

East Gwillimbury's

Bulletin

MAGAZINE

Since 1998

July/August 2015, Vol. 17, No. 6

INSIDE:
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East Gwillimbury



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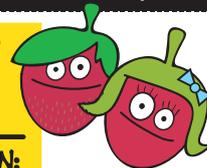
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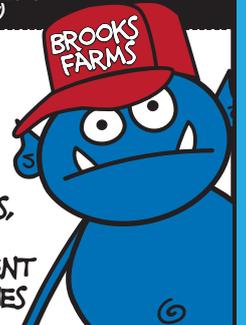
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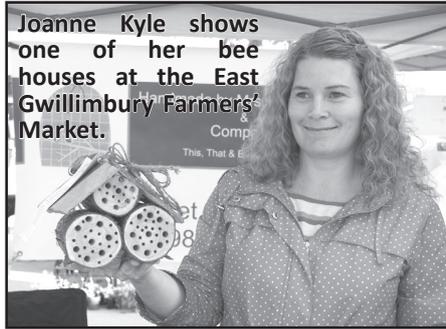
Curiosity buzzes around bee houses at East Gwillimbury Farmers' Market

Have you ever stopped and wondered about the sudden decline in the global bee population, and what that could mean to you?

Me either. Until now.

The big media buzzwords over the past decade have been 'global warming' and 'climate change'.

But consider this: bees are essential to agriculture in ways you would



Joanne Kyle shows one of her bee houses at the East Gwillimbury Farmers' Market.

Experts can't pinpoint the cause for sure, though they suggest a combination of factors, including Varroa mites, insect diseases, and exposure to pesticides.

A year ago a group of Canadian scientists called for a ban on pesticides neonicotinoids and fipronil, which, they claimed, are contributing to the death of bees.

Last month, the Province of Ontario – the first jurisdiction in North America – announced that as of July 1st they would be reducing the number of acres planted with neonicotinoid-coated corn and soybean seeds. Further studies and input/feedback from farmers is likely to come as this issue moves forward.

What can you do to help? Here are some bee tips courtesy of the David Suzuki Foundation:

- Create your own pollinator-friendly garden using a wide variety

Continued on Page 5.

East Gwillimbury's
Bulletin
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never have imagined. Just think of a world without beans, tomatoes, onions, carrots, apples, peaches, pumpkins, melons and hundreds of other fruits and vegetables that are dependent upon bees for pollination.

According to the Globe & Mail, roughly a third of our diet derives from plants pollinated by insects; bees account for 80 per cent of those crops.

Over the last several years, the global bee population has suffered an annual loss of between 30-40%.

Important Bulletin Deadlines:

Submission & Advertising deadline for September issue:
August 24

Bulletin delivered to residents: September 2

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<https://www.facebook.com/EGbulletinmagazine>

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Community Happenings

ONGOING EVENTS:

Every Thursday Evening

Mount Albert Legion DARTS beginning @ 7 pm

Every Friday Evening

Mount Albert Legion SNOOKER

beginning @ 7 pm - 31 Princess Street

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.

BYOBlanket Picnic Sundays

Every third Sunday in May, June, July and August at Sharon Temple National Historic Site and Museum. Bring your family down for Picnic Sundays. Our first Picnic Sunday will be held as a part of our opening weekend and will offer free admission in celebration of International Museums Day. Best set up wins a prize. See Facebook page for more information: www.facebook.com/SharonTempleNHS

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.

JULY:

July 11

Teddy Bear Fair in support of the Cancer Recovery Foundation of Canada.

10am-4pm at Brooks Farms, 122-141 Ashworth Rd, Mount Albert. Teddy Bear clinic, wagon rides, magic show at 2pm, games, crafts, balloon artists, teddy bear retail village.

July 11

BBQ Night at the Mount Albert Legion 5pm-8pm

July 18

Mount Albert Music Fest

See Page 6 of this issue for more details.

July 24

BBQ Night at the Mount Albert Legion 5pm-8pm

4

July 31

Newmarket Jazz Festival

Newmarket Jazz Festival is a unique jazz PLUS summer event. A vibrant four day celebration of arts and culture offering many genres of music with a jazz-backbone, exhibition of visual art, creativity, dance, foods, feature characters, face painters, What a Balls and music workshops. Located at Riverwalk Commons in the heart of the old Town of Newmarket the festival is a five minute walk to Heritage Main Street and Fairy Lake. Enjoy a 4 day get away at the TD Newmarket jazz+ Festival. Festival friendly for everyone – seniors, families, teens, wheelchairs, strollers and of course, well-mannered family dogs!

Friday, July 31 5:30 to 11pm; Saturday, August 1 Noon to 11pm; Sunday, August 2 Noon to 11pm; Monday, August 3 Noon to 8pm.

AUGUST:

August 30

8th Annual Back to School Bash

Sponsored by Lakeside Community Church of the Nazarene. Lots of fun for the whole family — jump castle, face painting, juggler, \$2 haircuts for kids under 12, FREE school supplies, hamburgers and hotdogs, silent auction and more! Holland Landing Community Centre, 19513 Yonge St. 1pm-4pm.

SEPTEMBER:

September 7

Family Fun Day

Live band, food, clown, balloons, games, face painting, bouncy castle. Come and enjoy Family Fun Day with the Holland Landing Lions Club. No Entrance Fee. East Gwillimbury Sports Complex.

September 18 & 19

Hoedown - presented by Magna

For the past 26 years, the Hoedown has become a great Magna tradition – one that has also become a great community tradition and York Region's largest annual fundraiser. Fifteen local charities and community groups are recipients of this year's Hoedown proceeds. Please join us at this much-anticipated community celebration! JUST ANNOUNCED: The Jim Cuddy Band. For more information, visit hoedown.ca.

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



@ Your East Gwillimbury Library

Summer 2015 Events:

Teddy Bear Factory

Personalize a teddy t-shirt and stuff your very own teddy bear with Kids' Fun Factory.

Ages 5 and up. Cost: \$13. Please register.

Mount Albert: Thursday, July 16 @ 10:30 am

Sci-Tek Robotics

Using Lego Mindstorms, students will build a robot and program it with a computer to move, react and make a sounds! Ages 8–14 years. Cost: \$30. Please register. Maximum 10.

Holland Landing: Thursday, July 9 @ 1–5 pm

Please Play with Your Food!

Make elephant toothpaste and experiment with sweet treats. Presented by Scientists in School. Ages 3–7. Cost: \$3. Please register.

Holland Landing: Thursday, July 16 @ 10:30 am

Play Chess

Learn how to play chess and various strategies to win the game. No experience required. Presented by chess instructor Sima Nikjoo. Ages 7–12 years. Cost: \$4. Please register.

Holland Landing: Thursday, July 23 @ 1–3 pm

Obey Newton: It's the Law!

Explore Newton's Laws of Motion. You will race bubbles, build a car, and design and test a rollercoaster. Presented by Scientists in School. Ages 7–12. Cost: \$3. Please register.

MA: Thursday, July 23 @ 10:30 am

Summer Reading Club Volunteer

Gain hours this summer by speaking with our Club readers about what they have read and by handing out prizes. This opportunity runs from July and August, with training beginning in June. For information or to volunteer, please contact halblas@egpl.ca.

Adult programs:

Cinema Saturdays

Did you miss seeing these Southlake Cinemania selections on the big screen? Beat the heat at the library! No charge, but a donation toward the cost of the license would be appreciated. Shows start at 2:00 pm @ Holland Landing branch, 19513 Yonge St. Call 905-836-6492 to save your seat!

July 11 - The Hundred-year-old man who Climbed out the Window and Disappeared. (rated 14A): Based on the novel by Swedish author Jonas Jonasson, this comic adventure tells the tale of an elderly dynamite expert who escapes from a nursing home on his 100th birthday.

August 8 – Whiplash (rated 14A): Andrew Newman, an aspiring and talented drummer in the world of jazz, must not only endure the harsh teaching tactics of his top instructor, but exceed his high expectations.

Continued from Page 3.

of native flowering plants.

- Eliminate pesticide use.
- Encourage your local council to implement pollinator-friendly policies and to maintain and enhance pollinator habitat.

- Encourage local clubs or school groups to build pollinator habitats such as butterfly gardens and bee blocks.

- Support agriculture enterprises with pollinator-friendly practices such as farms that avoid or minimize pesticide use.

- Encourage government agencies to take into account the full economic benefits of wild pollinators and their habitat when formulating policies for agriculture and other land uses.

A recent Facebook post on the East Gwillimbury Farmers' Market page caught my eye. It was about market vendor Joanne Kyle from 'Handmade by Mrs. Craftypants & Company', and it showed a new offering: handmade bee houses. The more I read about them and the benefits, the better the concept sounded!

The idea was originally suggested to Kyle by a beekeeper at the market – some of his customers had been asking about how they could promote 'good bee health' in their own backyards.

Since Kyle was already making birdhouses and other similar work, it was a natural fit.

Made by hand from upcycled cedar, the bee house looks like a smaller version of a birdhouse – and is a definite must-have for East Gwillimbury gardening enthusiasts. They really are the bee's knees!

For more information about Handmade by Mrs. Craftypants & Company, visit their Facebook page: www.facebook.com/mrscraftypant or drop in to the East Gwillimbury Farmers' Market on Thursdays from 2-7pm at the Yonge Green Lane Commons (near the Lowe's plaza location) and see them in person.



Mount Albert Music Fest July 18, 2015

Mount Albert Music Fest will take place downtown Mount Albert on Centre Street. We will close the street to traffic from Main Street to Mill Street with no access from Bank Street. The street will be lined with vendors, food trucks, bouncy castles and much more to entertain the families and friends of Mount Albert. The music will begin at 10 a.m. and run until 11 pm with various performers including the Hillside Church Choir, performances from KICKS dance group, as well as the Extreme Cheer Allstars; the genre will centre around southern rock but will follow the crowd.

The event is funded by many of our local businesses, the Town of East Gwillimbury and our major sponsor, Oxford Homes. There will also be a raffle draw with prizes: 60" flat screen tv, a golf package, a spa packages, a grocery package, among others.

Funds from the tickets will go to help sponsor the event. The cost to attend the event is no charge, but we do ask for those attending to help fill up the various food pantry boxes that will be located throughout the venue.

There will be many surprises throughout the event, and something to please everyone. Please help us enjoy a wonderful day and evening by joining us at least once that day (if not returning multiple times) to enjoy all the wonderfully talented performers.

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East Gwillimbury Farmers' Market Event Highlights

July 16 - E.G. Eats Healthy

With so much beautiful local produce around, it's the perfect time to look at healthy eating and lifestyle choices.

August 13 - TOMATOFEST!!!

Green, red, yellow and every colour under the sun...
It's time to celebrate the mighty tomato!

Movie in the Park (FREE)

Bring your lawn chairs or blanket and enjoy a movie under the stars. Ross Family Complex, 19300 Centre Street.

This free family movie night is sponsored by Flemming Properties. Contact Steve Flemming at admin@flemmingproperties.com or 416-435-8311.

Upcoming Events at Sharon Temple

Heritage Weekend

August 8-9, 2015 (10:00 am - 4:00 pm)

Picnic Sunday

August 16, 2015 (11:00 am - 3:00 pm)

Weaving Words Festival of Stories

August 30, 2015 (11:00 am - 5:00 pm)

For more information, visit: sharontemple.ca or call 905.478.2389.

East Gwillimbury Trail Walks 2015

Date: August 8, 2015 - 9:00 AM

Location: Holland River Trail

Meet at end of Holland River Blvd in Holland Landing, park on road.

Didn't get your Bulletin in the Mail?

As you know, The Bulletin is delivered throughout East Gwillimbury (to every household and business) by Canada Post.

Did the dog eat your Bulletin? Did your spouse pitch it into the recycling bin before you finished reading it? Think you got it, but not sure? Maybe there's something in the current issue that you'd like to share with friends outside the area...

You can pick up copies of the current Bulletin magazine at:

- East Gwillimbury Library (Holland Landing)
- East Gwillimbury Library (Mount Albert)
- Vince's Market (Sharon)
- Town of East Gwillimbury offices (Sharon)
- Food Land (Mount Albert)
- Antiques on 48 (Baldwin)



Torchbearers for the Mount Albert leg of the relay gathered beforehand for last-minute instructions. (Photos by: Blair Matthews)

East Gwillimbury Pan Am Torch Fever

On the road to Toronto for the 2015 Pan Am Games, the torch came through East Gwillimbury June 26. First it was a stop in Sharon for a noon rally at the Civic Centre, and later the torch was carried through the streets of Mount Albert.

In Sharon, Mayor Hackson and council members welcomed a crowd of enthusiastic residents and torchbearers.

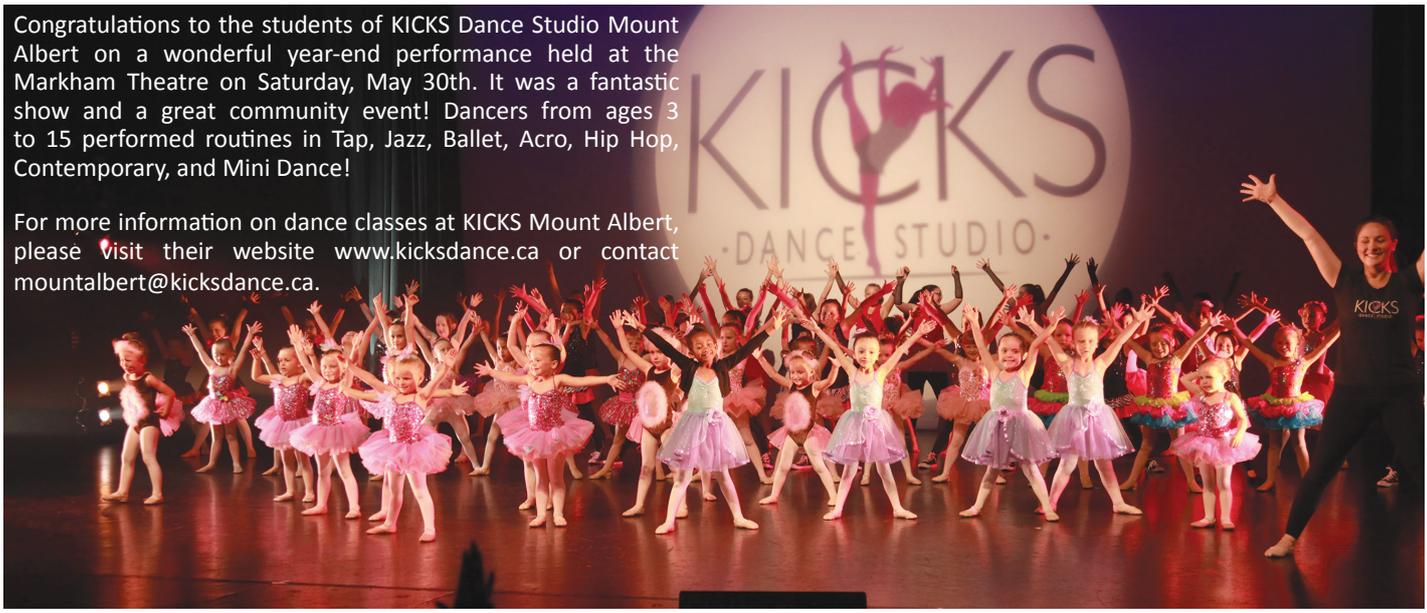
Even Mount Albert's favourite cat, Beemer, stopped by to see what all the fuss was about.



(Photo by: the Misener family)

Congratulations to the students of KICKS Dance Studio Mount Albert on a wonderful year-end performance held at the Markham Theatre on Saturday, May 30th. It was a fantastic show and a great community event! Dancers from ages 3 to 15 performed routines in Tap, Jazz, Ballet, Acro, Hip Hop, Contemporary, and Mini Dance!

For more information on dance classes at KICKS Mount Albert, please visit their website www.kicksdance.ca or contact mountalbert@kicksdance.ca.



Car Boot Sale @ Stardust Drive-in



Sharon Public School fundraiser brings bargain hunters to the drive-in

Sharon Public School held its annual Car Boot Sale at the Stardust Drive-In on May 30.

A 'Boot Sale' is basically a yard sale, but sellers buy a spot and sell items out of the back of their car.

It was free admission for buyers, and kids were treated to balloon animals and face painting.

For those who were also participating in the Mount Albert Community Yard Sale down the road, it was great to get to both events in the same morning.



Mount Albert Dental Centre celebrates last day of school with a FREE ice cream party!

Mount Albert Dental Centre in Mount Albert recently held a free 'last day of school party' for local students on June 25. The rain didn't keep the soft serve ice cream from flowing that afternoon as the ice cream truck parked in the dental office's parking lot to the delight of everyone. It was ice cream cones for all (including some parents who, as we were reminded, are just big kids). A great time was had by all... and signs posted along the walkway reminded kids to floss this summer!

Mount Albert Community Yard Sale



Mount Albert Village Association hosts Community Yard Sale

There were deals galore on Saturday, May 30, as the Mount Albert Village Association hosted its annual Community Yard Sale. Twenty-two homes held yard sales and bargain hunters came out in droves. The rain held off all morning and it was a hot and sunny day.

Lots of household items were up for grabs and the kids participated too - some sold lemonade and others baked and sold cupcakes. MAVA accepted registrations for the day and yard sale goers could get a map of all the addresses. A great idea!





Time to replace the roof?



It's time to replace the roof, where do we begin? ...well, not with pastel green shingles, white aluminum siding and hunter green trim, I hope! Those days are long gone.

When you first look at a sample board of asphalt shingles, all the

samples look pretty good; until you magnify it all over the top of your house! For the next 17 years, your neighbours will walk by, saying: "what were they thinking?" Or, "it's a shame they picked that colour!" Perhaps you know a roof like that in your neighbourhood and have said the same thing?

For a nominal fee, designers and decorators can add value to a client's project and assist on making decisions that will work, now and in the future. And, it's money well spent since there's nothing worse than a \$8,500.00 project gone bad that you and your neighbours have to live with for the next two decades!

Most projects start small but lead to other jobs. All things considered, none of these jobs should be done in isolation. Working piece-meal without a plan generates extra work and added expenses.

Hindsight being 20/20, involving a professional to define the boundaries of the project, involving the right contractors and coordinating all the moving parts is invaluable and will produce the cohe-

sive result you're looking for. The choices you make will either work and save you money in the long run, or cascade into unforeseen, costly mistakes.

On this project, the client nearly made a \$13,000 mistake, deciding to replace the roof with soft pastel green shingles that they would have regretted for the next 20 years. Then they decided to pull me in and ask questions on what colour should the roof be? Why does it matter what the trim colour is? And, how can I coordinate the siding?

White is white, right? Not all colours go well together and not every manufacturer coordinates the colours of their various product lines: vinyl siding, eavestrough, soffits, vinyl window, etc. This is just the beginning; then you have the front door colour to think of, window trim colour, etc.

By seeking professional advice first, my clients are delighted with their new renovations and quite often receive compliments from passing neighbours on the "new look".

I was happy to receive a call from them this past week to ask if I would be interested in meeting for some advice on their next project!

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.



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Me, Myself and I

One year ago today I was posing for prom photos with my best friends and planning out our summer days before going our separate ways in the fall. Nothing seemed to matter beyond that, but the cottage parties and camping trips came to an end quickly, and suddenly I didn't know what to do with myself.

I tried to embrace the lonely feeling I felt inside when everything started to change, but all I really needed to do was get-to-know someone a whole lot better; that someone was me.

I'll admit that I was the kid whose first words were "I'm bored" as soon as I was left alone for 5 seconds. Being the youngest of three, I still struggle to entertain myself since I've always relied on others to do it for me. Though I like to believe that I have come a long way.

I have been climbing mountains alone, swimming in waterfalls alone and snorkeling... alone; all of which have rekindled an unusual relationship between myself and I. It is a relationship that I have prolonged and neglected, but simply embraced after dedicating some time to reading a book.

A couple of months ago I was sitting on the patio at a coffee shop in town reading "O's little Book of Happiness" when a sweet old man stopped to admire what I was doing. He told me that it was so lovely to see a young lady sitting alone and reading, because nowadays people seem to be too busy to do that. I laughed, because it is seriously and completely uncommon for me to sit at a coffee shop and read, but I figured I would give it a shot.

I don't read books – like ever – and I lack way too much self-control to really sit anywhere, alone, for more than twenty minutes. However, we chatted for a little while before he went on his way. He told me to "keep it up" as he waved goodbye and headed towards his car. I then continued to read, just as the man suggested I should do. I finished reading page 55 and then turned onto page 56, which fatefully quoted that "the longest relationship we have with anyone is with ourselves" – Robin Romm. For anyone that hasn't read this novel, it is a book that is made up of a series of short articles written by aspiring journalists. The article was titled "My Own Best Friend", and I don't think that I have ever read anything more accurate in my entire life. Although it was short, it got straight to the point, and I was taken aback by what the

quote had recited. Even though it made perfect sense to me, I felt ashamed when I finally began to realize just how hard I have worked to avoid myself.

I lifted some weight off my back when I noted how common "avoiding yourself" was to do, and how many other people tend to do it. So, while away from home, I have tried spending a lot more time getting to know myself better. I believe that I have had greater success over the past 3 months than I have in the past 19 years of my life. I've learned to embrace being a tacky tourist with selfie-stick in one hand and a journal in the other, and I've loved every minute of it.

I often replay scenarios in my head. Like if I hadn't been reading that book, then that old man wouldn't of stopped to tell me just how lovely it was to see me there. And if he didn't stop to tell me just how lovely it was, I might never have reached page 55, or turned onto page 56.

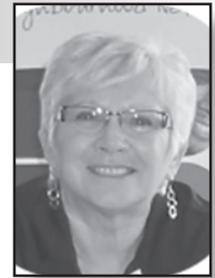
However, that wasn't the case. That sweet old man saw me sitting, amongst good company, alongside someone I shared so many interests with. He noticed me repairing a damaged relationship with a life-long friend – me, myself and I.

Michayla Fraser is a writer from Holland Landing who is planning on pursuing a career within the Journalism field.

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Our Inspiring Youth



NeighbourhoodNetwork
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It seems only fitting that, as the school year comes to an end, we recognize and applaud those young people who have brought volunteerism to another level!

Last month I told you about five of the recipients of Neighbourhood Networks's Give Back Awards. I am going to make a valiant attempt to tell you about the remaining fifteen recipients!

Each story is unique and once again I remind you that I can't include the kind of detail that befits these amazing students! Here we go...

Haven Moulds is a student from Aurora who took it upon herself to organize a bone marrow drive at her school. This led to a campaign to have such a drive in every high school in York Region! She also organized the Terry Fox Run at her school stating that "giving

back to the community should not be considered a task, but rather something that one should be honoured to do."

Ashni Bhoalatan believes that "volunteering is the backbone for a solid community". She demon-

strates this herself by volunteering countless hours at Southlake Regional Health Centre.

Also a volunteer for Southlake, but at the Residential Care Village, fellow Newmarket High student Samantha McFetridge has devoted 300 hours in just one year. She also volunteers for other organizations, taking part in a variety of fundraisers. She has a plan to make a difference "one person at a time"!

How many eighteen year olds do you know who have their own foundation? The Leah Hans Fundraiser for Childhood Cancer has raised over \$16,000 through

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www.carefreefootcare.ca

hair-cutting and community fundraising. Leah doesn't stop there... she also volunteers for Girls Inc after school and through the summer. She wants to "create a brighter tomorrow", "with the aspiration of creating hope and compassion for others".

And then we have those students who truly believe that volunteering has positive pay back.

Eric Haskins from Keswick is one of those students. He has volunteered at the Red Cross, seniors' homes, animal shelters, Relay for Life, the Heart and Stroke Foundation, the Salvation Army, and the Georgina and Aurora food pantries. ..."the Life experiences gained from volunteering are irreplaceable".

Similarly, Trisha Baladhay from Aurora, is actively involved with several organizations... Easter Seals, Aurora Historical Society, AIDS Committee of York Region, St. Vincent de Paul, the Rose of Sharon, to mention a few. She is recognized as a positive peer mentor, a leader and is the go-to person when a fundraiser needs to be organized!

Many of the Give Back recipients spend countless hours volunteering with children's organizations. For example, Cassandra Carey donates her time by being a reading buddy, a program assistant at her skating club and by volunteering at the Hospital for Sick Kids. She has also travelled abroad to build two homes for families in need.

Margaret Evans from Keswick has spent her last two summers volunteering at Camp Widjiitiwin impacting hundreds of young campers by providing healthy advice, leading religious lessons and offering friendship. Margaret there are a lot of I's in your camp's name, but clearly you believe in "we".

Speaking of the "Me to We" revolution, Zach Roberts of Newmarket was the driving force behind his school's participation as a Grade nine student! Focusing on helping students at his school, he was also the founding member of the Social Justice Club and practices it regularly as he helps new international students by tutoring them.

Dhruv Krishnan feels that "the path to success should not be focused on ME but WE and that the key to happiness is supporting each other and rising together". He is the youth ambassador for the Alzheimer's Society and also tutors students for the Learning Disabilities Association. If that isn't enough, he is also the Student Engagement Coordinator for the Canadian Cancer Society.

Five more Newmarket students contribute generously to the community. Mahima Mehta believes that "it is our collective responsibility to take care of our community".

And she does just that by volunteering at several senior's homes assisting staff and residents. Joshua Clements, a recent immigrant to Canada, has made an impact by mentoring those with dyslexia. He also volunteers with a local Scout group and is a co-founder of Qwertynomics which teaches youth about robotics!

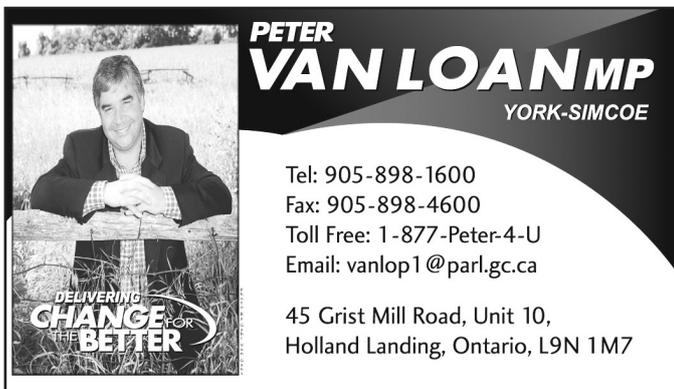
Madison Maynard has an amazing list of volunteer activities – Rotary Club, Rose of Sharon, Big Brothers, Big Sisters, Alzheimer's society and Inn from the Cold. And believe it or not she chooses not to log her hours because she doesn't want credit for what she does!

Sarah Charnock is planning for her future in the medical field. She has dedicated countless hours at the Walk It Off Spinal Cord Wellness Centre where she assists patients who are recovering.

And lastly, we have Jennifer Powers, who has earned an amazing 1650 hours of community service. Her fundraising efforts and participation in community events speak for themselves. To top it off, she has volunteered in Haiti, helping to rebuild a home for a family who lost theirs. She is "a true leader by nature, and an incredible philanthropist at heart".

I chose that last quote because it describes all of these amazing students – leadership and caring. That's what it's all about!

Susan Boyne-Bird is the East Gwillimbury ambassador for Neighbourhood Network. To contact her call 905.473.9617 or susantboyne@sympatico.ca.



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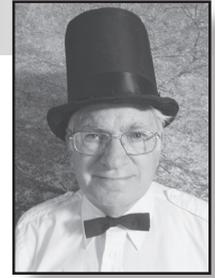


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The Hamlet of Vivian

I was recently asked what I knew about the old store at Vivian. You've no doubt looked at it while waiting for the lights to change at the corner of Vivian Road and Highway 48. And you might be surprised to learn that at one time there was much more to this hamlet than just a store.



Starting in the early 1800s, a settlement trail was developed from Yonge Street near Newmarket to the Uxbridge valley. It was created by Quaker settlers, and was a key road shown on some early maps. The part of it in York Region is now known as Vivian Road. The eighth concession road, now Highway 48, led south to Stouffville.

This intersection was originally in an immense woods, and it was the location of one log building kept as a tavern by Jonathan Randall. By 1860, there was a saw mill about a quarter mile to the southwest.

By 1867, George Sexsmith ran a hotel there, and the area was known as Sexsmith's Corners. Vivian post office was opened on December 1, 1866, with Mr. Sexsmith as postmaster. He had also recently opened a store in connection with his hotel. A blacksmith shop was being erected in 1867, and Robert McCormick (sometimes spelled McCormack) was operating the saw mill that employed 20 men.

Mr. McCormick became postmaster on May 1, 1868 and served until his death in 1913. He was followed by George L. Cox until 1914, Charles McQuain until 1928, and George W. McCormick until March 31, 1924, when the office was closed.

In 1876, a branch of the Toronto & Nipissing Railway was being built from Stouffville to Jackson's Point on Lake Simcoe. It crossed what is now Highway 48 just north of Bloomington Road, and crossed Vivian Road a little way west of the intersection.

At that time it was reported that Mr. McCormick had a steam saw mill, steam shingle and lath factory, chopping mill for crushing grain for fodder, a bakery, a vinyard, and was presently finishing a building for a store. There was also a hotel, and several mechanics (carpenters, etc.).

The railway officially opened at Vivian on Saturday, July 14, 1877. An evergreen arch had been erected over the track with a Union Jack flying high above it. When the train whistle was first heard, the crowd gave a loud cheer. A welcome ceremony then took place which included several speeches. That first train carried a carload of corn for Mr. Summerfelt's mill at Mount Albert.

Of course there was a station at Vivian, and local folks could get a train ride from there to Toronto. It was also a pickup point for excursions such as a trip to the Lennox Picnic at Jackson's Point.

This railway was in operation until the 1920s, and the tracks were taken up about 1928.

Then, of course, there is the old store on the corner. The following newspaper description was probably about that store. The new store of Messrs. McCormick and Sons was opened early in 1884. It was "furnished in the most elaborate style, second to none between Toronto & Barrie. The post office was supplied with 150 call boxes and was far superior in style and finish to the one in Newmarket. The building cost about \$4,000. A large hall capable of accommodating about 200 persons was provided over the store, and a dwelling in the rear."

The hall was known as McCormick's Hall, and was the scene of various events and celebrations including political meetings.

This store more recently was returned to the prominence of its earlier days in a painting done by artist Walter Campbell.

I remember a large brick building on the northwest corner that had been a hotel, and in later years a residence. After being vacant for awhile, it burned in June of 1972.

Other buildings were the Vivian School which was just east of the intersection, and the McCormick Memorial Church just down the road on Highway 48.

Like many small hamlets, Vivian shrank in size once the local saw mill and lumber business with its many employees was no longer in operation.

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

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 new 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 Subway 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 September 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 pass for two to the Stardust Drive-in for

identifying our June photo: Santo Torchia 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 storm-water retention pond at Colony Trail and Stonehill in Holland Landing.



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Benjamin Moore



Library membership is free to all those who live, work, or attend school in East Gwillimbury, Bradford-West Gwillimbury, Georgina, King, Newmarket, Markham, Uxbridge & Stouffville.

TD Summer Reading Club

2015

Design Your Library for Kids

June 25 - August 30 2015

What does your dream library look like? Create your own library using any materials - cardboard, paint, paper - and we will display it at our library! All participants will receive a Golden Ticket for a chocolate bar and fine free privileges for the summer! Submit your design to either of our branches.

Ice Cream Party

Make an ice cream sundae for our final celebration of summer. All ages.

Cost: \$1. Please register.

Holland Landing:

Thursday, August 13 @ 2 pm

Mount Albert:

Thursday, August 13 @ 11 am



Holland Landing 905-836-6492

Mount Albert 905-473-2472

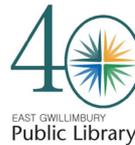
www.egpl.ca

Library membership is free to all those who live, work, or attend school in East Gwillimbury, Bradford-West Gwillimbury, Georgina, King, Uxbridge, Newmarket, Markham & Stouffville.

FIND THE GOLDEN TICKET!

Approximately 100 "Golden Tickets" have been hidden on page 75 in books at the East Gwillimbury Public Library. Each ticket can be redeemed for a prize, such as a mug, pen, Author Reading ticket and chocolate bar. The tickets are part of a year-long celebration of the Library's 40th anniversary.

The contest commences July 2, 2015. Tickets can be redeemed at the circulation desk until the end of the year. The tickets are hidden in adult fiction, juvenile fiction, and adult non-fiction books. Happy hunting!



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Mount Albert 905-473-2472

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UPCOMING SUMMER EVENTS

MUSIC AT CIVIC SQUARE

7 p.m. @ the Civic Centre

July 14

Jeff Scott & the Buddy Ray Vons
(Beatles Tribute)

July 28

Arden & the Tourists (Pop/Rock)

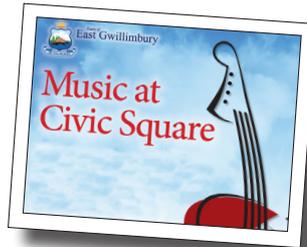
August 11

Hotel California (Eagles Tribute)

Closing Night August 25

Tropical Night

Rebello & Steel Band



FARMERS' MARKET

Every Thursday from 2 to 7 p.m. at Yonge Green Lane Commons

July 16

EG Eats Healthy

August 13

Tomato Fest

September 10

Western Day

October 8

Family Feast & Fest



EG HOME & LIFESTYLE SHOW

Hosted by the Chamber of Commerce

East Gwillimbury Sports Complex

September 12 10 a.m. to 5 p.m.

September 13 10 a.m. to 4 p.m.



CAR SHOW

Every Saturday from 6 p.m. to dusk at the Civic Centre.

Special events:

July 18

Whatever Sticks

August 15

Pepper Shakers

September 19

Reminiscing



FOR MORE EVENT DETAILS VISIT

WWW.EASTGWILLIMBURY.CA





Polo for Pets 2015

Photos by Blair Matthews

On May 20, 2015, Polo Ontario proudly supported the Ontario SPCA at 'Polo for Pets' where funds were raised to support dogs, cats, and horses in need within Ontario.

As a non-profit charitable organization, the Ontario SPCA is unique amongst animal welfare organizations in Ontario: the Ontario SPCA Act mandates the Society to enforce animal cruelty laws and provides Ontario SPCA Community investigators with police power.

The event included fun polo traditions such as, stomping divots with champagne as well as a polo tournament and agility dog races. There were fun activities for kids including a bouncy castle, games, face painting and ice cream. And, of course, the SPCA brought along some puppy friends that were a big hit.

The event was sponsored in part by Cedar Valley Polo Club, Van Bakel Nursery, Highfields Country Inn & Spa, and many others.

For more information about the Ontario SPCA, please visit: www.ontariospca.ca. Visit Polo Ontario at: <http://www.poloontario.com>.



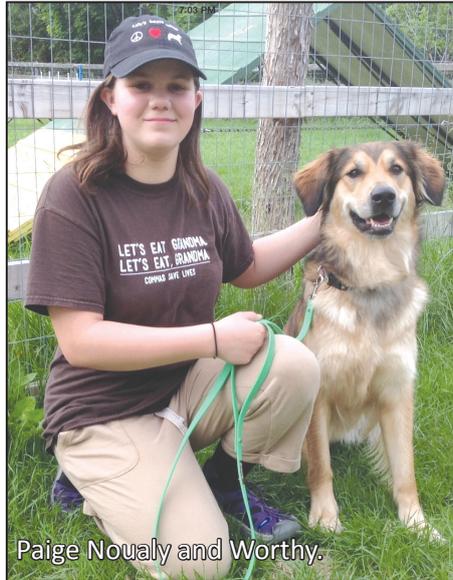


Partnering with dogs

I have thought about communities and building them in many different ways but how about through our love of dogs? Just taking the dog out for a walk, I meet new people and develop an awareness of my town that I didn't have before. I've always said having a dog gets us out and builds friendships and then I met Nancy and realized that it could be so much more.

Nancy Hatch knows dogs. She raises Golden Retrievers and has run the Good As Gold K-9 School on McCowan Rd since 1991. It is a happy place where dogs and people meet as equals, each working to develop their full potential. Nancy has seen firsthand the difference dogs can make in lives. Years ago, she began to get her dogs certified as therapy dogs and bring them to hospitals and other places where compassionate animals are welcome. Doing that work, she began to realize there is a gap between therapy and service dogs that needs to be filled. With that in mind, in September of 2015, Nancy and her team will launch "Partner Dogs Canada."

To understand the need and how Nancy intends to fill it, first I had to know the difference between therapy and service dogs. Although both wear jaunty scarves or vests to identify them as working dogs, a service dog is trained to help people with specific disabilities. A person applies and is matched and trained in the use of that animal. The dog works for the person who owns it. It becomes part of the family but must observe strict working protocols so



Paige Noualy and Worthy.

there is no confusion between having fun and being the eyes or ears for its person. Seeing eye dogs and hearing ear dogs are relatively common today but as we find out more about the capacity of animals, they are being brought in to work on many other things too.

Therapy dogs are most often family pets whose owner volunteers for an organization. The dogs are given temperament testing and supervision as they go into schools, hospitals, homes and anywhere their calm influence is welcomed. Once they are considered to have learned the ropes, they are certified by their organization to go on visits anywhere dog buddies are

requested. Today there are several organizations certifying pets for therapeutic visits. Nancy has brought her therapy dogs out into the community for many years and loves the way they can arrive in an institution, bringing joy and peace with them. So how will Partner Dogs Canada be different?

Nancy told me, there are people who are not able to have a dog of their own who would benefit from a service dog. Some also need more of a relationship with an animal than a brief weekly visit can offer them.

She told me about a teen she used to visit. Once the young woman got used to the dog (Horizon), she looked forward to the weekly visits with increasing excitement. She read extensively about dogs and the work they do. She began to dream of a time that she could have and train her



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own therapy dog.

One day, after a particularly good visit, she asked Nancy if she could take the leash and walk Horizon down the hall to show off her beautiful friend. She was confident she could do it and was excited about the prospect. The answer was NO. Not because Nancy thought the young woman couldn't do it, or because she thought it wouldn't be good for her but because the way the certification is done, the therapy dog must be on the leash, held by the owner at all times.

Although Nancy knew that Horizon would walk well with her client, give her confidence and dignity a boost, it was just not possible. The situation was explained and the girl understood but Nancy felt that it was a missed opportunity. What if she could bring dogs and people together in new ways?

My next question was, "aren't there going to be too many therapy dogs out in the world."

The answer is, absolutely not. There are never enough trained dogs for the growing need. This organization will in no way replace current therapy dog organizations, it will simply open up new opportunities for those who do not fit into the existing structures. Nancy's dream has many facets. Nancy's dogs will be advanced therapy dogs, getting continuous training and constantly updating their expertise and being assessed for changes in their attitude and temperament. The ideal dogs are no particular size or breed but they need to be polite, obedient, friendly - not aggressive, not fearful and need to get along with other dogs and people.

She pictures a multi pronged approach. People can bring their own dogs to be trained in the skills needed. Of course they will be partners in that training so they get a dog with the abilities they need. There will be oth-

ers who need dog visits. They can be matched with a volunteer and the right dog, either a dog from the community or one trained by the organization, visiting with a community volunteer. Those who can get out but can't have a dog can come to the centre to visit and work with the trained dogs on the premises.

It seems like a big dream and yet, I feel a tail wagging response. Just imagine it - which is not at all hard when Nancy speaks with such passion.

In September, Partner Dogs Canada will launch. Many people are hard at work building the infrastructure right now. Volunteers of all ages and dogs are being trained. 13 year old Paige Noualy is one of those volunteers. She comes on a weekly basis.

Paige told me that she started doing agility training with her own dog Lily some time ago. She has recently started working with dogs being trained as partners. She said, "I enjoy working with different dogs because each one is so unique. I like knowing that I'm helping the community. As a bonus, I get to learn lots of different training techniques."

Many dogs are willing to please and do the work they are asked to do cheerfully and with exuberance. It is wonderful they can bring their human friends into that partnership. It builds confidence and even lowers blood pressure and stress levels. The volunteers who partner with those generous compassionate canines reap all of those benefits. So too do the people who receive visits.

Nancy's mind is working overtime.

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There are no limits to what could be done with willing dogs and excited volunteers.

Partner Dogs Canada will run several pilot projects and hopefully one day be ready to train not only advanced therapy dogs but service dogs as well.

Would you like to get in on this amazing new community service? Partner Dogs Canada will have many opportunities. You can volunteer to work with their highly skilled dogs or you can bring your own. You can work with people who come to the centre for visits, or can be trained to go out and bring dogs where they are needed. A new service such as this will need many hands and skills as it comes out of the gate. Call to see where you can fit in.

What if your dog wants to volunteer? The only requirement is a good temperament for the work. All of the training will be provided.

If you need the services of Partner Dogs Canada, contact Nancy so she can develop a program for you.

For more information call Nancy at: 905-473-3318.

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.questacrosscanada.com or lifelinescoaching.org.



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The local 1st Mount Albert Scout group after their community clean-up activity this past June.

Local Scout group leading by example

By Blair Matthews

Mount Albert Scout leader Bill Foster knows a thing or two about the intricate life of teenagers and young adults. He gets to see it – and hear about it – first-hand.

And he keeps coming back week after week, month after month in spite of it all.

On this particular day, just hours before the official opening of Sports Day 2015, the Scouts are pitching in by picking up garbage at Mount Albert Public School and the surrounding area. It's not a chore that is hard to talk the kids into – as a Scout, each person learns the value of community service.

The Scout organization encompasses Beavers, Cubs, Scouts, Venturers, and Rovers (based on age).

The group recently celebrated its 90th anniversary, making it one of the oldest Scout groups in the area. You might think that the popularity of the Scouting organization has dwindled – in an electronic wireless era that we now live in. Foster says the opposite is true.

“Beavers, which is ages 5 to 8, has 38 in town. So while a lot of other Scout organizations are struggling in different parts of North America, Scouting is alive and well in Mount Albert right now.”

When you count the total number of members in the five age groups, the number tops 100.

So what makes Mount Albert stand out? Foster says he likes to think it's because of the high quality of the program they offer the kids. And living in a small town with fewer distractions and less things to do certainly doesn't hurt.

“Scouts is one of the few things where kids can actually

learn (besides at school) about citizenship, responsibility, commitment, and looking after each other,” Foster says. “Kids get to challenge themselves.”

Across the country, Scout groups are making a real difference. Just before the FIFA Women's World Cup, Scouts in Ottawa partnered with FIFA and planted 1,000 trees to replace the ones lost to the Emerald Ash Borer. Overall, Scouts have planted more than 80 million trees in Canada since 1972.

Back in East Gwillimbury, Scouts recently visited the Town of East Gwillimbury Council office where they met with Mayor Virginia Hackson and heard her speak about local government as part of the group's Citizenship badge.

A big component of Scouting is camping, with a focus on *Leave No Trace*.

Leave No Trace Canada is a national non-profit organization dedicated to promoting and inspiring responsible outdoor recreation through education, research and partnerships. It builds awareness, appreciation and respect for Canadian wildlands.

The organization trains leaders, who in turn come back from training and teach the kids to be mindful of how they treat the environment, and how their actions can affect an ecosystem.

Mount Albert Scout leaders have proven time and again why kids return to the program and why parents trust them with their children. It's certainly not a role suited to everyone, but Foster and a handful of others make it look easy. In the end, their positive attitude is infectious.

For more information about Scouts, visit mountalbertscoutgroup.com or on Facebook: www.facebook.com/1stMountAlbert.

Serving You, Written By Legion Command Service Officers:

Many members of the Royal Canadian Mounted Police and their families appreciate the work being done by the The Royal Canadian Legion on behalf of the military veterans and their families, but few RCMP members realize the important work the Legion does on their behalf.

The Legion Service Bureau Network has been around since 1926 and has service officers across the country at Legion Branches and provincial Commands. These service officers can assist former and current members of the RCMP and their families by representing their interests in claiming disability benefits under the Pension Act for Veterans Affairs Canada (VAC) and the Veterans Review and Appeal Board (VRAB).

Legion professional service officers provide counseling, assistance and representational services, from a VAC first application to a VRAB appeal, free of charge whether or not you are a Legion member.

Veterans seeking a disability claim often ask if there are any advantages associated with using the services of a command service officer of The Royal Canadian Legion Service Bureau network. While all advocates bring their own strengths, we think Legion service officers are a special breed. We are there to serve those who serve.

Indeed, Legion command service officers are former members of the Canadian Armed Forces, the RCMP and VAC, with extensive experience with the Service Bureau Network. We understand CF and RCMP terminology, culture and operational practices. This unique background promotes a good understanding between the veterans and Legion service officer.

Next time you consider submitting a disability claim or an appeal, remember that we care and our services are second to none. More than 3,100 veterans with disability claims sought the help of Legion service officers

in 2014.

If you require assistance accessing VAC disability benefits or have a friend or family member who needs help, PLEASE contact a command service officer @ www.legion.ca or your local Legion Branch.

How To Win On The Roads During Pan Am Games

This summer, those who work and live in the Southwestern Ontario may experience more than usual traffic congestion during the Pan Am Games. Don't despair, 4 simple steps can help you win your own environmental medal.

Plan your commute: Summertime can make roads busy and unpredictable – and the Pan Am Games will bring a higher volume of traffic congestion for many. Plan your commute around popular games or avoiding your daily commute by working from home.

Commute with environmental leadership: Similar to athletes who dream of reaching the podium, fifteen years ago Toyota dreamt of and introduced the Prius, a cleaner and more efficient mobility solution. To this day, hybrid technology is still one of the most effective available powertrains reducing emissions by as much as 30% compared to similar vehicles with a conventional powertrain.

Lighten your load: With BBQs, camping trips and outdoor sports planned for the summer, it's hard to find time to unload equipment from your car after a busy weekend. But carving out a few minutes to keep your car clean can lighten the load and help reduce gas consumption.

Reduce your carbon footprint and car-pool: Whether it's errands or one of the Pan Am events, make the most of your car drive by helping reduce the number of cars on the road while spending additional time with friends, family and co-workers.

Source: NewsCanada.

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Top Ten FREE Activities To Do This Summer in East Gwillimbury

By Alexandria Lipani

Summer is finally here and with two whole months of free time on your hands, things could get a little boring. But fear not! I have come up with a list of ten fun activities that are available to do around East Gwillimbury, free of charge! So grab your hat, sunscreen and summer-time energy because this summer is going to be the best one yet!

1 – Newmarket’s own Fairy Lake is a great place to go for trail walks, bike rides, eat at some great restaurants and do a little shopping! One of the features it offers in the summer is the free ‘Rogers Spray Pad’, great for a fun day in the sun with the kiddies. The Spray Pad is located at 170 London Road and operates between 10am and 9pm. Don’t forget your sunglasses and towel!

2 – Georgina’s the ROC is an outdoor campus that offers every activity imaginable! If you love outdoor sports and activities then you have to check out the ROC this summer. For information on the different

programs offered, and hours of operation, visit their website at www.georginaroc.ca. The ROC does offer various free amenities such as their basketball, beach volleyball and tennis courts, Bike Park, walking and nature trails as well as a splash pad. Just make sure to bring your own equipment. The ROC is located at 26479 Civic Centre Road, Keswick.

3 – If you are a history geek and are looking to learn a little about the historic Main Street district, you may want to stop by the Elman W. Campbell Museum this summer. The museum is home to many Newmarket historical artifacts that will take you back years into our past. The museum is located at 134 Main Street South and operates Tuesday to Saturday from 10am to Noon and 1pm to 4pm. Admission is free and history class is in session!

Both the Newmarket and Holland Landing libraries offer various programs and activities for children, tweens and teens. Here are a few fun events they have in store this summer:

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4 – SMILE! The Newmarket library invites you to drop in and use their free photo booth – no registration is necessary. They provide costumes, props and backdrops so you can create any kind of scene your heart desires. The photo booth is available for use from July 7th to July 28th between 11:00am and 9:00pm. Say cheese!

5 – Are you a big gamer? If so, you'll love what the Newmarket library has in store for you! From August 6th to August 27th drop by for a video game night! Come alone and meet other gamers or bring some friends along for a little bit of competition! The event takes place on Tuesdays to Thursdays from 6:30pm to 8:30pm – make sure to register first to ensure a spot and get ready to bring your A-game!

6 – If you constantly have your nose in a book, you should think about joining a reading club this summer! What's more fun than sharing your favourite stories and characters with other book lovers? The Newmarket Library offers a kid's reading club (ages 6-8) that meets every Thursday from 2pm to 3pm in the Story Time Room. This club is free of charge but make sure to register first!

7 – If Holland Landing is a better location for you then good news! The Holland Landing Library offers a reading club as well. They offer three clubs for different age groups: the Read-to-Me club for ages 0 to 5, the summer reading club for ages 5 to 9 and the Tween/Teen summer reading club for ages 9 to 18. All three clubs run from June 25th to August 29th and are free. Be sure to register online or at the library to ensure a spot as well as pick up the club starter kits. The Tween/Teen club includes a weekly draw for \$10 gift cards for various stores in exchange for book reviews. Get reading!

8 – We all scream for Ice Cream! The Holland Landing Library wants to celebrate the end of summer with you by having a big ice cream party! This event is for all ages on Thursday, August 13th at 2pm. Although this one isn't completely free, admission is only \$1. Will you go for chocolate or vanilla?

9 – The East Gwillimbury Car Show has been going strong since 2008. If you haven't yet been to the event then now is your chance. The show runs every Saturday until mid September (weather permitting) starting at 6pm at the Civic Centre located on 19000 Leslie Street, Sharon. Admission is free. Gather for a fun night of classic cars, food, mingling and music!

10 – East Gwillimbury hosts Music at Civic Square that features many local bands as well as cover and tribute acts. For a night of great music, singing and dancing, be sure to stop by! The event is held every other Tuesday in July and August from 7pm to 9pm with free admission. All air guitarists are welcome!

I hope I have provided you with many new and fun ideas to preoccupy you and your families this summer (and keep the wallet from getting too light.) I wish you all a happy, fun-filled, safe summer and maybe I'll see you around at one of these events. Enjoy the sun!

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

Activities Galore in East Gwillimbury

This summer there are many activities available in our area that you might not know about! From fishing at Woodland Ponds and a round of golf at Black Water Golf Course to martial arts lessons at Community Martial Arts and circus camp at Bigtop School of Circus Arts - there's something for everyone!

Try something new this summer - there are many activities, events, and classes available right in our own backyard.



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Sports Day 2015

90th Annual Event brings community together

Photos by Blair Matthews



The sun shone brightly on the 90th Anniversary of the Mount Albert Sports Day & Spring Fair and the community came out to support our annual event.

The laughter of the children could be heard beginning on Community Appreciation night June 4th and continued right through to wrap up on Sunday, June 7th.

The crack of bats rang out as 40 plus ball teams competed for the title of Winning Team. The 5 km run had the largest registration ever. The car show was re-introduced again on Sunday and the snack bar had a new menu.

Winners of the Following Events:

- Guess The Weight of a Full Grown Cow – Winner of \$1000.00 worth of Beef – Rob McClure
- Oldest Attendee At Sports Day - Gift Certificate Kaylie's Kottage & Kafe - Myrtle Hallman
- Youngest Attendee at Sports Day - Gift Card – Mastermind Toys - Lucas Pollock
- Guess Number of Marbles In Jar – Gift Card





Mastermind Toys
- Jaime Bakos.

A huge Thank You goes out to each and every one of the community members who volunteered their time over the weekend to make this event a success.

To all the sponsors who so generously donated funds to the events special, thanks.

To a small but mighty Sports Day Committee, a job well done. This event cannot happen without you, the individuals who work for months ahead but especially on the weekend with very little sleep to make this event happen. A job well done. To the student volunteers who came out to get their needed hours we really appreciated

Continued on Page 29.





Advice for what you can do in your garden to help the environment

When was the last time your car windshield was covered with squished bugs? That is the question Carol Dunk asked us at the EG Gardeners meeting in June to illustrate the dramatic loss of insects in recent years.

Along with sobering figures about the decline of bugs, birds and ani-

mals Carol had suggestions for things we can do in our gardens to help the environment.

For a start, we can install rain barrels and create bog gardens to keep rain on our property, plant native plants and pol-



linator patches, and try to ensure that the plants we buy have not been treated with neonicotinoids. The recent Ontario government ruling to reduce the use of these chemicals is a step in the right direction.

Carol is a passionate advocate for pollinators and her website contains a wealth of helpful information. <http://www.caroldunk.com/>

Thumbs Up signs are sprouting in front gardens around East Gwillimbury! This annual contest is sponsored by the Town of East Gwillimbury and the Bulletin.

Teams of judges, all volunteers from East Gwillimbury Gardeners, choose 50 especially striking front gardens to proudly display the signs for the rest of the summer. The list of winners will be published in the September edition of The Bulletin; in the meantime you can find the list on our website and Facebook page.

A big thank-you to the judges who contribute their time and congratulations to the winning gardeners. You add so much beauty to our

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neighborhoods. Welcome to Harvest Hills gardeners who have been added to the contest this year.

Mount Albert Sports Day brought a great surprise for the people competing in the flower show this year. Brendan McMahon at Pic-A-Mix soils generously donated a one-yard bag of soil for the winner of most points, as well as smaller bags for two runners-up. Thank you!

Sixty excited grade three children, with their teachers, walked up from Robert Munsch Public School to the Millennium Garden in Mount Albert on a perfect day in June and spent the morning planting annual flowers, sketching the garden and learning about the plants and insects there. It was great to see how much they have already learned about safe soil and the importance of good bugs!

Our July 21st meeting will give us a chance to focus on details in the garden as we learn about fairy gardens. It sounds whimsical but as we found when our Junior Gardeners made fairy gardens last year it's a chance to really pay attention to the plants; sculptures and ornaments can also enhance a garden as they give the eye a place to rest.

The annual Celebration of Gardens flower show and silent auction on Tuesday, August 18th, 6:30 pm - 8:30 pm at Mount Albert Community Centre will include a new category "Art in the Garden." This class will have our designers creating a floral design to compli-

ment a picture created by a local artist from the East Gwillimbury Group of Artists. The picture will be displayed along with the floral design, and both will be offered for sale in our Silent Auction.

The United Church ladies will again provide delicious refreshments. All welcome, no tickets needed.

For more information about our meetings or anything in this article, email us at eggardeners@gmail.com, call Valerie at 905-853-7126 or visit us at <http://www.gardenontario.org/site.php/eastgwillimbury> and <https://www.facebook.com/eastgwillimburygardeners>

Anne Hill is past president of the East Gwillimbury Gardeners and Horticultural Society.

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Body Awareness

The ability to recognize how your body reacts to the stressors in your life can be a powerful skill, although most people are more aware of the weather, the time of day, or their bank balance than they are of the tension in their own bodies or their personal stress response. Your body registers stress long before the conscious mind does. Muscle tension is your body's way of letting you know that you're under stress, and body awareness is the first step towards acknowledging and reducing stress.

The importance of body states, their effect on consciousness, and their relationship to stress has been emphasized for many centuries by Eastern philosophers such as Zen and Yoga.

It should be noted that you inevitably tense your body when you experience stress. When the stress is removed, the tension will go away. Alexander Lowen found that chronic muscular tension occurs in people with particular beliefs or attitudes and tends to tighten specific muscle groups. For example, a man who believes that it is bad to express anger is likely to have chronic neck tension and pain, while a man experiencing a lot of anxiety about the future may develop a chronic stomach problems. The chronic muscle tension restricts digestion, limits self-expression, and decreases energy. Every contracted muscle blocks movements.

Fritz Perls believed in the importance of differentiating between your external awareness and internal awareness in order to separate the worlds from your physical reaction to it. External awareness includes all stimulation to the five senses from the outside world. Internal awareness refers to any physical sensation, feeling, emotional discomfort, or comfort inside your body. Much of the tension in your body isn't felt. Because most of your awareness is directed to the outside world.

Body Inventory

The following exercises promote body awareness, and will help you identify areas of tension.

Internal Versus External Awareness.

1. First, focus your attention on the outside world. Start sentences with "I am aware of" cars, streets and flowers, etc.

2. After you have become aware of everything that is going on around you, shift to focusing your attention on your body and your physical sensations, your internal world. For example, I am aware of feeling warm, my

stomach gurgling, and tension in my neck, nose, tickling and a cramp in my foot.

3. Shuttle back-and-forth between internal and terminal awareness. For example, I'm aware of the chair pushing against me, the circle of yellow light from the lamp, my shoulders hunching up, and the smell of bacon.

4. Used at free moments through the day, this experiences allows you to separate and appreciate the real difference between your inner and outer worlds.

Body Scanning

Close your eyes. Start with your toes and moving your body, ask yourself, "where am I tense?" Whenever you discover a tense area, exaggerate it slightly so you can become aware of it. Be aware of the muscles in your body that are tense. Note that all muscular tension is self-produced. At this point be aware of any life situation that may be causing the tension in your body and what you can do to change it.

Letting Go of Your Body

Lie down on a rod or a firm bed and get comfortable. Pull your feet up until your feet rest flat on the floor and close eyes. Check yourself for comfort. Become aware of your breathing..... Feel the air move into your nose, and down your throat into your lungs. Focus on your body and let all of the parts come into your awareness spontaneously. What parts of your body come into awareness first? What parts are you less aware of? Become aware of which parts of your body you can easily feel and which parts of your body have little sensation. Do you notice any difference between the right and left side of your body? Now become aware of any physical discomfort you are feeling. Become aware of this discomfort until you can describe it in detail. Focus and be aware of what happens to this discomfort. It may change... let your body do whatever it wants to do. Continue letting go for 5 to 10 minutes, allowing your body to take over.

Your personal mind-body connection and the interactions between your thoughts, body, and social environments are in in trickle part of beginning to manage the stress in your life, as opposed to letting it manage you. This article should help you begin that process.

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.

you pitching in and to you the community for your continued support.

There are invoices still outstanding and so we do not have final numbers at this time but will be letting you know at the next printing of the Bulletin. We will also be approaching the Town regarding a project to be started/completed in our Community Park so that we can donate funds as per our mandate.

Many community members expressed over the weekend their concern that this may be the last time we would be holding Sports Day. I, for one, really hope not and would like to see the 100th BUT we need your help. Please get involved with the Committee, help us do the organizing and together we can continue to make it happen.

On behalf of the Mount Albert Sports Day Committee, once again, thank you. To all of you: have a wonderful and safe summer and if you want to get involved or have some new ideas, please contact our website.

- Cathy Morton & Stephanie Pollack



Soap Box Derby doesn't disappoint

The volunteers arrived at 10 am on a beautiful Sunday Morning. The Sun was out and it was expected to be clear and warm all through the day.

With local parents and businessmen setting up the ramp and youth volunteers setting up the track, the 90th Anniversary of Sports Day Soap Box Derby was getting closer to run time.

By 11:30 am, everything was in place and registration began. By race time we had 5 racers and 4 cars in the PRO category and 10 racers and 9 cars in the Home Build category. The kids ranged from 7 to 14 years and the cars ranged in style from the proper built soap box cars to our turtle and canoe racers.

After 2 hours of solid racing, a number of cars started to show how fast they were. We held the finals shortly before 2 pm. The winners were:

Hobby Class:

- 1st Travis in Car #100
- 2nd Brody in car #141
- 3rd Declen in car #1



PRO Class:

- 1st Brooke in Car # 130
- 2nd Evelyn in car # 24
- 3rd Rogan in car #13

Make thanks to KYTech, Home Hardware, The Corner Decor / Benjamin Moore Paints, Pontil Drilling, and the Mount Albert Sports Day Committee.

I'd also like to thank the many parents and school youth who came to help out and the mums and dads building cars

late into the night. We had a crash free exciting soap box derby and without you this event could not have taken place.

Join us next year for more racing.

Soap box car plans can be found online, or ask one of the businesses in town listed above for info on available cars.

Drivers should be able to steer and brake the cars and the cars have to be safe. If you don't have a car, check ahead, you might be able to share a ride.

Thanks again and well done to all the drivers.

- Stu Goodall, Soap Box Derby organizer

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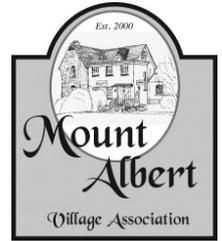


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Mount Albert Village Association NEWS



- Due to storage restrictions the Mount Albert Village Association will be cancelling their Battery Recycling Fundraiser effort. Over the course of the summer, you can expect to no longer find our collection buckets at the following locations: The Corner Décor & More store, MSVA, The Family Place, Mount Albert Public Library and the Town Offices.

Please remember that ALL batteries should be dropped off at the Hazardous Waste Depot and NOT disposed of with your regular household garbage.

- Not as many residents participated in this year's Community Yard Sale as in previous years. Great fun was had by all who did participate. We'd love to hear your comments on what you thought this year? Were you a registered participant? Were you a 'shopper'? What can we improve upon? Send your comments to events@mountalbert.com.
- To be listed in the website Business Directory, your business must operate within the Mount Albert community boundaries as set by the association.

Members shall be a resident, a person representing a registered business, or property owner from the area bounded by Ravenshoe Road to the north, Davis Drive to the south, Warden Avenue to the west, and the 2nd Concession in the Region of Durham to the east.

- Our next meeting is Tuesday, July 21 @ 7:00 pm. Mount Albert CC (DOWNSTAIRS), 53 Main St. All are welcome.

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