little one while learning about early literacy for babies. Mount Albert: Tuesdays, January 12 to March 1 at 10:15 am
Holland Landing: Thursdays, January 14 to March 3 at 10:30 am

Ones & Twos

Ages 18 – 30 months. Free. Join our interactive program that stimulates the imagination with early literacy activities including books and songs for toddlers. Mount Albert: Tuesdays, January 12 to March 1 at 11 am
Holland Landing: Wednesdays, January 13 to March 2 at 10:15 am

Preschool Storytime

Ages 2.5 (31 months) - 5 years. Free. Enjoy books, music, puppets, and activities that help preschoolers get ready to read. Mount Albert: Thursdays, January 14 to March 3 at 10:30 am
Holland Landing: Wednesdays, January 12 to March 2 at 11 am

Community Storytime

Birth - 5 years. Free. Drop in. Join library staff in an interactive storytime geared towards the development of early literacy skills. The Family Place (53 Main Street, Mount Albert): Wednesdays, January 12 – March 2 at 10:30 am

Bebop & Dance

Ages 2 – 5 Free. Drop In. Get moving! This action-packed program is filled with

movement for little ones.
Mount Albert: Saturday, January 16
& February 13 at 10:30 am

Teens & Tweens

Tween Scene

Ages 8 – 11 years. Free. Drop in.
Drop in for DIY projects for tweens.
In December create sELFies and
tasty elf hats.

Mount Albert: Dec. 12 at 11 am

Teen Advisory Board Volunteer Opportunity

Gain community service hours by
assisting with Library programs and
sharing your ideas to develop our
services.

Holland Landing: Tuesday,
December 8 from 7 – 8 pm &
January 12 from 7 – 8 pm

Mount Albert: Thursday, December
10 & January 14 from 7 – 8 pm

To volunteer, simply drop in or
email info@egpl.ca or call 905-836-
6492 ext. 105.

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Kick off Christmas with a Carol

*The production of A Christmas Carol features
East Gwillimbury, Newmarket and Aurora Mayors*

It won't be long before homes are
made Christmas cozy with the scent
of pine, the sound of carols and the
warmth of family.

Newmarket-Aurora-East
Gwillimbury residents are invited to
celebrate this festive time with The
Very Useful Theatre Company and
Charles Dickens. Now a Christmas
tradition across the country, a
dramatic reading of Dicken's A
Christmas Carol will be presented
at New Hope Methodist Church on
Sunday, Dec. 6, from 3 to 5 p.m.
Net proceeds will benefit CHATS
– Community Home Assistance To
Seniors, in true Dickens' fashion.
Lots of free parking.

"It is a truly fantastic production,"
said John Dowson, President of
The Very Useful Theatre Company.
"It really gets everyone into the
Christmas spirit and makes a real
difference for a local charity during
this special time of year."

The production of A Christmas
Carol features well-known person-
alities – Aurora Mayor Geoff Dawe;
Newmarket Mayor Tony Van Bynen;
East Gwillimbury Mayor Virginia
Hackson; Magna for Communities

Steve Hinder; and, Newmarket
Ward 7 Councillor Christina Bisanz
(CEO of CHATS also). The Singers
of Irene Illic will provide the musical
accompaniment and the Master of
Ceremonies is former Aurora Mayor
Tim Jones. It is sure to be an eve-
ning not to be missed!

Since 1990, people across Canada
have been crowding into churches
and theatres to hear Dickens' time-
less story read aloud over the holi-
day season. Produced in over 100
communities across Canada, the
Christmas Carol raises money for
local charities, such as food banks,
shelters, libraries and hospices.

This has not been done
in Newmarket-Aurora-East
Gwillimbury for some time and
The Very Useful Theatre Company
is bringing back this favourite
Christmas tradition. Tickets are
only \$20 for adults and \$15 for
seniors and children over 12.

For more information on Charles
Dickens' A Christmas Carol in
Newmarket, please call The Very
Useful Theatre Company at 905-
836-5460 or e-mail vutc@rogers.com.

Robbie Burns Dinner

Mount Albert & District Legion

Saturday, January 23rd, 2016

Cocktails – 6:30 pm – Dinner 7:00 pm

Roast Beef Dinner with all the Fixings

Wine served with Dinner

Traditional Toasts

Mount Albert Legion Hall – 31 Princess St.

Tickets: \$30 per person or \$60 per couple

Contact Cathy @ 905-557-0304





Town of
East Gwillimbury

NYE in EG

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- Food trucks (\$)
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- Outdoor activities

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6 p.m. • Sports Complex

Family Friendly Indoor Activities

- Skating
- Interactive performance by Madame Butterfly
- Food by the Holland Landing Lions
- Balloon Twisting & Face Painting
- Crafts

FIREWORKS
9 pm

Watch our website for more information
www.eastgwillimbury.ca/nyeineg

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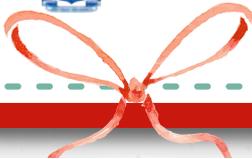


Best wishes for
the holiday season
and a happy new year!

From our family to yours,
Mayor Virginia Hackson and
Councillors James R. Young,
Tara Roy-DiClemente,
Marlene Johnston, Joe Persechini,
and staff



East Gwillimbury



Town of
East Gwillimbury

Holiday Break Camps
December
21-23, 28-30

Location: Sports Complex

Cost: \$28 per day

Hours: 9 a.m. to 4 p.m.

Course code: 5003

Extended care
is available for
an extra cost.

Winter Registration is open

**Register for your
program today!**

Programs begin
the week of

January 11, 2016



To register for programs visit
www.eastgwillimbury.ca/ireg



Town of
East Gwillimbury

Town of East Gwillimbury Annual Toy and Food Drive

November 30 to December 18

**Donations of food, new unwrapped toys,
gift cards and toiletries are welcome!**

Drop off locations:

- Civic Centre
- Holland Landing Library
- Mount Albert Library
- Sports Complex

If you or someone you know requires assistance this year please contact the Salvation Army at 905-895-6276. All information is kept strictly confidential.

*Wishing Our Community
Happy Holidays!*



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It's Beginning to Look a Lot Like Christmas

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KOTTAGE**

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East Gwillimbury

Santa Claus was welcomed to East Gwillimbury by unseasonably warm temperatures on November 15th at this year's Santa Claus Parade. Not a speck of snow due to the 12 degree weather, and lots of kids were spotted riding their bikes and enjoying the sunshine.

Bands played, Baton Twirlers twirled, and kids of all ages waited anxiously for the man in the big red suit to appear. He didn't disappoint.

**This holiday season, drop in for
some unique gift giving ideas!**

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Happy Holidays
from
**AL DORMAN
INSURANCE**

Karen, Curtis, Linda and Al wish you all a wonderful holiday season & thank you for allowing us to be of service.

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19150 Centre St., Mount Albert

Look A ristmas!

Welcomes Santa Claus
Photos by: Blair Matthews



Wishing you Peace, Love & Joy!



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Happy Holidays
to Our Members and Friends
in East Gwillimbury!



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Wishing all my clients & friends a
Merry Christmas and a Happy New Year!



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Wishing our clients and the community a Merry
Christmas!



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our hearts and homes...
...In this loveliest of seasons may
you find many reasons for happiness

*Merry
Christmas &
Happy New Year*

from all of us at:



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Merry Christmas & Happy New Year!

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Wishing all my customers a safe and happy holiday
season filled with love, laughter, and peace.
Thank you for supporting my local small business!

Sam McKinney, Independent Scentsy Consultant
www.smckinney.scentsy.ca



Rosemary, Apricot & Almond Crisps

Just in time for Christmas, here is a wonderful recipe for those little crisps that you can find in better grocery stores everywhere. They are a cross between a cracker and a thin bread. They are a little sweet and a little savoury. They are good with just about anything you can think of – cheeses, spreads, dips, and even just good old-fashioned butter. No self-respecting holiday party should be without them! This recipe comes from a great new cookbook – *The Messy Baker* by Charmian Christie - a good choice if you're looking for a gift for the bakers in your life.

Rosemary, Apricot and Almond Crisps

2 cups all-purpose flour
 2 tsp baking soda
 1/2 tsp fine sea salt
 1 cup chopped dried apricots
 1/2 cup roughly chopped blanched almonds
 1/2 cup pumpkin seeds
 1/4 cup sesame seeds
 1/4 cup ground flax seeds
 1 1/2 Tbsp chopped fresh rosemary
 2 cups buttermilk
 1/4 cup packed brown sugar
 1/4 cup honey
 (Makes 6 to 8 dozen)



Preheat the oven to 350 F. Grease two loaf pans with butter and dust with flour. Set aside.

Combine the flour, baking soda and salt in a large bowl. Add the apricots, almonds, pumpkin seeds, sesame seeds, flax seeds and rosemary and toss to coat evenly with the flour mixture.

Whisk the buttermilk, brown sugar and honey and stir until the sugar is dissolved. Add to the flour mixture and stir until just combined. Pour the batter into the loaf pans. Bake for 35-40 minutes, or until golden and springy to the touch. Remove the loaves from the pans and cool on a rack. The bread is easier to slice when cool, so bake the day before or bring to room temperature and chill in the fridge for a couple of hours before slicing.

Preheat the oven to 300 F. Line a baking sheet with parchment paper.

Using a serrated knife, slice the loaves as thinly as you can. Aim for no thicker than 1/8th-inch, if possible. Place the slices in a single layer on the prepared baking sheet. Bake for 15 minutes. Turn the slices over and bake for another 10 minutes or until they are a deep golden brown.

*Depending on how many crisps you need, wrap the unsliced loaves and freeze until needed. These are best freshly baked the same day you want to serve them.

*Moira Sanders is a local food expert and author of two cookbooks. The latest book, *The Kitchen Table Cookbook*, is available now. For more recipes and local stories, check out her website - www.moirasanders.com or email her at moira@moirasanders.com.*

Season's Greetings

Please do not hesitate to contact me anytime as we work together to keep East Gwillimbury a great place to call home.

Joe Persechini
Councillor

jpersechini@rogers.com

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Christmas in Earlier Years

Currents and raisins will be cheaper so you don't miss out on plum pudding. That's what Thomas Burns and Company of Yonge Street, Toronto, said in their advertisement in the New Era Newspaper in Newmarket. They also had a supply of figs, and lemon, orange and citron peels especially for Christmas. And that was away back in December of 1854.

As local churches were established in the second half of the 1800s, they became the social centres for picnics, teas and concerts. This was especially true at Christmas time.

In December of 1889, a local Sunday School concert, an annual event, was held on Christmas night. Such a concert in 1900 included solos, choruses, recitations, dialogues and a drill by the girls. These celebrations in those days were called "Christmas trees."

A welcome event at Christmas was the arrival home of young people who were away. Some folks came home from quite a distance, even from the United States.

Another big activity was the annual Christmas market. In spite of bad weather and roads, the market in December of 1889 was called a grand success. Farmers from around the area came with turkeys, geese, chickens, ducks, butter, eggs, apples, beef, hogs, sausages and game. About 400 head of poultry was sold at this market. The Mount Albert brass band was in attendance to add to the Christmas spirit.

By 1900, prizes were being given for the best produce, and that year Albert Brooks won for 10 pounds of butter in one pound prints.

In December of 1926, eggs sold for 70 cents a dozen, butter was 40 cents a pound, turkeys went for 50 cents a pound, cooking apples were 40 cents for a large basket, and turnips were 5 cents each.

Weddings were sometimes held on Christmas Eve or Christmas Day. Some couples even said their vows on New Year's Eve.

Then there were the school concerts. Early in 1930s, concerts were held in the "Old Mill." That's the building north of the Mount Albert Post Office. In those days before it was renovated, it was used as a hall.

At that time, Miss Marie Draper was in charge of the music, and there were large audiences. However,

in 1933 the correspondent to the Era wrote, "We could have better order from some who attended and if you do not want to listen at a concert then stay home or keep quiet." At least in those days they didn't have to shut off their cell phones.

A school concert in December of 1954 included choruses by all the children, a pageant by the primary room, a play by the intermediate room, a boys' choir, and a folk dance and a play by the senior room. The primary room impersonated "the women of tomorrow." There will be folks still with us who participated in those events and remember them.

Of course we can't leave out the parades that were taking place by the 1950s.

In 1951, the local Chamber of Commerce with the assistance of other organizations put together a Santa Claus Parade. The weather then was cold and there was lots of snow. There was a contest for decorated bicycles. Floats included The Old Woman in the Shoe and Candy Land. Among the many floats were ones by the Planing Mill and Creamery, Morton Brothers and Mr. Young. There was a draw for six baskets of groceries, and another for a quilt provided by the Woman's Institute. Linda Pegg won as a drum majorette. The Fire Department had their equipment on display, and the parade included two teams of horses. This was called the best parade yet.

I well remember Christmases at the Townline School which was east of Mount Albert.

The Grade 7 and 8 boys would walk about a mile through the snow to the back of our farm to get a Christmas tree for the school. Planks would be brought in from the shed and used to build a platform at the front of the school. A wire was stretched across the front of the stage to support bed sheets which were used as curtains. And we would practise the numbers for the concert for several weeks. The school would be packed with people on the evening when the concert took place. Of course the evening concluded with the arrival of Santa Claus.

Merry Christmas to all.

Allan McGillivray grew up near Mount Albert and still resides a few miles away.

Continued from Page 6.

If the kids do well, hopefully they'll return to their own community and it'll grow that way."

ABCD is also funding 10 school breakfast programs, school libraries, teaching resources, computer classrooms, new toilets in schools, new kitchens in schools and other school infrastructure projects.

Feedback from school administration has been extremely positive. "We're told by the teaching staff that it's making a huge difference in the kids' well-being, their attendance, and their academic progress."

The success of the kids and the progress they've made is what keeps Smith motivated to continue raising funds and helping the children in rural Tanzania. "We've got kids that started with us 7 or 8 years ago as little toddlers going into Grade 1 and who are now in post-secondary institutions. One fellow – our first one ever – is now doing a degree in social work at University," he says. "Success gets more expensive."

It's hard to put a price tag on the work that Smith and the team at ABCD have already done since 2008. Smith says that the future of the charity looks strong and the goals won't change. "We're going to continue our work with this one community and hopefully improve the physical and educational environment in all the schools. We have a lot of work ahead of us. It's not really our goal to expand all over Africa or become a global force. We're just helping – we're a drop in the bucket in this one small area of Tanzania."

A drop in the bucket that is making all the difference in the world to countless children and their families.

When Frank isn't working on something for ABCD, he's busy teaching art classes at his studio in Mount Albert. For more information about ABCD: Art Building Children's Dreams (or to make a donation with PayPal), visit their website abcdreams.ca. You can also help give a school a new library over at ABCD's [gofundme](http://gofundme.com/abcdreams) page: www.gofundme.com/abcdreams.

Find the gift that keeps on giving

Sometimes we wish we could just get a list from our friends and families to ease the stress of finding the perfect gift – especially for that person who is nearly impossible to please. Here are some gifting ideas for the gift enigmas on your list so you can enjoy a care-free shopping experience this season:

- **DIYers** – Purchase arts and crafts workshops for friends or family members who have a creative flare. They can put an additional skillset to use and make some personalized holiday décor with their new expertise.

- **Zenfully Minded** – Gift a spiritual friend with a private yoga class or weekend meditation retreat. They'll appreciate their downward dog away from city life and find inner nirvana in a countryside sun salute.

- **The Impossible to Buy For** – A SiriusXM radio is the gift that can please anyone including the goofy dad, the music-loving best friend or even the too hip nephew. With more than 120 channels of music, news, talk, sports and entertainment to listen to, anyone on your list can tune in to hear whatever suits their mood. You can also gift a SiriusXM subscription to someone who may already have satellite radio in their vehicle or an online subscription so they can enjoy through their phone, computer or tablet, wherever they are.

- **Foodies** – If their risotto comes out perfect every time, pastry classes might be the way to go – even a soufflé can unnerve Michelin star chefs. A tour of a vineyard is a great gesture for those who are self-proclaimed or practicing sommeliers, too.

- **Style Maven** – Gift cards are a fantastic option because you choose any denomination, and you can get one directly from the recipient's favourite retail destination. From homemade knits to haute couture, they're not tied down to one article of clothing.

- Source: Newscanada.com

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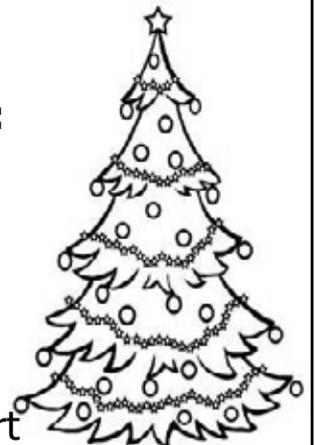
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Mount Albert United Church

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'Tis the Season



NeighbourhoodNetwork
Building Better Communities Together

Christmas is the feel good time of year when families are as eager to teach their children about giving back as they are about filling that list for Santa! Certainly volunteering is a great way to generate the spirit of Christmas and many charities are in need of helping hands at this time too! You need to plan ahead though as many organizations are inundated with eager folks, so if you are looking to volunteer it's best to find out now what opportunities are available.

If you are not certain... here are some ideas:

1. The iconic Salvation Army kettle drive is always in need of volunteers to oversee cash donations in malls, stores and even the local spirits store! This is as easy as it gets Smile, Ring the bell, say "Merry Christmas" and "thank you" when the donation jingles into the kettle. There is always the opportunity to donate to their family hamper program too. You may want to inquire about helping with the hamper assembly and distribution (www.salvationarmy.ca).

2. Food Banks are in high gear just before Christmas. Sadly, it seems that they are needed more than ever! Perhaps your family would consider sponsoring your own food drive as part of a Christmas party or within the neighbourhood. And don't forget about cash. Food Banks use cash to purchase fresh produce, milk and other time sensitive products. If you think you would like to experience sorting after a huge drive I would recommend that you contact Network North's coordinator Christine Stewart. Our East Gwillimbury hockey organization runs its "Hockey for Hunger" drive in early December and Christine oversees the sorting of thousands of pounds of canned and packaged food. (christine@networknorth.ca) I'm pretty sure she could use more than a few helping hands!

3. Help the elderly. For those seniors who are in a nursing or senior's residence, Christmas can be a lonely time of the year. For those who don't have families, a small gift would be greatly appreciated. Many who can stay in their homes are virtually shut in when the weather turns cold and blustery. Volunteering your time to visit such seniors is a win/win endeavour for sure. If you have a senior in your neighbourhood, you might want to surprise them by clearing their snow or dropping by with

some baked goodies. If you think you would like to get some winter exercise and do a good deed at the same time, I would urge you to consider volunteering in the Neighbourhood Network Snow Removal program.

We pair you with a senior or someone with a physical disability on your street (or close by) and you clear away the snow on the sidewalk and windrow. Check it out at www.nnetwork.org

4. Sponsor a gift drive or organize your office or business to sponsor one family in need this Christmas. Our local churches could most likely provide you with the only information that is needed: the number of people in the family along with gender and age. Certainly, organizations such as Blue Door Shelters, Rose of Sharon, Inn from the Cold, Children's Aid Society.... could all use donations and would direct your contributions as needed. Here in East Gwillimbury you can always drop off a new and unwrapped toy, clothing, gift cards, etc. to the Civic Centre as a contribution to the annual gift drive.

5. Organizations such as CHATS rely on volunteers to deliver meals to seniors; drive them to doctor's appointments or to be a regular visitor in their homes. These volunteer positions usually require a commitment of a few hours, but on a regular basis. Reliability is absolutely necessary. Call 1-877-755-3494 or email [hiring@chats.on.ca](mailto: hiring@chats.on.ca).

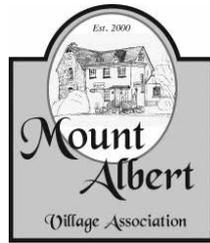
6. Southlake Health Centre is always recruiting volunteers. There are as many opportunities as there are clinics and departments. The familiar blue smocks and shirts topped with a welcoming smile assures many patients daily and hourly. You are sure to find something that would meet your interest and skill set. Check it out www.southlakeregional.org.

7. If you only want to commit to a single special event, you might like to help out with the East Gwillimbury New Year's Eve family event which is held at the Sports Complex in Sharon. Our special events coordinator, Rhonda, is currently looking for volunteers to help out in a number of capacities. r.pogue@eastgwillimbury.ca

This article could certainly go on for pages. There are

Continued on Page 37.

Mount Albert Village Association NEWS



- The Annual Community Tree Lighting was held on Sunday, November 29th at the Mount Albert Community Centre. Many children and their families joined us to decorate the Community Tree. Wagon rides were provided by Brooks Family Farm. Hot chocolate was donated by The Twisted Fork and cookies were donated by Al Dorman Insurance. A local MAVA resident member, Gail Sanderson, donated the marshmallows for the hot chocolate. Families started to arrive around 4 pm, followed by lighting up the Community Tree around 5:30 pm. Thanks to Kim & her volunteers for all their hard work.
 - Mount Albert Village Association membership renewals were sent out for the Annual General Meeting in October. Please remit your renewal at your earliest convenience. Full membership details are available on the website @ <http://mountalbert.com/membership>.
 - Speaking of the website, we are in the process of giving it a facelift. We welcome any comments on the current site so we know if we're heading in the right direction. Please send your comments to info@mountalbert.com
 - The Directors of the Mount Albert Village Association; Stephane Deschenes, Janet Wheeler, Aaron Gillard, Anne Wicks, Lisa Bachhofer, Kim Ross Lemay, Trish Gallagher & Christine Stewart, wish everyone a safe and happy holiday season. We are taking a break in December but will be having the first regular meeting of 2016 on Tuesday, January the 19th. All are welcome, so come and check us out.
- Our next meeting is Tues., Jan. 19, 2016 @ 7:00 pm,
Mount Albert CC (DOWNSTAIRS), 53 Main St.
All are welcome.

Merry Christmas & Happy New Year to all!
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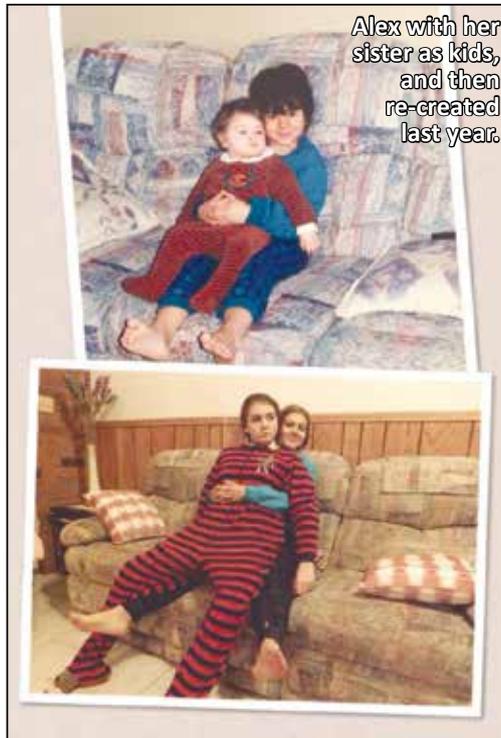
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How Buddy the Elf and Clark Griswold Stayed Home Alone and Stole Christmas

It's almost that time of year again, the holidays. "Holiday hoo-bie whatty?" as said by my favourite Christmas character, the Grinch who lived just north of Whoville (his heart was two sizes too small). As many say, you either have the attitude of a Scrooge or a Buddy the Elf on the Christmas spectrum of holiday cheer (it's safe to say that I am definitely a Buddy the Elf). There are those who would rather say, "bah humbug" to a tasty mug of marshmallow hot chocolate, or there are those who go to the mall, walk by the Santa Claus photo-op centre and scream, "SANTAAA! OH MY GOD! I know him! I know him!" Though, whether you are an innocent child asking a mysteriously green looking Santa, "why? Why are you taking our Christmas tree, why?" or yelling at your nephew,



Alex with her sister as kids, and then re-created last year.

Kevin, who just pushed Buzz into the kitchen counter causing milk to spill all over everyone's passports,

holiday season, especially when it comes to buying the perfect gift (like that Official Red Ryder Carbine-Action Two-Hundred-Shot Range Model Air Rifle... with a compass in the stock, that your brother wants). You know he'll shoot his eye out but it's better than that leg lamp he also wanted, right?

And when, exactly, is the appropriate time to start decorating the house? I say as soon as November fifteenth rolls around it's time to start hunting for that perfect evergreen in the forest to chop down. The bigger the better, right?

I sort of agree with this theory, but at the same time I'd advise not to pull a Griswold and get a tree that won't even fit in the backyard (it's not going in the backyard Russ, it's going in the living room) – with branches that break through your windows, leaving your



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hands covered in sap for days and very angry next-door neighbours. If you're like Clark Griswold, you decorate your house for the Christmas season like it's nobody's business. There is no such thing as a few strands of red and white lights, oh no. More like two hundred and fifty strands of lights, one hundred individual bulbs per strand for a grand total of twenty-five thousand imported Italian twinkle lights (drum roll please). If you're going to aim that high I suggest borrowing Martha May Whovier's Christmas light shooting machine. She does have the best lights in Whoville, according to Betty LouWho herself.

When the big day finally arrives, the high stress levels do not come to an end. I repeat, if you have a big family like me, you will be experiencing at least four Christmases as Vince and Reese do (remember, the safe word is "mistletoe"). Travelling to each family member's house isn't a piece of fruitcake either. It's as if you have to pass through the seven levels of the Candy Cane Forest, past the sea of twirly, swirly gumdrops and around all three ghosts of Christmas past, present and future.

With tensions high I know it will be difficult to hold your frustrations in, so please avoid saying the following: "son of a nutcracker", "cotton-headed ninny muggins", or "oh fudge" (only, you won't say fudge). Stay positive and you won't have the pleasure of knowing

what a bar of soap tastes like.

All in all, I enjoy every single second of the days leading up to December twenty-fifth because maybe Christmas, I thought, doesn't come from a store, maybe Christmas perhaps means a little bit more! I love the fast paced environments, the crazy crowds, the smiles on my loved-ones' faces when they open up the perfect present and the smell of a turkey in the oven while Mariah Carey sings "All I Want For Christmas Is You" at the top of her lungs.

Whether you're a misfit toy that doesn't fit it, a snowman that says "Happy Birthday," a giant sized overly enthusiastic elf or a guy whose Christmas bonus is a one year membership in the jelly of the month club (the gift that keeps on giving the whole year), enjoy this time with your family and friends. Spread joy and happiness to all and make sure to stick to the four main food groups: candy, candy canes, candy corns and syrup.

Merry Christmas ya filthy animals!

Alexandria Lipani is a York University communications student. She is a writer and aspiring journalist from Queensville.

CONTEST ALERT: If you can name SIX of the Christmas movies that Alexandria has referenced in this column, email your 6 answers along with your name and mailing address to info@thebulletinmagazine.com. We'll draw one lucky name from the correct entries for a \$10 Subway gift card!



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All You Need is Love, Love is All You Need

I'm sure we all know The Beatles classic "All You Need is Love"; a song that obviously reveals a very important message. If you listen to the lyrics, it's not hard to understand that the song was written to tell the world that love is everything; something we cannot live without. Although The Beatles were not big while I was growing up, I know that this song, along with many others, displays a very strong message, which I find suitable for this time of year.

Yes, I'm talking about Christmas, because it is obviously the best holiday EVER, and without love it would not be special at all.

A gift would just be something wrapped in pretty paper, and a tree would just be something to decorate. A feast would just be for over-filling our bellies, and dessert would just be scarfed down without tasting. A church would be cold and dark, and Santa Claus would just be an old man in a red suit...



Michayla with her sisters visiting Santa.

B-O-R-I-N-G!

I don't know about you, but I vividly remember every single present that has come from the heart. It's usually something out of the ordinary and unexpected, but is so thoughtful and creative. Something received by a loved one, and is held close and dear.

The tree, well - a lot of loving is definitely put into many people's Christmas trees. It usually involves a fresh cut tree and a ride on the hay wagon, along with hours of decorating with the whole family to turn a simple evergreen into something wonderful.

As for dinnertime over the holidays, it is not usually just your everyday hour prep and half-hour dining time. It is a huge ordeal when part

of a big family... but of course it results in leftovers for weeks. "A feast" would be an understatement, however I don't even know what word you could use to describe it in our house! All I know is, it's fabulous, and it would definitely not be the same without all of the relatives



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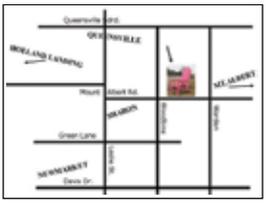
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together, laughing and telling stories to fill the room with happiness.

The dessert table is totally a must-do, even after three plates of turkey. I, for sure, know that baking is not easy. It requires hours of kneading, and pre-heating... and just not... well... me-ing? So, whoever takes the time to bake a cake along with four trays of brownies and six pies, I'm totally sending my love their way.

The St. James Apostle in Sharon is like a second home to many. It is a sacred place, filled with so much joy and peace. Many Christmas pageants have taken place in that little white church over the years, and I am so proud to have been apart of them. With the choir in harmony, and baby Jesus laying in the manger on Christmas Eve, I can't help but smile when I think about all of the hard work and dedication that is offered by the community. *"Let's not merely say that we love each other; let us show the truth by our actions"* (John 3:18).

Looking back on Christmas as a kid, it is incredible to think about how much commitment was put into the idea of Santa Claus. My cousin, who dressed up as



Michayla with her best friend.

Santa for me one year, jumped off of our cottage balcony into the snow because he didn't want me to see him taking off his Santa suit after a big "surprise visit" when I was 6, so I'll be sure to owe him one, one day. It is pretty cool to see how important it is for people to make Christmas so magical. Santa is someone that is admired by so many children all over the world, and he wouldn't exist if it weren't for the Christmas spirit that brings

that jolly old man to life.

With love, a gift is not just something wrapped in pretty paper, and a tree is not just something to decorate. A feast is not just for over-filling our bellies, and dessert is not just scarfed down without appreciating it. A church remains warm and welcoming, and Santa Claus remains joyful and jolly. A revolutionary band promotes world peace and continues to deliver happiness over the holiday season. All you need is love this Christmas, and throughout the New Year, love is all you need.

Michayla Fraser is a Brock University Sport Management student from Holland Landing who has a passion for writing.

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Staging Tips for Holiday Selling

This is the time of year that the real estate market usually slows down but this is not happening for 2015. We are still receiving calls from realtors and new clients for assistance to prepare properties for sale. Staging your way to Happier Holidays is possible even during this holiday season. Many homes get that holiday polish for family and friends visiting so your property is guaranteed to “show” at its best. Preparing a consultation report and offering staging services really can assist clients with the process of putting a property on the market and giving it a “wow” factor.

Contrary to popular belief, the holiday season is an excellent time to sell your home. Typically there are not as many homes on the market so that means less competition. Many sellers do not like to move during the holidays, so the buyers who are out viewing homes are serious. Keeping that in mind, you have to be prepared to take advantage of every buyer’s visit. Staging with a professional puts the finishing touches on your



home by highlighting and enhancing its positive features.

Here are 4 simple tips to keep in mind when staging for the holidays:

- Outside decorations – potential buyers should notice your house, but should not be distracted by your decorations (i.e. Chevy Chase’s Christmas Vacation). A few strands of single-coloured lights framing the entrance, or urns adorned with fresh greenery, twigs and berries or a wreath on the front door will suffice.

- Clutter – follow the staging rule of “less is more” principle; simple décor on main items such as a mantle and the banister of your home; think

“elegant” not “cutesy”.

- “No religious items” applies to the holidays as well. Whatever symbolizes your particular holiday (The Nativity, menorahs, etc.) should be kept to a minimum.

- If your MLS photos were taken while your decorations were on display, have them retaken as soon as the holidays are over.

We can easily guide you through the process while allowing you to enjoy the season. Wouldn’t the best present be a nice offer? Wishing you a season filled with fun, family and friends – Merry Christmas to all.

Susan Crema-Martin is a Certified Master Canadian Staging Professional who works with clients that are selling their home or are looking for assistance in redesigning their space they live in.

Note: Martin Designs is the recipient of the Best of Houzz 2015 for customer service. Visit Houzz.com - find a pro - Martin Designs.



8th Annual Hockey 4 Hunger 2015



Above: Some of the East Gwillimbury Eagles players at last year’s Hockey 4 Hunger event.

The East Gwillimbury Eagles annual food drive happens on December 13th at the Sharon Arena. All Eagles minor hockey players will collect and contribute food to their team to donate to those in need in our community. Last year the organization raised nearly 13,000 pounds of food (and over the course of 7 years, players have donated a total of 90,000 pounds)!

This year, organizers have challenged each player to collect a minimum of 15lbs of food. All players who collect 100lbs will be entered into a draw to win 1 of 5 special prizes. All “100 Club Members” will get a special hockey related “thank-you” prize on the weigh-in day (Dec. 13).

And if you think 100lbs of food is a lot for a kid to collect, consider this: last year 30 players hit that milestone!

The best way for you to contribute to Hockey 4 Hunger is to seek out a player you know and donate, donate, donate. For more information, find them on facebook.com/Hockey4Hunger.

Identify where this photo was taken for your chance to win!

By Blair Matthews

In each Bulletin we'll include a photo taken in some area of East Gwillimbury.

If you recognize where the photo is from, head over to our website, click on the 'Identify the Photo' link, and fill out the online form.

Correct answers will be put into a draw and ONE lucky person will win a prize.

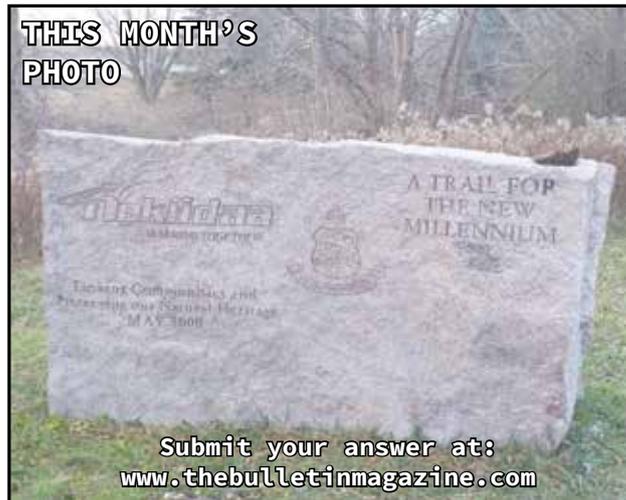
This time around we have a \$10 Pizza 77 gift card for one lucky winner.

Note: Please online or snail mail only - no phone calls with the answer. Our mailing address is on Page 3.

We'll publish the answer in our February 2015 issue along with the name of the winner. Good luck, and keep your eyes open!

THE RULES: This is NOT a geocache. There is nothing hidden in this spot. You only have to identify where the photo was taken for the answer to be correct. Only **one entry per person** per month. Winners are not eligible to win the contest again in the same calendar year.

Depending on where you live, this month's photo might be easy - or it might be a challenge. Either way,



no hints here.

But if you visit the Bulletin's Facebook Page, we'll give you a couple of really good clues! You can find our Facebook page at: facebook.com/EGbulletinmagazine.

WINNER of a \$10 Pizza 77 gift card for identifying our November photo: Maggie McColl from Holland Landing.

Thanks to everyone who sent in the correct answer! We hope you'll try your luck for this month's photo.



LAST MONTH'S PHOTO

The entrance to the East Gwillimbury Sports Complex, Sharon.

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6 inexpensive ways to better skin

Every woman wants youthful-looking skin – that smooth, firm, blemish-free and even-toned complexion that projects to the world “I’m confident enough to leave the house without a stitch of makeup!”

But achieving healthy, clear skin can be expensive given that the average cost of a facial at the spa to more advanced clinical skin treatments offered at a medi spa (e.g. lasers, microdermabrasion, and peels) can range between \$80 to \$400.

When I was in skin care school, I learned the science of skin and what treatments and topical ingredients really work and which ones are just snake oil. Not surprisingly, many women spend upwards of \$150 annually on skin care products. This number does not include spa facials, hair care or makeup. Just skin care alone.

Since it’s the holidays, I want to give your wallet a break and present to you some science-backed ways to improve your complexion on the cheap. Because the truth is, getting your skin to its optimal condition (healthy, clear, and predictable!) is not all about what you put on it. Everyday lifestyle choices that help lower stress levels play a huge role too. Try the following tips:

1. Break a Sweat

Exercising is good for the pores. But the key is to move your body so that you actually sweat, as sweat increases blood flow to the skin and that dilates the vessels, which can give skin a temporary glowing appearance. In the long run, a daily jog may keep your skin youthfully plump. New animal research presented at the American Medical Society for Sports Medicine in New Orleans found that endurance exercise protects DNA from accelerated aging factors such volume loss in the face. Our town is full of wonderful running trails, so hit the pavement before the ice and snow hits the ground.

2. Do Downward Dog

In a 2010 study by Ohio State University, women who practiced regular yoga had reduced inflammation levels, which are usually increased by aging and anxiety. This means practicing yoga regularly can help you feel less stressed, and thereby reducing pimple breakouts as there is a strong correlation between acne and environmental stress. Visit your local community centre and sign up for free trial session. Or pick up a yoga DVD from the local library.

3. Turn In Earlier

Cut down your evening Netflix to get seven or eight

hours of sleep every night because a lack of sleep causes your skin to age quicker. According to a study at the UH Case Medical Center (commissioned by Estée Lauder), women who slept poorly exhibited more signs of aging, such as lower skin elasticity, which leads to sagging skin. Conversely, women who enjoyed a full night’s rest in the study tended to recover faster from sun-related skin issues. The sun is the number one ager, as it destroys collagen in the skin and causes pigmentation to surface, causing a mottled complexion.

4. Use An Extra Pillow

Do you wake up with puffy eyes? Here’s a cheap and cheerful way to prevent puffiness: sleep on an extra pillow. Sleeping elevated will help reduce the swelling. When you sleep on your side or face down, the fluid tends to accumulate around the eyes, so if you sleep on a second pillow with your head propped up, your eyes will look a little less puffy in the morning.

5. Track Your Food Intake

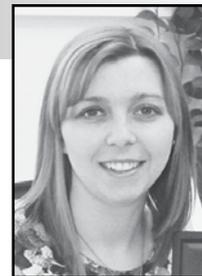
If you often get mysterious skin flare-ups, keeping a detailed food journal for at least two weeks may help pinpoint food-related causes to skin issues. For example, science shows that carbs that are high on the glycemic index, like white potatoes, bread and chips, can surge blood sugar levels which trigger a cascade of hormonal responses that can lead to breakouts.

6. Upgrade Your Moisturizer

In the winter we all know we need to moisturize. The confusing part though is finding the right one for your skin type and budget. Regardless if have dry or oily skin, there are a few key ingredients you should look for in a basic wintertime facial moisturizer. These include: SPF to protect it from the sun, water-retaining ceramides and niacinamide (vitamin B3, which also help fade discoloration), and hyaluronic acid, which acts like a moisture magnet, drawing in moisture from the environment and locking it into the skin while strengthening and plumping the skin.

Peruse your local drugstore and read the labels on different brands. You’ll be surprised to find many options with these beneficial ingredients available for under \$20. Stay skin-savvy!

Helen Vong is a freelance health and beauty writer and certified skin care specialist living in Mount Albert. She is the owner of The Exfoliator, a mobile skin care company.



Style your hair in a new way for the holidays!

The holidays are a special time of year with lots of social events and family gatherings.

To help you look your best with minimal effort and time, here are some suggestions.

For longer lengths flat iron curls can be a very fast way of styling your hair for a formal event.

To do this you will need to have your hair dried with a volumizing product such as Root Boost by Moroccan Oil, one of Tangles' favorites. Make sure to use a thermal heat protector such as Protect by Moroccan Oil. Adjust the heat for fine hair 200 degrees. No more than 350 degrees for thick coarse hair. You will need a flat iron that has rounded edges - ideally 1 inch. To make the curl: take a 1/2 inch to 1 inch section of hair and start from the top of the head. Slowly twist the flat iron 360 degrees while pulling the iron down the hair shaft. (TIP* the faster you move the iron the looser the curl will be.) Twist the section of hair around your finger to set the hair. Apply hairspray for a long lasting curl.

Buns and braids are very fashionable and easy to do.

An old clean tube sock can be used to create this look by cutting the toe out and placing your hair into the hole then rolling your hair starting from the ends and ending at your head. These buns can be positioned anywhere on the head high up on the crown of the head like a ballerina bun or middle of the head at the crown is the most common spot; or low on the nape of the neck either centre or to either side. For this look you would need your hair to be at least shoulder length.

Braids are also very fashionable but take some time to master if you're doing it on your own head. Often there are two females in the house that can do braids on each other. If you're on your own try watching the many YouTube video tutorials or grab a braiding book. Once you have mastered a basic 3 strand you can learn how to French braid (French braiding is adding strands of hair from both sides of the braid and joining them into the original strands). The most popular braid currently in fashion is the fishtail braid and a mixture of different braid styles. To create this look, gather your hair into 2 sections. Take a section from the outside of your original section and join it to the other section of hair. Repeat this step with the other section. For a more "messy undone" look you can pull the braid apart gently by tugging at the edges of the braid.

Braids are very versatile and can be placed in small

sections of hair just around the face or even for women who are growing out their bangs braids are a great way to get the short hairs off their face before they are long enough to tuck behind the ear.

On long hair a braid starting at the low nape can be finished by gently pulling out strands then wrapping the braid in a circle bun-like fashion and pinning on the nape of the head to create a chignon. This look is seen on many stars in Hollywood.

For short hair add a fun accessory like a sparkly hair clip or hair band to really add glamour to a short hair-style.

The important part in any hair style is having the right products and tools.

Investing in a professional blow-dryer will give you different heat settings and attachments as well as speed up your drying time.

Size matters when it comes to the size of your round brush. Too large and you won't get the desired effect and too small can lead to getting your hair tangled if you're not well practiced. It's a great idea to check with your hair stylist to find the correct size round brush for your hair length and desired look.

Another great tip is if you are looking for a smooth full look and you have wavy, thick or coarse hair a boar bristle brush is really helpful. For volume a good round brush would be ceramic that heats up and acts as a curling iron. Remember with every type of hair small sections are a must and a few hair clips to keep wet hair away from dry hair is always helpful.

If you need some practice and can never seem to get your hair to look like the style it was when you left the salon, most salons offer styling lessons. This can be really handy to get some one-on-one time with a professional but as always, practice makes perfect!

Enjoy the holiday season with friends and family and have fun trying out a new way of styling your hair.

Have a GREAT HAIR DAY!

- Sharon, and the Tangles Team

CONTEST ALERT: Send Tangles your do-it-yourself holiday hairstyles for a chance to win a "Style like a Pro" lesson with one of our professionals at Tangles Hair Salon. Enter the contest by posting your photo on the Tangles Facebook page ([facebook.com/tanglessalonhollandlanding](https://www.facebook.com/tanglessalonhollandlanding)). The staff at Tangles will judge the entries and contact the winner in early January 2016.



Depression and Christmas

Christmas is supposed to be happy with all the enticing commercials and grandness of the stores at the malls. Happiness and goodwill abounds everywhere. Is there any reason for anybody to feel otherwise? In my job as a therapist I have treated many people who do feel otherwise. Quite simply they are depressed at Christmas.

According to the National Institute of Health, Christmas is the time of year that people experience a high occurrence of depression. Hospitals and police forces report high incidences of suicide and attempted suicide. Therapists report a significant increase of patients complaining about depression. One North American survey reported that 45% of respondents dreaded the festive season. It is often the time that patients when facing emotional or relationship challenges in life, find very difficult.

Some of this may be due to the dark winter weather that increases the incidence of Seasonal Affective Disorder (SAD). Certainly this may be one of the reasons but it appears to have more to do with unrealistic expectations and excessive self-reflection for many people.

For some people, they get depressed at Christmas and even angry because of the excessive commercialization of Christmas, with the focus on gifts and emphasis on perfect social activities. Others get depressed because Christmas appears to be a trigger to engage in excessive self-reflection and rumination about the inadequacies of life in comparison with other people who seem to have more and do more.

Still others become anxious at Christmas because of the pressure (both commercial and self-induced) to spend a lot of money on gifts and incur increasing debt. Other people report that they dread Christmas because of the expectations for social gatherings with family, friends and acquaintances that they'd rather not spend time with.

And finally, many people feel very lonely at Christmas, because they have suffered the loss of a loved one or their job. So what should you do, if you're among those who get depressed at Christmas? Mental health professionals who treat people with this problem suggest the following:

1. Seek out the help qualified mental health professional.
2. Set personal boundaries regarding the money spent on gifts and the number of social events;
3. Don't accept any perfect representation of Christmas that the media, institutions or other people try to make you believe. Lower your expectations.

4. Become involved in a non-monetary way through charities and worthwhile causes that help less fortunate people;

5. Be grateful for what you have in your life, rather than focusing on what you don't have;

6. Avoid excessive rumination about your life;

7. Take action and do interesting and fun things;

8. If you are religious take part in church activities that focus on the bigger meaning of Christmas;

9. Focus your thoughts on all the good things about Christmas - the opportunity to engage in loving kindness, generosity of spirit and gratitude for others in your life.

The Christmas season has become a difficult time for many people in our society. For those who are positive and don't have difficulties at this time of year, it is an opportunity to reach out to those who are depressed. For those who are depressed, it is an opportunity to take action to think, feel and act in ways that break free from the past.

Raymond Mark has lived in East Gwillimbury for over 30 years. He is a psychotherapist in private practice. He has enjoyed coaching minor softball and has an interest in photography.

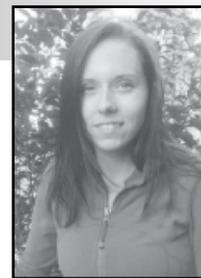


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Reaching your health goals during the Holiday Season

Staying on track with a healthy eating plan can be a challenge during the holiday season. During this time of year, staying focused on your long-term health goals is imperative to keeping your immune system in check, maintaining energy levels, and avoiding unwanted holiday weight gain. Use the following tips as a guide to stay on track with your health goals this coming holiday season.

1) Hydrate. Many people tend to consume more alcoholic drinks around the holidays. Alcohol, along with coffee, acts as a diuretic, which can lead us to be dehydrated. Alternating between alcohol and water helps to prevent dehydration. For those of us watching our weight, it's important to know that our bodies often mistake hunger for thirst. Dehydration can lead us to believe that we're hungry when really, we're thirsty. Other symptoms of dehydration include dry skin, constipation, and fatigue.

2) Portion Control. When the trays of food in front of us seem to be endless, practicing appropriate portion control can be a challenge. One rule of thumb to follow is to fill half of your lunch and dinner plates with vegetables.

3) Use whole, unprocessed foods in homemade baked goods. Watching your consumption of white flour, found in most baked goods, breads, and pastries is important to maintaining stable blood sugar levels. This is because white flour converts almost immediately into sugar. When baking at home, consider swapping half of your white flour for a more nutritious alternative such as spelt, buckwheat, or oat flour. Sugar intake can also add up during the holidays. Consider swapping white and

brown sugar for coconut sugar, an equally sweet alternative, offering some nutritious minerals, while wreaking less havoc on blood sugar levels.

4) Use a food log. While portion sizes are important, I'm less concerned with caloric intake than I am with the quality of the food we're consuming. I recommend logging the types of food you consume daily and foregoing a calorie counting approach. Food logs serve as an effective tool in helping us to get clear picture of the amount of nutrient rich foods we are consuming, along with sugar, trans fat, and processed food intake. Food logs are a great starting point for determining where adjustments in our diets to be made in order to reach our goals.

5) Enjoy the holidays. Give yourself permission to enjoy "treat" foods this holiday season while following the 80-20 rule. On days when you have a holiday dinner or party, stay on track with your regular eating patterns for 80% of the day, and allow yourself to indulge the remaining the 20%.

By Danielle Goobie, RHN. Danielle is a Registered Nutritionist at Body Design. Body Design offers personal training, fitness classes and nutrition coaching to assist individuals achieve their fitness and weight loss goals. www.bodydesign.ca

Continued from Page 26.

many needs in our community and many individuals who donate their time generously. We are indeed a community of super volunteers, for sure. If you simply can't find the time to volunteer on a regular basis; your workload and/or family responsibilities eat up any extra energy you might have; then why not simply "pay it forward". Surprise that driver behind you at the coffee shop by buying them a coffee; purchase a sandwich and hand it to that person sitting on the street asking for change; hold the door open for someone a small gesture can go a long way to making the season brighter!

And come 2016 ...why not consider volunteering on a regular basis. Visit www.nnetwork.org and sign on! There are no commitments. By joining us, you will be given the opportunity to check out each week's volunteer requests by our hundreds of partners.

Merry Christmas and Happy Volunteering!

Visit the Neighbourhood Network Facebook page at [facebook.com/NeighbourhoodNetwork](https://www.facebook.com/NeighbourhoodNetwork) or call the office: (905)726-3737.

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Pets blessed at Mount Albert United Church Event

By Cathy Morton

Sunday, November 15th, Mount Albert United Church introduced a new service for the first time ever and I, for one, hope that it becomes an annual event. The pews were more full than usual and not just with people but with animals. That's right, animals; both real and stuffed.



There was a large contingent of dogs, both large and small and very well-behaved. Many children brought their favourite stuffed animals. There was a hamster and the most unusual was the sleeping cricket. Those who did not bring their pets brought photos.

Rev Lesley Sedore blessed each and every one of them including her own. It was wonderful to see the smiles on the faces of the little ones as they proceeded to tell Rev Lesley the name of their stuffed animals. The Blessing of the Animals was a request by the parents who have brought Sunday School back to our church and opened the Nursery once again.



Our Town is growing, so is our church. Come out, bring your children, enjoy the atmosphere and see what else we have planned.

Looking for children to join our Christmas Pageant, so why not yours?



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