

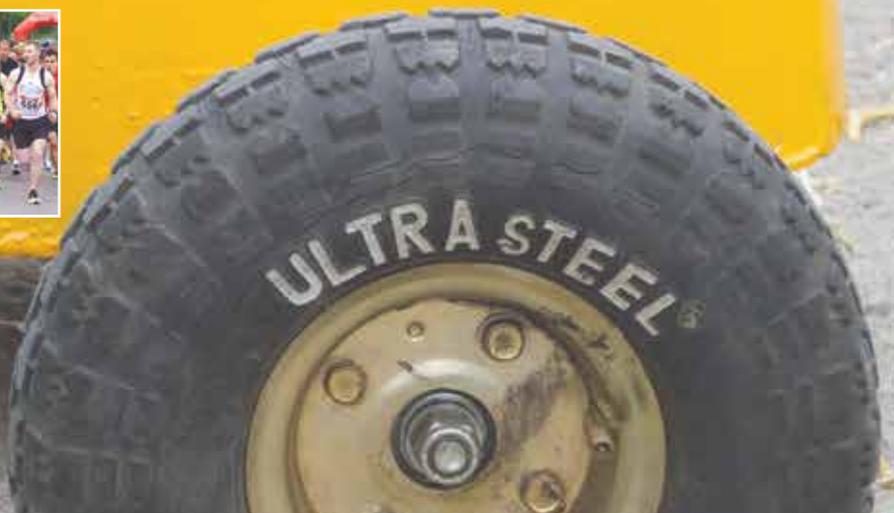
East Gwillimbury's  
**Bulletin**  
MAGAZINE

Since 1998

May 2015, Vol. 17, No. 4

**INSIDE:**  
Our Annual 'Home & Gardening'  
Section - See Pg. 19

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June 5, 6, 7, 2015



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# The Legend of Beemer the Cat Lives On

Living in a small town is a unique anomaly. People talk, stories get told and re-told. Legends and lore grow and fester and soon, a story about a popular Mount Albert cat gets a little more layered.

Bulletin columnist Vicki Pinkerton and I agree - of all the stories that have appeared in the magazine over the years, the story of Beemer the cat

is the most commented-on article we've ever had.

Residents from all over the place have known Beemer for a while, but hadn't heard his back story until Vicki wrote about him last month. For a cat, he's one popular feline.

And just when you thought the story of Beemer the cat is done and filed away, the plot thickens.

A few days after the April Bulletin was delivered, I got a call from Beemer's original owner.

If you recall, nobody was quite sure how Beemer ended up in the arms of local Mount Albert shopkeepers.

We had been told Beemer was abandoned when his family moved and became a street cat who needed a home. Sounds plausible right?

Here's the twist.

We now know Beemer is an 8-year-old cat who got his name because his owner had a fondness

for old BMW motorcycles.

Beemer's original family still resides in Mount Albert. They didn't ditch Beemer, but, as the story unfolds, he was much more interested in the food a neighbour was feeding him rather than what his owners deemed appropriate. Reluctantly, they let the cat choose where he wanted to live and who he wanted to live with.

I can't verify this story, so let's agree to add it to Beemer's mysterious past, be grateful that he's found a happy home in Mount Albert, and leave it at that.

Our Facebook page has been incredibly busy with more 'Likes' every day. If you're a local resident I urge you to click over and check out what we've been up to. It's a great place to give your feedback about the Bulletin as we chug along through 2015.

Thanks for reading, and take care.

East Gwillimbury's  
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 MAGAZINE  
*Since 1998*  
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<https://www.facebook.com/EGbulletinmagazine>

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# Community Happenings

## ONGOING EVENTS:

### Every Monday and Wednesday Holland Landing Storybook House

A free resource centre for families/ caregivers with children from birth to 5 years of age. Join us for socialization, stories, songs, fingerplays, waterplay, playdough, music and movement. 9:30 am - 11:30 am at Holland Landing Public School, 16 Holland River Blvd., Holland Landing. 905-836-8916. Closed school holidays and July/ August.

### Every Wednesday of the Month Self Employment Benefit (OSEB) Program

The Ontario Self Employment Benefit program helps eligible, unemployed individuals to start their own business. To learn more or to register for a session call 905-952-0981. Job Skills, 17915 Leslie Street. [www.jobskills.org](http://www.jobskills.org)

**Every Third Thursday of the Month  
H.L. Country & Western Jamboree**  
Holland Landing Community Centre.  
7 pm to 11 pm - all are welcome.  
Jacquie or Walt at 905-473-7072 for info.

**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.

**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  
Please contact 905-473-3305 for further information.

**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](http://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. Please call 905-

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476-2094 for further information and to indicate your attendance.

## MAY:

**May 5**

### **Seniors' Mother's Day China Tea**

**Party** - In celebration of Mother's Day, we encourage Mother/Daughter and/or Grandmother (must include a senior aged woman) to share their stories and insights with us. Tuesday, May 5, 7-8:30 pm \$10 each (905)473-1672.

**May 8**

### **Writers' Community of York Region**

**Evening Workshop** - Interactive evening with literary agent and publishing expert, Sam Hiyate. \$25.00. Newmarket Community Centre and Lion's Hall, 200 Doug Duncan Dr., Newmarket. For more information, visit [www.wcyork.ca](http://www.wcyork.ca).

**May 9**

### **Mount Albert Legion YARD SALE & BAKE SALE**

starts at 9 am, 31 Princess Street, Mount Albert. Small Items Donation gratefully accepted.

**May 9**

### **Yard Sale to benefit local shelters.**

8am to 1pm - Royal LePage Office in Holland Landing, located at 8 Bradford Street, will be hosting a family fun day and yard sale. All proceeds will be donated to local shelters. Those wanting to donate any items can do so at our office anytime after April 1st.

**May 9**

**Plant and Yard Sale at Christ Church**, Peter Street, Holland Landing. 9am - 1pm, baking & food available.

**May 11**

Mount Albert Downtown Revitalization Project & Business Improvement Area (BIA) Information Meeting, followed by the MAVA meeting. Mount Albert Community Centre - UPSTAIRS. Doors open at 6pm, meeting starts at 6:30.

**May 16**

### **Holland Landing Lions Pancake**

**Breakfast** Fund Raiser for the East Gwillimbury Pathfinders. \$7.00 per person, 9 am to 1 pm at the EG Sports Complex (Sharon Arena) in the Canada

Room.

**May 28**

### **York Region Women's Wellness Circle**

- join us this month to experience an evening with one of Toronto's top psychic mediums, Carolyn Molnar. Carolyn will share information about her work, answer questions, followed by a time of spirit inspired messages. Cost \$20.00 at the door. Sharon Hope United Church, 18648 Leslie Street, Sharon. RSVP to Karen Armstrong 905-836-2781 or [karen@in-side-out.com](mailto:karen@in-side-out.com)

**May 30**

### **Elman W. Campbell Museum multi-family garage sale fundraiser.**

Saturday May 30, 8-Noon. Rain/Shine. 134 Main Street, South, Newmarket. Something for everyone. Cash only. If you have something you would like to donate, please contact us. For more information call (905) 953-5314.

**May 30**

### **Annual Yard Sale**

The Anglican Church Women of St. James the Apostle are hosting their annual Yard Sale at 18794 Leslie Street, Sharon from 9 a.m. - 12 noon. Baking and perennials will also be on sale.

**May 30**

### **Mount Albert Community Yard Sale**

Registration Details will be listed on [www.mountalbert.com](http://www.mountalbert.com)

**May 30**

### **Sharon Public School Car 'Boot'**

#### **(Trunk) Sale Fundraiser**

If you've got unwanted items and don't want to hold a garage sale, load up your car and bring them to sell at our Car 'Boot' Sale Fundraiser. Or just come and shop! Children's activities, Stardust concessions, bargains galore! What treasures will you find? Don't leave it until the day, reserve your spot to sell at [spscarbootsale@hotmail.com](mailto:spscarbootsale@hotmail.com). Vendors \$10 per car, \$15 per SUV/pickup, \$20 per van/professionals. Free Admission for Buyers! Stardust Newmarket Drive In Theatre, Mount Albert Road, Sharon.

## JUNE:

**June 11, 12 & 13**

### **Reiki Level 1 Certification Training -**

Give yourself the gift of awakening your natural healing & intuitive abilities for yourself & your loved ones. Over the three sessions you will receive 4 attunements & learn the history & magic of the Usui System of Natural Healing. Thurs/Fri: 7-10:30pm & Sat: 9:30am-5:30pm. Price is \$250.00 +hst. Includes manual, certificate, refreshments & lunch on Sat. Reiki Master, Karen Armstrong. Register 905-836-2781 or <http://in-side-out.com/upcoming-workshops/>

**June 13**

**SHABBY CHIC SALE** - Come browse our selection of shabby chic decor, apparel, furniture and more. Includes our fabulous bake table. Everything is priced to sell. All proceeds go to the East Gwillimbury Public Library projects and programs. Hosted by the Friends of the East Gwillimbury Public Library. \$10 (\$8 members) Temperance Hall, Leslie Street, by the Sharon Temple, Sharon. Questions: [eglibrary-friends@gmail.com](mailto:eglibrary-friends@gmail.com). Event runs 8 a.m. to 1 p.m. rain or shine.

*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](http://thebulletinmagazine.com) and fill in the **Submit an Event** information. Event listings are 'first come first served', space permitting.*



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## Around Town...

### Georgina Pins & Needles Quilting Guild

The Quilting and Needlework Guild (quilting, knitting, crocheting, sewing, needlework, etc.) meets the first Tuesday of every month at Knox United Church, 34 Market Street in Sutton, at 7 pm. Enjoy guest speakers, demonstrations, workshops, and project sharing. Come join the fun.

Annual Membership Fee: \$30.00 - Visitors Fee: \$5.00. Call Deborah King for more info: 905-722-9256

Georgina Pins & Needles invites you to join us at Knox United Church on May 5 at 7 p.m. for the great reveal of our completed "Get Round 2 It" project challenge. View various projects such as quilting, knitting, and other needlework.

### East Gwillimbury Trail Walks 2015

Date: May 9, 2015 - 9:00 AM

Location: Holland River Trail, Green Lane

Meet at the Parking Lot on north side of Green Lane between 2nd Conc. and Leslie Street.

Date: June 13, 2015 - 9:00 AM

Location: Vivian Creek Centre St.

Meet at the Parking Lot in park east side of Centre Street in Mount Albert.

# TWISTED FORK



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### The Patio is now open!

Come by and enjoy some great food while soaking up the sun!

### Upcoming Events:

**May 10** – Make your reservations early for **Mother's Day!** We will be having great Mother's Day specials all weekend long.

**Sports Day** is fast approaching. It is a busy weekend so join us for a relaxing breakfast, lunch or dinner while visiting the Mount Albert Sports Day and Spring Fair.

Our **Twisted Fork Gift Cards** are available in any denomination and are great for all ages!

Like our **Facebook** page for our daily specials.



### Easter Seals Run/Walk, May 24

Founded by East Gwillimbury resident, Joe Persechini, the Upper Canada Mall Easter Seals 10k is York Region's longest running fundraiser for children and youth with physical disabilities.

Expected to attract 1,000 enthusiastic participants in 2015, the Upper Canada Mall Easter Seals 10k provides a challenge for serious runners, while also offering a fun and family-friendly event for walkers.

For more information, or to register, visit: [www.eastersealsrun.com](http://www.eastersealsrun.com).

## 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)

## Mount Albert Sports Day Needs YOU!



Are you looking for volunteer hours? We can help! Mount Albert Sports Day Committee offers an opportunity from June 5th-7th for teenagers to obtain their required work hours to graduate.

### Contact us:

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

[www.mountalbertsportsday.com](http://www.mountalbertsportsday.com)

## Around Town...



### Vet Hospital Grand Opening

East Gwillimbury Mayor Virginia Hackson was on hand to cut the ribbon and officially welcome East Gwillimbury Veterinary Hospital to town at their grand opening on April 18. Special guest "Smiley" the blind therapy dog from Stouffville also attended.

**NOW OPEN**

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- Dr. Angela Smith

[www.egvet.ca](http://www.egvet.ca)

## Around Town...

### York-Simcoe Naturalists Meeting

Date: May 12, 2015

Time: 7:30 PM

Location: River Drive Park Community Centre  
20 Oak Street

River Drive Park, ON

Guest speaker Peter Wukasch discussing sounds of the swamp. New members welcome.

### Mount Albert Knitting Guild

Date: May 14, 2015

Time: 6:00 PM - 8:00 PM

Location: Ross Family Complex  
19300 Centre Street

Mount Albert, ON

Meet others who love to knit, chat, and learn new skills. Free. Please register.

### East Gwillimbury (Sharon) Car Show Returns May 9

Come out every Saturday night from May 9th to September 19th and enjoy classic cars, hot rods, and muscle cars. Admission is free. This year there's a new food vendor on site and special music events throughout the season. 19000 Leslie Street in Sharon (back parking lot at the East Gwillimbury Town Offices).

For more information, visit their Facebook page: <https://www.facebook.com/pages/Sharon-Car-Show-Saturday-Night-Cool-Country-Cruise-In/529571177127535>.

### Kinark Golf Classic Event - May 25th

This year's 7th Annual Kinark Golf Classic will take place at Pheasant Run Golf Course in Sharon, ON on Monday, May 25th, 2015. Join us from 7:30 a.m. - 8:30 a.m. for breakfast and registration, a great day on an exceptional course and cocktail reception from 2:00 p.m. - 4:00 p.m. The cost per golfer is \$275, \$1,100 per foursome including your full day of golf, food, gifts and \$100 charitable tax receipt. The goal is to raise \$80,000 for the foundation.

The Kinark Foundation was established to raise awareness and funds in support of Kinark Child and Family Services and other organizations focusing on children's mental health. We believe that with greater understanding and awareness it is possible to bring resources to initiatives that will focus on enrichment, treatment and research to help children, youth and families in need.

Kinark Child and Family Services provides support to approximately 9,400 children and youth throughout Ontario with serious and often chronic mental health problems. Services range from parenting education, respite to residential treatment, and individual or group and family counseling.

### Spring Forest Festival and Tree Planting

Saturday, May 30, 2015 - 10 a.m. to 3 p.m.

North Tract, 17054 Hwy. 48, Town of Whitchurch-Stouffville

Celebrate spring by planting trees! Take a horse-drawn wagon ride, hold slithering snakes, see birds of prey, take home a tree seedling to plant and much more. Learn about the Region's Greening Strategy and our forest partners. Don't forget your work gloves and shovel! Open to all.

Children under 16 years of age must be accompanied by an adult. Poison ivy is common in all forests. We recommend closed-toed footwear, long-sleeved shirts and long pants.

Events are held rain or shine. For more information please call 1-877-464-9675 extension 73000.

## Help Support Your Sports Day Committee!



Volunteer for one of our events. Help out in the hospitality tent, snack bar, at the Gates, set-up and/or break down. Any amount of time is appreciated.

**Contact Cathy:**

[info@mountalbertsportsday.com](mailto:info@mountalbertsportsday.com) or  
call 905 557 0304

[www.mountalbertsportsday.com](http://www.mountalbertsportsday.com)

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# Phe-Momenal Handmade Gift Ideas for Mother's Day

According to experts in the do-it-yourself crafting industry, you'll make the most impact with your gift this Mother's Day by offering Mom something handmade.

"Showing your love and appreciation for Mom doesn't have to be expensive," said Shelli Gardner, CEO and cofounder of crafting company Stampin' Up!. "The gift with the greatest impact,

the one that shows you truly want your mom to feel special, is the one you make yourself."

Recent survey findings published in an article from The Week magazine, "The Economics of Mother's Day: By the Numbers" seem to support Gardner's opinion. According to the study, 36 percent of mothers surveyed preferred to receive handmade gifts, the highest percentage of all gift options given.

This is good news for the growing number of craft enthusiasts across the country who take great pleasure in showing their gratitude by making gifts for their mom with their own hands. To make things a little easier, the following DIY Mother's Day gift ideas from Stampin' Up! will help you create treasured keepsakes for Mom on her special day.

**Build her a forever bouquet**

For flowers that will last forever, create a sophisticated, stylish floral bouquet with Stampin' Up!'s Build a Bouquet Project Kit. This kit includes a gift tag; cotton paper squares; die-cut cotton paper for assembling the flowers; die-cut images; cardstock pieces; cotton ribbon; linen thread; floral tape; floral stem wires, and decorative buttons.

**A special scrapbook for Mom**

Collect special memories with your mom in a traditional scrapbook—or take advantage of the new, simple, time-saving solutions with the Project Life



by Stampin' Up! collection. Project Life makes memory keeping easy and fun with card collections, accessory packs, albums, photo pocket pages, pens, and other accessories. Warm her heart by making a timeline of all your treasured moments throughout the years.

**Create a customized card**

Forego the predictable pre-printed Mother's Day card

in favour of a decorative handmade creation that can itself become a beautiful gift. Select colour cardstock or Designer Series Paper and themed stamps, then embellish with accents and ink spritzing to create just the desired colour and look. More Mother's Day gift ideas and tips can be found at [stampinup.ca](http://stampinup.ca).

Source: [NewsCanada.com](http://NewsCanada.com)

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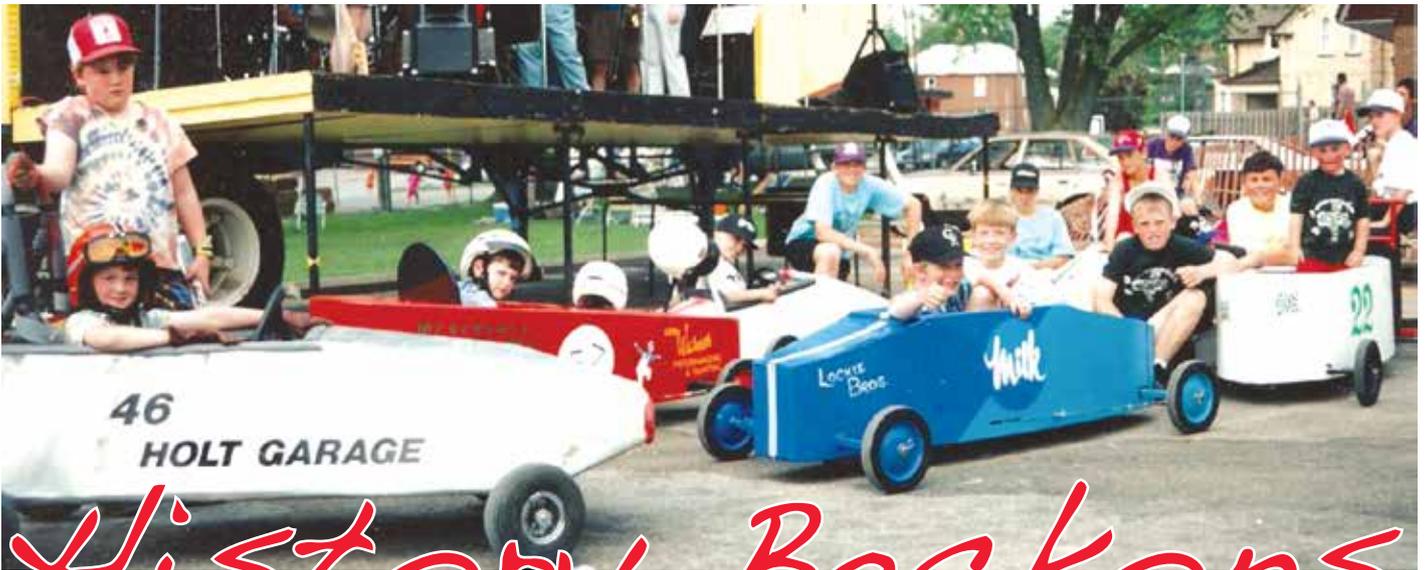
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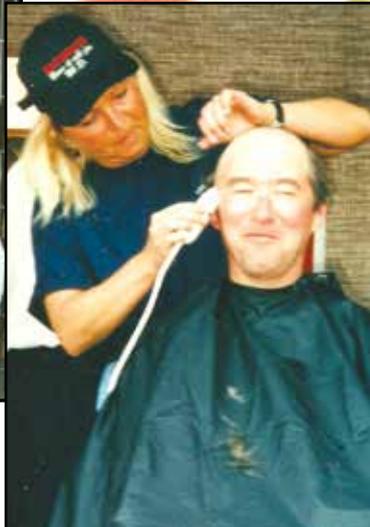
# History Beckons

A look back at Mount Albert Sports Day weekends from the past

*Photos courtesy of Cathy Morton*



Miss Mount Albert representatives from the 70s, 80s, and 90s. Sports Day still crowns a Miss Mount Albert ambassador every year.



## **By Blair Matthews**

Mount Albert Sports Day has long been a spring tradition every June.

While most other towns have Fall Fairs and Festivals, Mount Albert hosts a unique weekend of activities for young and old alike, with proceeds going towards community projects.

Cathy Morton, Co-Chair of Sports Day, has spent years attending, organizing, and overseeing the yearly event.



Even as a young girl she recalls her CGIT (Christian Girls in Training) group working at the ice cream booth scooping from the huge buckets; it was a sticky, messy job. Arms were covered up to elbows with ice cream, and suddenly the call came - it was their turn to hit the field for their ball game.

Cathy remembers donning their baseball equipment and gloves, playing the game, then coming off the field and having to peel off everything with melted ice cream still covering their arms.

Cathy's personal history related to Sports Day goes much further than you might think. In 1930, the Park Committee purchased a car to use as a draw prize at Sports Day that year. The cost of the car was \$545. Surprisingly, 2484 tickets were sold for 50¢ each. In a Depression year, this was considered to be wildly successful. It was Cathy's father-in-law (owner of Morton Bros. in Mount Albert) who sold the car to the Park Boards for the draw.

Over the years, Sports Day has hosted some celebrities for the weekend. One year famous Toronto pro wrestler Whipper Billy Watson made a grand entrance to Sports Day when he landed on the field in a helicopter.

And in 1990, World Middleweight Arm-Wrestling champ Gene Tatti brought an arm-wrestling tournament to Sports Day. Gene's claim to fame was appearing in the 1987 blockbuster "Over the Top" starring Sylvester Stallone.

Also in 1990, proceeds raised were used to help finance the purchase of a portable generator and lights needed by the Mount Albert Volunteer Fire Department.

It's amazing when you look back at Sports Day events from 10, 20, 30 years ago.

Fashions have changed dramatically, but the same basic concept has kept people coming back year after year, decade after decade.

And although some of the events have changed over the years, one thing has remained the same: funds raised through Sports Day have gone back into the community in some way.

These funds have been used towards the upkeep of our Community Park, assisted in the creation of "Family Place" within the hall, upgrading the washroom faci-

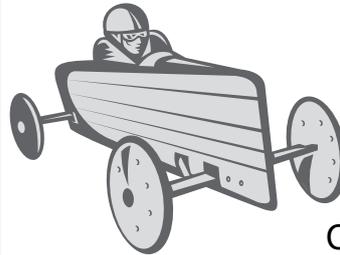
ties, replaced the kitchen in the hall, accessibility ramp, window covering, stage curtains, baseball bleachers, flag poles, lights on ball diamonds, outside concrete bunker, replacement of bunker door, memorial gate repairs, installation and replacement over the years of the playground equipment, horseshoe pits, and picnic shelter.

One year, a large portion of the funds were used to install fencing along the school and park boundaries, for safety in both the park and school grounds.

This year's Sports Day weekend is 90 years in the making. Take the kids down to the fairgrounds; browse the vendors; realize your marathon dreams and enter the 5K run; flex muscles you forgot you had by playing some Slo-Pitch; watch the soapbox derby races; throw some horseshoes; enter the baking or flower contests; ride the midway rides until you're green in the face. Whatever events interest you, don't hold back - this is small-town fun and entertainment at its best.

Join the tradition and help make this year's Mount Albert Sports Day the best one yet!

## GET READY FOR THE DERBY!



**Soap Box Derby**  
is back for 2015

Registration 10 am  
Sunday, June 7th  
Centre & Main Streets

Prizes for distant runs & new this year:  
**Best Looking Soap Box**

Contestants must have a parent's signature on a Consent Form before racing. Check website for rules and contact information.

[www.mountalbertsportsday.com](http://www.mountalbertsportsday.com)



## East Gwillimbury Women's Show

On April 25, the 5th Annual East Gwillimbury Women's Show was held at the Holland Landing Community Centre. The first 300 guests received gift bags, and attendees enjoyed cooking demonstrations, yoga classes, a silent auction, and a fashion show. 52 local vendors also made their wares available. Proceeds from the Women's Show were donated to Southlake Hospital's Regional Cancer Program.



# A Great 'Sports Day 5K Run' Vitamin Water

**By Valerie Piccitto, RHN  
Registered Holistic Nutritionist**

Ditch the commercial sports drinks or so-called vitamin waters. They are riddled with sugars, artificial sweeteners, colorings and preservatives. Instead I recommend making your own natural Vitamin Water (a.k.a. infused water) which is not only simple but also incredibly nutritious.

Depending on your level of activity I recommend that you hydrate during and after your work out with: water or homemade vitamin water and replenish your electrolytes with Emergen-C or coconut water. And remember that not all coconut waters are created equally! Look for products that contain only 100% pure and natural coconut water.

## Homemade Vitamin Water

### What you'll need:

1. Any combination of fresh or frozen fruit.

My favorite combinations: grapefruit, lemon, lime and orange or strawberries, raspberries and blueberries.

2. Any combination of vegetables.

I love adding sliced cucumbers and/or a hot pepper.

3. An herb (or two...)

Mint, rosemary, basil, cilantro, lavender, etc.

4. Spices (optional)

Ginger, cinnamon stick (ground cinnamon will float), black pepper.

5. Water

Filtered water or sparkling water.

### Directions:

1. First, simply add the fruit/vegetables in the glass, take a muddler (or just use a wooden spoon or regular spoon) to slightly mash and breakdown the fruit/vegetables.

Tip: peel the citrus fruits from their skin to avoid a bitter taste if you're preparing it in advance.

2. Next, simply take the herb/spice of choice and gently bruise the leaf (i.e. gently mashing), this helps release the natural extracts and oils from the herb/spice.

3. Lastly, add either sparkling water or filtered water and drink!

*Valerie is a Registered Holistic Nutritionist providing nutritional counselling at the Mount Albert Chiropractic & Wellness Centre.*



**CONTESTANTS FOR**  
*Miss Mount Albert Fair Ambassador*  
Mount Albert Sports Day & Spring Fair  
June 6th, 2015

Contact **TEGHAN WARR**  
1-647-524-3127 by phone or text

All entries must be in by June 1st,  
contestants must be 15-19 years of age.

## Mount Albert Sports Day 5K Run - Registration Open

This year's Mount Albert 5K Run, as part of Mount Albert Sports Day, takes place June 6, 2015.

Registration is now open!

Race shirts and race kits will be available for the first 300 registrants.

The race will start at 8:30 a.m.



sharp, rain or shine.

You are welcome to walk some or all of the course if you choose. But please remember that the

course closes at 10am.

More information about the Mount Albert 5K race (including registration) can be found at: <http://mountalbertsportsday5k.ca>.

Twitter: @MountAlbert5K

Facebook: [www.facebook.com/MountAlbert5K](http://www.facebook.com/MountAlbert5K)



# Rhubarb Crostata

The time is almost here for the Mount Albert Sports Day Fair baking contest again – one of my favourite events of the year. The last couple of years have seen the kids' baking categories gaining in popularity, especially the decorated cupcakes. There are some very creative entries and the kids (and adults) enjoy ribbons and cash prizes, too!

If you aren't eligible for the kids' categories anymore, try your hand at entering pies, cakes, jams and squares and see how you stack up against other bakers in East Gwillimbury. Check out the prize guide – [www.mountalbertsportsday.com](http://www.mountalbertsportsday.com) – and drop off your entries on Friday night or Saturday morning at the Mount Albert Community Centre. If you're more of a gardener than a baker, enter your prize-worthy peonies or roses in the flower show going on at the same time.

These crostatas are so pretty when made with thin stalks of the pinkest rhubarb. They'd make a lovely and creative entry in the 1-crust pie category.



Rhubarb Crostatas  
Serves 8.

¾ cup (180 mL) granulated sugar + extra for sprinkling  
2 Tbsp (30 mL) cornstarch  
5 cups (1.25 L) sliced rhubarb, ¼ - ½ inch pieces  
Zest of 1 orange  
Pinch sea salt  
2 discs pie dough  
2 Tbsp (30 mL) whipping cream

Preheat the oven to 375 F. Line a large baking sheet with parchment; set aside.

Combine ¾ cup sugar and cornstarch together in a large bowl. Add the rhubarb, orange zest and pinch of salt and combine well. Set aside.

Cut each disc of pie dough into 4 equal pieces. Roll out the dough into a thin circle, about 8-inches (20 cm) in diameter. Place the rolled dough on the prepared pan. Spoon a generous ½ cup of the rhubarb mixture onto the centre of the dough. Fold the edges of the pastry over so they partially cover the rhubarb, leaving a circle of rhubarb peaking through the top. Repeat with the remaining pastry and rhubarb.

Brush each crostata with whipping cream and sprinkle with sugar. Bake for 40-45 minutes, until golden brown. Remove from the oven and serve warm or at room temperature.

*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](http://www.moirasanders.com) or email her at [moira@moirasanders.com](mailto:moira@moirasanders.com).*



## How did Sports Day get started?

As early as 1908, there was talk in Mount Albert of the need for a sports field. A committee was set up to find a site.

The subject came up again in 1919 after the First World War. Five acres were to be acquired for an "athletic field." Money for this was to be raised by the Women's Institute and private subscription. In the spring of 1922, there was talk again about getting a sports field and playground. And again in the fall of 1924.

What finally made it happen after about 16 years of talk was the realization that a memorial was need for the local boys who had died overseas in the war. The Women's Institute and the village Police Trustees met to discuss the idea of acquiring land for a park and sports field as a war memorial. Three-quarters of the local ratepayers signed a petition supporting this idea, and the lot on Main Street was purchased.

It was decided that a memorial gateway to the park should be built, and in the spring of 1925 the Women's Institute bought land for a park entrance from Ira Morton. In 1929, a memorial tablet was unveiled at the gateway. That's why Remembrance Day services have been held at the park gates over the years.

The first event that was held on the field was a football (soccer) match.

In the spring of 1925 plans were underway to hold a "sports day" on June 3, and sports day has been held in connection with the first Saturday in June ever since.

Seymour Harper supplied 50 loads of gravel for the entrance, and the park was officially opened on the King's birthday. The Mount Albert correspondent to the Newmarket Era wrote that "It was the first of its kind in North America."

The park committee and the Women's Institute certainly put together an elaborate program to beat anything that had been seen in the village before. The event got underway in the afternoon with a "calithumpian procession" or parade that started at the public school on Centre Street North where the library is now located. This parade, which travelled down Centre Street to Main Street and then west to the sports field, included floats entered by local schools, businesses, and organizations. There were also decorated autos and bicycles, and "many other features." And of course there were prizes. The parade was lead by the Women's Institute's decorated car.

The prize for the best business float went to Harry Spang. The Horticultural Society won the open float

prize. Holt had the best school float. Ron Allison won for the best decorated bicycle, and Oscar Dike had the best humorous float.

There was a baseball tournament involving Pefferlaw, Zephyr and Mount Albert, but for some reason no winner was decided. There have been some great ball tournaments at Sports Day over the years.

In the lady's softball tournament, Newmarket eliminated Mount Albert, and Stouffville beat Uxbridge. Stouffville was the winner of the final game.

Mount Albert beat Brown Hill 3-0 in football (soccer).

Various races rounded out the day's events. There was a refreshment booth serving ice cream, cold drinks, and hot dogs during the afternoon, and in the evening, a concert was held in the skating rink. The proceeds from the day were \$440.70, and the Women's Institute made a profit of \$85.80 from their booth.

So Sports Day has been an annual event since that big day on June 3, 1925, and it is still going strong. However, every year there is speculation about whether it will get rained on. It was postponed in 1942 because of wet grounds, and again in 1945. Some folks may remember that in 1954 it was a "washout." Hopefully this year there will be great weather for Sports Day.

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

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# @ Your East Gwillimbury Library

## May Events:

### **Children's Stories:**

#### **Babytime**

Ages 0 – 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, April 7 – May 26 at 10:15 am

Holland Landing: Thursdays, April 9 – May 28 at 10:30 am

#### **Ones & Twos**

Ages 18 – 30 months. Free.

Join our interactive program that stimulates the imagina-

tion with early literacy activities including books and songs for toddlers.

Mount Albert: Tuesdays, April 7 – May 26 at 11 am

Holland Landing: Wednesdays, Apr. – May 27 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, April 9 – May 28 at 10:30 am

Holland Landing: Wednesdays, April 8 – May 27 at 11 am

#### **Early Bird Storytime**

Ages 0 – 5 years. Free. Drop In.

Start off the weekend with a storytime of puppets, rhymes, and songs!

Mount Albert: Saturdays, May 9 & June 20 at 10:30 am

#### **Community Storytime**

Ages 0-5 years with caregiver. 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, April 8 – May 27 at 10:30 am

Harvest Hills Activity Centre (145 Harvest Hills Blvd., East Gwillimbury): Saturday, May 16 & June 13 at 10:30 am

### **Children's Activities:**

#### **Bee Bop & Dance**

Ages 2 – 5 Free. Drop In.

Get moving! This action-packed program is filled with movement for little ones.

Mount Albert: Saturday, May 23 & June 27 at 10:30 am

#### **Lego Club**

Ages 5+ years. Free. Drop In.

Get creative with Lego. Themes include Bridges and Aircraft.

Mount Albert: Wed., May 20 & Jun. 17, 6:30 – 7:30 pm

Holland Landing: Sat., May 16 & Jun. 13 from 2 – 3 pm

#### **Author Visit with J. Torres**

Grades 4 – 6. Free. Please register.

Mount Albert: Thursday, May 14 at 1:30 pm

Graphic novelist J. Torres will share his writings and drawings in an interactive presentation.

#### **Maker Club**

Ages 5 – 8 years. Free. Please register.

May: Marshmallow Tower – join us for a building competition using spaghetti and marshmallows.

**Swimming Lessons**  
In Holland Landing

Swim Kids levels 1 to 10  
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For more information please contact us at:  
**416-623-4069**  
[swimschool21@gmail.com](mailto:swimschool21@gmail.com)

June: Building Squares – make a tree, an animal, or the tallest tower possible using squares!

Mount Albert: Wednesday, May 6 & June 3 from 6:30 to 7:30 pm

Holland Landing: Thursday, May 14 & June 11 from 6:30 – 7:30 pm

### Woof Tales

Ages 6 – 10 years. Free. Please register.

Read to a friendly dog! This program is for beginning readers or those who want some reading practice. Presented by St. John Ambulance Therapy Dog Program. Attendance deposit of \$10 required upon registration. All attendees will be refunded in full. Must provide 24 hour cancellation notice.

Holland Landing: Wednesday, May 20 at 6:45 & 7:15 pm

Mount Albert: Wednesday, June 24 at 6:45 & 7:15 pm

### TD Summer Reading Club 2015. Starting in June!

Explore, create, and discover at the summer reading club! Earn prizes as you read and participate in our exciting summer programs.

### Babies on the Move

Ages 4-12 months with caregiver. Free. Please register

Presented by Early Years, North York. This program is for crawling creeping, walking and running babies. You and your baby will enjoy singing songs and rhymes, exploring new sensory experiences and working on new developmental skills together.

Holland Landing: Tuesdays, June 2—June 23 @ 1 - 2:30 pm

### Tweens & Teens:

#### Tween Scene

Ages 9 – 12 years. Free. Drop in. Saturdays @ 11 am

**Bubble Magnets:** Create alphabet magnet buds or create your own design.

Mount Albert: May 16

**Minecraft 2:** Join the game to explore forests, oceans, and dungeons! Bring a device or laptop if you can.

Mount Albert: June 13

Holland Landing: May 16

### Comic Happenings Graphic Story Contest

Grades 4 – 8.

Draw and write a creative comic story! Templates, story ideas, and contest guidelines are available on the library website [egpl.ca](http://egpl.ca). Deadline is June 23, 2015.

### Coding Crew

Ages 9 & up. Free. Please register.

Want to learn more about building web pages or creating a website? Join this hands-on class to develop your coding skills.

Holland Landing: Saturday, May 16 & June 13 at 2 pm

### Teen Advisory Board Volunteer Opportunity

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

Holland Landing: Tuesdays, May 12 & Jun. 9, 7 – 8 pm

Mount Albert: Wednesdays, May 13 & Jun. 10, 7 – 8 pm

To volunteer, simply drop in or email [halblas@egpl.ca](mailto:halblas@egpl.ca) or call 905-836-6492 ex. 105.

### 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](mailto:halblas@egpl.ca).

### Adult Programs:

Summer Job Service - Free. Please register.

If you are a student between 15-30 years old and living in York Region, the Summer Jobs Services program can help you find a summer job. Learn more and get job searching tips at this free information session. Presented by the Seneca Workforce Skills Centre ([www.workforceready.ca](http://www.workforceready.ca))

Holland Landing: Wednesday, May 13 @ 7 - 8pm

### Mount Albert Knitting Guild

Free. Please register.

Meet others who love to knit, chat, and learn new skills.

Mount Albert: Thurs., May 14 & 28, Jun. 11 & 25 @ 6-8 pm



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

### Shabby Chic Yard Sale

Hosted by the Friends of the East Gwillimbury Public Library

**Saturday, June 13, 2015**  
8 am to 1 pm  
Sharon Temperance Hall

All proceeds go to East Gwillimbury Public Library projects and programs. For information or to volunteer, please contact [eglibraryfriends@gmail.com](mailto:eglibraryfriends@gmail.com).

### Workshop for Ukulele Newbies

Ages 13+. Cost: \$40. Please register.

Stick your tie in the water with this fun and inspiring crash course for beginners. By the end of the evening you will have learned a song or two and be acquainted with the basics of tuning, strumming, and chording. No music experience required but please provide your own instrument. Presented by Judy Marshak.

Wednesday, May 6 @ 6:30—8pm  
Holland Landing Branch



Holland Landing 905-836-6492  
Mount Albert 905-473-2472  
[www.egpl.ca](http://www.egpl.ca)

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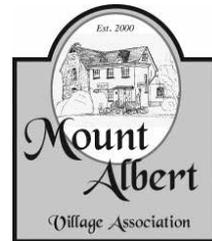


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## Mount Albert Village Association NEWS



On Monday May 11th, the Mount Albert Village Association will be holding their regular meeting following the Mount Albert Downtown Revitalization Project & Business Improvement Area (BIA) Information Meeting. The purpose of the meeting is to provide some general information regarding BIAs and discuss the benefits that one will bring to your business or property. Mount Albert residents, business owners, building & property owners are all welcome. Doors open at 6 pm, meeting will run from 6:30 – 7:30 pm. MAVA Monthly meeting will continue directly afterward.

- The winners of the baskets from the 2nd Annual Easter “Egg”stravaganza on Saturday April 4th are as follows; Ainsley Sanderson won the cake donated by Top Tier Cake Design, and the door prize Family Basket was won by Jan Vesna.
- Drop off any single use alkaline batteries at one of these locations; The Corner Décor & More store, MSVA, The Family Place, Mount Albert Public Library and the Town Offices. Please remember to drop off any rechargeable batteries at the Hazardous Waste Depot.
- Business members can submit a community related event to add to our online and newsletter calendars. Please send details to [events@mountalbert.com](mailto: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.

Our next meeting is Monday May 11 @ 6:30 pm.  
Mount Albert CC (Upstairs), 53 Main St.  
All are welcome.

Stay Happy, Stay Safe, Shop Local!  
[www.mountalbert.com](http://www.mountalbert.com)

Find MAVA on Facebook and Twitter!

# EAST GWILLIMBURY HOME & GARDENING 2015

## 2015 Perennial Plant of the Year™ Geranium xcantabrigiense ‘Biokovo’

Geranium xcantabrigiense ‘Biokovo’ is the 2015 Perennial Plant of the Year™. Geranium xcantabrigiense ‘Biokovo,’ pronounced jer-AY-nee-um kan-tuh-brij-ee-EN-see bi-o-KO-vo, carries several common names including Biokovo geranium and cranesbill Biokovo. The plant is a member of the Geraniaceae family.



‘Biokovo’ blooms in late spring with delightful masses of 5-petaled white flowers, about 3/4” diameter. This excellent groundcover perennial reaches 6-10” high. Petals are tinged pink at the base and have darker pink centre stamens. The overall effect is that of a

blushing pink geranium.

The Perennial Plant of the Year™ (POY™) program began in 1990 to showcase a perennial that is a standout among its competitors. Perennials chosen are suitable for a wide range of growing climates, require low maintenance, have multiple-season interest, and are relatively pest/disease-free.

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# FREE Gardening Seminars in York Region

York Region, in partnership with Lake Simcoe Region Conservation (LSRCA) and Toronto and Region Conservation (TRCA), is offering a series of educational seminars to provide tips, tricks and advice for water efficiency in your home and garden, reusing and reducing the number of items in your home and enjoying our natural environment. All seminars are free, but advance registration is required as spaces are limited.



Cornell Community Centre, Multi-purpose Room 222-223, 3201 Bur Oak Avenue, Markham.

Learn about a wide variety of invasive pests that might be calling your backyard, home! Also, learn about what you should avoid planting and how to remove or manage what you may already have. A review of an exciting invasive species tracking and mapping system known as EDDMapS will also be introduced.

Speaker: Invading Species Awareness Program

## **RAIN: Slow it Down, Soak It Up, Keep It Clean!**

Wednesday, May 20, 2015 from 7 p.m. to 8:30 p.m.

York Region Administrative Building, Seminar Room, 17250 Yonge Street, Newmarket

As our cities grow, we cover natural spaces with hard surfaces such as buildings, sidewalks and parking lots. This prevents rainfall from soaking into the earth, inter-

## **Greening Your Grounds: Getting Started**

Saturday, May 9, 2015 from 1 p.m. to 2:30 p.m.

Dufferin Clark Library, Meeting Room, 1441 Clark Avenue West, Vaughan.

What is a rain garden? How does a rain barrel work? Should I install a permeable patio? Learn about the newest trends in residential landscaping and how to use them to add pizzazz to your property.

Speaker: Cameron Richards

## **Invasive Pests in your Backyard**

Thursday, May 14, 2015 from 7 p.m. to 8:30 p.m.

**905-478-2323**

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rupting the water cycle. Join the Windfall Ecology Centre to learn how you can take simple steps to capture rain water on your property. Topics will include: Rain Barrels 101, an Introduction to Rain Gardens and Permeable Landscaping Options.

Speaker: Jen Atkinson of Windfall Ecology

**Greening Your Grounds: Getting Started**

Tuesday, May 26, 2015 from 7 p.m. to 9 p.m.

Kortright Centre for Conservation, 9550 Pine Valley Drive, Woodbridge (Vaughan).

What is a rain garden? How does a rain barrel work? Should I install a water-resistant patio? Learn about the newest trends in residential landscaping and how to use them to add pizzazz to your property.

Speaker: Erin Schulz

**20 Easy Plants**

Wednesday, May 27, 2015 from 7 p.m. to 8:30 p.m. REGISTRATION FULL Wait list registration is available



Temperance Hall, Sharon, 18974 Leslie Street, East Gwillimbury.

Does your brown thumb limit you to growing pink lawn flamingos?

Register for this seminar and discover 20 easy plants anyone can grow.

This year, make your garden dazzle with no fuss and little effort.

Speaker: Aileen Barclay

**Layering Plants for Success**

Saturday, May 30, 2015

from 10 a.m. to 12 p.m.

Pathways to Perennials, 4681 Lloydtown/Aurora Road, Kettleby (King).

Layering your plants is an easy way to maximize colour and minimize your efforts in the garden. Learn how to create a beautiful garden using your plants' characteristics to reduce maintenance, leaving you more time for enjoyment.

Speaker: Pathways Staff

(Photos included in this article courtesy of the East Gwillimbury Gardeners. Article courtesy York Region.)

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# Happy Gardening Days are here again

Happy Days are here again or so the song goes. In my own garden I have been taking advantage of the warmer days raking up the lawn and cleaning out the flower beds. Ornamental grasses such as the Karl Foerster needs to be cut back early as it begins growing new shoots in the spring. Some of the other grasses are slower to wake up. Pruning and cutting back old seedheads and dead foliage is also a part of the spring time clean up. If you have a pond now is the time to clean it out and add the recirculating pump. Spring flowers will be blooming any day now.

Now is the time to be thinking about your front yard garden.

At the end of June or early July a team of judges from East Gwillimbury Gardeners will be out canvassing the streets in search of the best front yard gardens in the East Gwillimbury in Blooms Contest. Yours may be chosen to have a Thumbs Up Sign placed in your garden for all the neighbours to see. To be eligible your garden must be easily seen from the street. Fifty gardens



will be chosen from all over East Gwillimbury. This year we will be including the newest parts of East Gwillimbury on the west side of Yonge St. too called Harvest Hills.

Mark your calendar for Saturday, May 23 from 10am to noon.

Our Annual Spring Plant and Bake Sale will be taking place at the Mt. Albert Community Hall in Mt. Albert. We will be having donations from our members' gardens; it is always good to be able to talk about the plants with the people who grew them! We will also have geraniums, and this year we are adding some beautiful hanging baskets grown at New Leaf in Sharon. Along with the plants, we will have a garden garage sale: tools, hoses, garden ornaments. The Junior Gardeners will be selling tomato plants and other seedlings they have grown. The Bake Sale is always popular, with delicious home-made goodies.

Tuesday, May 19 at 7:30pm the speaker will be Paul Laporte speaking about Ontario Native Plants. Paul is past-president of the North American Native Plant Society and owner of The Ephemeral Ark nursery. He will talk about the role that native plants play in the ecosystem and give us ideas for establishing a native plant garden. Also at the May meeting we will have the first Flower Show of the season. It is always exciting to see entries from our own members' gardens.

Monthly meetings are held at the Mt. Albert Community Hall on Main Street in Mt. Albert on the third Tuesday of each month except December and January. The meetings begin at 7:30pm. Juniors meet at 7pm. All are welcome to come out and see what we are all about. Lug a mug and get a ticket for a chance at a prize.

*Valerie Liney is President of the East Gwillimbury Gardeners and Horticultural Society.*

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# Plant the right tree in the right place

Spring is the optimal time to plant trees on your property – but did you know that planting the right tree in the right place can help you save energy? Putting it in the right location is also a safety measure.

Here are some helpful tips from Hydro One:

1. Plant tall-growing trees at least eight metres away from power lines. Tree contact with power lines accounts for about 30 per cent of power outages in Ontario.

2. Deciduous (leaf-shedding) trees provide shade from the summer sun to cut down on heat gain, but lose their leaves in winter to let sunlight enter your home and maximize solar warmth and light. Plant them to the south and the southwest around your home's windows to provide shade from late afternoon/evening sun.

3. A good windbreak includes a mixture of coniferous trees, deciduous shrubs, evergreen shrubs and perennial plants. The right combination planted tightly together can thoroughly shield your home from cold winter gusts. Even a single row of white pine trees can reduce the speed of wind hitting your home by 60 per cent.

4. Low-growing evergreen shrubs planted beside basement walls add a green layer of insulation to your home's exterior. Tightly placed shrubs help to keep warmth in and winter winds out. Remember to plant shrubs at least 60 centimetres away from your foundation walls.

5. Remember to call before you dig to locate underground lines. Do this through Ontario One Call toll-free at 1-800-400-2255 or online at [www.on1call.com](http://www.on1call.com).

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## East Gwillimbury Gardeners

EAST GWILLIMBURY GARDENERS meeting will be Tuesday, May 19, 2015 at 7:30pm, at the Mt. Albert Community Centre, 53 Main Street: The evening speaker will be Paul Laporte on Ontario Native Plants. It will also be the first Flower Show of the season.

For more information call 905-853-7126 or visit the website <http://www.facebook.com/eastgwillimburygardeners>, email: [eggardeners@gmail.com](mailto:eggardeners@gmail.com) or the OHA website at <http://www.gardenontario.org/site.php/eastgwillimbury>

## Spring Plant & Bake Sale

East Gwillimbury Gardeners Annual Spring Plant and Bake Sale will be held Saturday May 23, 2015 from 10am to noon at the Mt. Albert Community Centre in Mt. Albert. Great Plants. Great Prices. Home-made Treats.

For more information call 905-853-7126 or visit the website <http://www.facebook.com/eastgwillimburygardeners>, email: [eggardeners@gmail.com](mailto:eggardeners@gmail.com) or the OHA website at <http://www.gardenontario.org/site.php/eastgwillimbury>

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# Growing Gardeners

**By Steven Biggs**

By the time we finished, all four of us (me, and my three kids) had mud on our hands. And clothes!

It started out innocently enough. "Can I help?" one of them asked as I dug post holes. They were getting bored. I had dug deep enough to hit a layer of clay. So I held up a lump of clay in my hand to show the kids how fun it is to roll. "It's like play dough and Plasticine," I told them. Who knew soil could be so much fun!

While digging post holes that day, we had lots of sticky, muddy fun rolling clay into shapes. As we did so, we talked about clay and soil. When the yard and garden are fun, it's easy to teach kids about plants, soil, and life cycles.

Kids probably don't want to garden like adults do... at least not for long. (Don't expect neat rows of flowers and vegetables!) But kids eagerly garden when it's fun. Below are ideas to make gardening fun.



## Plants Make Gardening Fun

Choosing plants that grab a child's attention is one way to build excitement about the garden. Plants that appeal to kids often have an unusual appearance, taste, smell, feel, or size. Here are some favourites in our household:

- Unexpected colour. e.g. yellow raspberries, purple peas, and red carrots.
- Unusual size. Giant sunflowers that reach eight feet high; and mouse melons (a cucumber relative) that are the size of a thumbnail.
- Strange appearance. e.g. warty pumpkins.
- Fun to touch. Ground cherries have a papery husk to peel off; dry beans need to be "shelled" (a fun task for nimble little fingers); and pea sprouts have tendrils that are great for tickling.

- Edible flowers. e.g. nasturtiums, chives, and borage

## Themes Make Gardening Fun

Excite kids about gardening by appealing to their interests or likes. Here are a few theme ideas:

- Colour. Try a purple-themed garden: purple beans, purple peas, purple carrots, purple cauliflower (yes, all of these exist!). Note: purple beans turn green when cooked, so eat them raw.

- Favourite vegetable. For a carrot-loving kid, make a carrot-themed garden: white,

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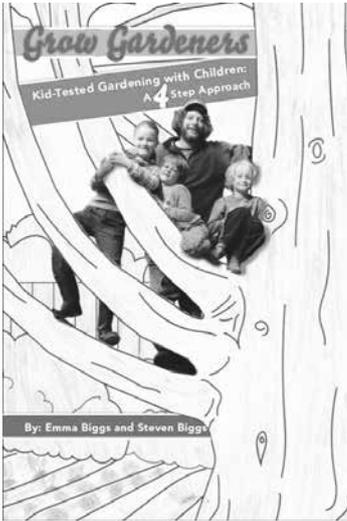
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yellow, orange, red, purple, long, stubby, early, and late carrots.

- **Snack-sized.** Mouse melons, cherry tomatoes, and ground cherries are all small, kid-sized crops that are a good choice in a snack-sized garden.

- **Scent.** A lemon-scented garden could feature lemon thyme, lemon verbena, lemon balm—and other plants with lemon-like fragrances.



### **Tie Other Interests into Gardening**

- **Bring together birds and gardening.** My son Quinn, aged seven, is very interested in birds. Knowing that gold finches like to eat the seeds of lettuce and cosmos, he is eager to grow these plants.

- **Link bugs and gardening.** Keaton, our younger son, likes bugs, so we have sown Butterfly

Milkweed to attract butterflies to our garden.

- **Be creative.** When I was at Canada Blooms this year, there was a fairy garden that had small fairies (and

one troll!) hidden throughout. My three kids eagerly counted them all. Three times!

The single most important thing you can do to grow kids into gardeners is to spend time outdoors. Kids imitate adults, so set the right example. If that means getting your hands dirty and rolling some clay, do it!

*Steven Biggs is a horticulturist and author of No Guff Vegetable Gardening and Grow Figs Where You Think You Can't. His latest book, Grow Gardeners. Kid-Tested Gardening with Children—co-authored with his nine-year-old daughter Emma—gives adults lots of ideas about how to make the yard and garden an engaging place for kids. Visit [www.growgardeners.com](http://www.growgardeners.com) to see his daughter Emma's kid-tested gardening blog.*

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## Debt Consolidation; Refuge or Demise?

To begin, ask yourself, “What do I know about debt consolidation?”

If you are currently in debt, there is a strong possibility that you have already been considering a debt consolidation, or a method to get yourself out of debt, and wondering just what it can do for you. Before you venture into anything, keep this in mind: there are both pros and cons of debt consolidation.

While you may think that this is the right or wrong move for you, once you realize the potential advantages and drawbacks you may change your position.

From television commercials to Internet advertisements, you have probably come across several companies that specialize in debt consolidation. The problem with these advertising spots is that they only talk about the benefits. Unfortunately, this has tricked many people into consolidation when it was not the best decision for them.

The advantages of a Debt Consolidation are simple. When you consolidate your debt, you are taking multiple payments and putting them into one. In turn, it is much easier to stay organized. Along with this, you no longer have to decide who should get paid first and how much you should send each creditor.

How much money are you paying out in interest every month, if you really had to guess? If you have a lot of debt, spread across several loans and/or credit cards, you may be paying hundreds or maybe even thousands in interest alone.

Debt Consolidation is an interest-free payment that lumps together all of your debt. In turn, you will be able to save yourself a lot of money right off the bat. If you have been struggling to pay your debt month after month, you are probably interested in lowering your payments no matter what it takes.

A Debt Consolidation dramatically decreases the amount owed by up to 75% of the whole debt, and when paired with it being interest free, this lowers the monthly payment drastically.

Although, the benefits are definitely valuable, or even advantageous, if a Debt Consolidation is not the right choice for you, there can be some definite drawbacks. You will be substantially lowering your monthly payments and slowly working to improve your credit,

but you will not be able to obtain new credit until the Debt Consolidation is paid out. This is to avoid you hurting your current “ideal” situation. You are able to pay the Consolidation down faster, and pay more money toward it monthly, as it is a strictly principal payment, so you are able to get out of it faster. However, if prior to the consolidation your credit was still worthy to obtain new credit, you will have defeated yourself.

Sometimes a personal or equity-based loan can and will be a much more superior option. Some debt consolidation companies claim to be debt settlement negotiators as well, and if you’re paying them a lump sum amount, they may be holding that money and intentionally becoming delinquent on your debts to try to have leverage to negotiate a lower settlement on the debt repayment later. This is going to ruin your credit history and credit score. So be careful of who you trust!

Debt consolidation will get you out of debt, as long as you pay it on time and tackle the issues of how you got so far into debt in the first place.

Do you have an income problem?

Do you have a spending problem?

Did you experience a difficult time?

Or did you merely have a huge unexpected expense that you weren’t financially prepared for?

Whatever the case may be, you need to change the behaviors that got you into debt before you devise a plan to get out of debt, only to find yourself back in the same predicament a few years later.

Don’t be fooled into thinking that debt consolidation is the perfect option for everybody.

Before you make a final decision, consider the advantages and disadvantages detailed above and speak with a financial professional who has your best interests at heart to see if debt consolidation is really right for your situation.

If you are truly serious about paying off your debt and fixing your current situation, and you’re not deeply in debt, then you can probably get the ball rolling quickly enough to pay off the some of the smaller debts first without consolidating your debt.

*Alanna Gray is a Mortgage Agent with Mortgage Alliance Company of Canada.*



# What the heck is Title Insurance?

If you purchased your home and/or got a mortgage within the last 10-15 years chances are you will have bought title insurance as part of the transaction. But at your next neighbourhood BBQ ask how many people either know for sure if they even have it and if so what does it mean? You will likely be surprised how little is known about this thing your lawyer sold you at closing called Title Insurance.

But before we go any further remember that the below is for discussion purposes only aimed at getting the thought juices flowing. You should confirm the details of your own circumstances by reviewing your policy documents and/or seeking independent legal advice.

That said, let's briefly explore what Title Insurance is and who might benefit from having it.

When you buy a home it is supposed to be transferred to you with clear and marketable title, meaning nobody has any claim against or can otherwise impact your ability to control the property's ownership. Of course, if you get a mortgage for the purchase, the lender registers this loan on Title so as to become a claim against the ownership of that property. Accordingly, the property can not be sold to another party without addressing the lender's "claim" (which is usually as simple as paying off the loan and related fees).

However there are other claims against Title that may come to light that could have a significant impact on your ability to sell your home if you choose. For example, you might discover that there were errors in surveys, public records, or other unknown title defects caused by legiti-

mate human error and/or the fact that a large chunk of residential development occurred well before the technology age where manual processes and record keeping may not have been as reliable as we'd like to think it is now.

Your policy may also protect you against "encroachment" problems. Perhaps a previous owner of your home built a fence in what looks to be the right spot but in actual fact is on your next door neighbour's property. Or perhaps in the absence of a fence a previous owner had built a shed slightly over the legal property line. In cases like these your Title Insurance policy would likely cover the cost of moving the offending items back to where they should be.

Perhaps the most significant coverage in your policy relates to Mortgage or Title Fraud. What if a fraudster pretends to be you and manages to get a 2nd mortgage on your home. He then runs away with the mortgage proceeds leaving you responsible for making the payments. And guess what, you usually don't find out about any of it until it's far enough along in the process to cause real problems for you. Your Title Insurance policy can not prevent this from happening but it does step in and help you sort out the mess.

Of course, as with any insurance policy, there are some things it doesn't cover. Some of the typical exclusions are Native land claims, environmental hazards (ie. soil contamination), title defects that you knew of when you purchased (ie. easements or restrictive covenants), and any defects that are created by you once you own (ie. you

*Continued on Page 28.*

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## New Proposed Changes for Veterans don't go into effect until after the election

Royal Canadian Legion – Dominion Command continues the fight to ensure our Veterans are looked after.

At a recent Veterans Summit, hosted by recently appointed Veteran Affairs Minister O'Toole, the Minister specifically made a commitment to all in attendance that Bill C-58 would be passed before the scheduled end of the current parliamentary session on June 23rd, 2015.

"This Bill lays out important enhancements that will improve the care and benefits provided to Veterans and their families and also ensure Veterans have access to career opportunities that can support them beyond their military lives," states Dominion President Tom Eagles.

More of those who served in the Canadian Forces are finally receiving what they are due but unfortunately it has taken so long for Ottawa to reconsider the benefits to our Veterans under the former Minister of Veteran Affairs. Minister O'Toole announced the planned hiring of 100 additional workers to process

the disability claims but there would not have been such a delay in our Veterans collecting these benefits had the Harper Government not removed the workers in the first place.

The Retirement Income Security Benefit allows for a large number of Veterans suffering from incapacitating wounds who formerly were not eligible to collect due to not servicing long enough can now qualify for monthly support payments starting at age 65.

The new proposed Critical Injury Benefit provides \$70,000.00 tax free benefit to Canada's most severely injured soldiers. Improved benefits for injured part time reservists will now provide the same basic income support that the regular Armed Forces members receive and this makes perfect sense as they fight and sometimes die side by side.

It remains to be seen how all these ideas will play out as there is one very important catch.

These recent suggested and much needed changes to make our Veteran's lives better DO NOT come into effect until following the election in the fall.

*Continued from Page 27.*

built a fence on your neighbour's property.)

Now that we know a bit more about it, let's consider who might benefit from a Title Insurance policy. It's really quite simple: ALL homeowners.

Again, if you got a mortgage anytime in the last 10-15 years or so, it's likely the decision was not yours anyway. Lenders have been making Title Insurance a condition of the loan for quite some time so if you needed the mortgage, you bought a Title Insurance policy. (Note that Title Insurance makes the closing process a little easier so, in addition to benefitting from the coverages, you may also have paid slightly less in legal fees.)

But maybe you've lived in your home for years, paid off your mortgage, don't have a fence or a shed, and are reasonably certain there are no issues. There's no need for you to have Title Insurance, right?

**WRONG!**

Homes with large mortgages are already leveraged at or near legal limits so the payoff for the bad guys is minimal. Properties with little or no mortgage are therefore prime fraud targets. Accordingly the protection against fraud is well worth the one-time policy premium even if none of the other coverages is relevant.

For more detailed information, visit the Financial Services Commission of Ontario website and look for their brochure "Understanding Title Insurance" or speak with your Real Estate lawyer.

*Lee Lander is a Broker with Remax Realtron Realty Inc., Brokerage (Independently Owned & Operated) and has been an award winning, top producing, full time Realtor every year of her career. As a long term East Gwillimbury resident, Lee focuses her attention on the northern York and South Simcoe Regions, and boasts a vast list of satisfied customers and associates who's referrals make up over 95% of Lee's business activities. Contact Lee directly at [lee@leelander.com](mailto:lee@leelander.com).*

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# Has this been staged?

This past month we staged a property in Aurora that had been on the market twice over the past 2 years and did not sell. Tracee Bowman, ReMax Realtron agent was working with our client and explained to them that staging can really enhance the look and feel of a property and can deliver up to 589% on their return on the investment.

She also explained that it is important to execute their property with a well marketed plan through home staging and if it is done properly then buyers will not be able to tell what parts have been staged and what areas are from the homeowner's property.

To test this theory, I asked Joan Prentice, our photographer from Virtual Curb Appeal, a few questions to see if even she could tell what parts of this property were staged and which were not since she photographs many homes each week.

Susan – what was your first impression and could you tell if the property was staged?

Joan – this property felt fresh, airy and bright; from the foyer to the dining room, it was open and the décor complimented the space. I have seen so many houses in my job that I can usually tell when a property is heavily staged. I didn't think the dining area was staged at all because the table and chairs fit the space and style of the house and the really nice mirror was placed in the right spot.

Susan – What is the biggest give away when you feel that the home was staged?

Joan – when the house is “too” de-cluttered, empty

kitchen counters, mostly emptied cabinets and so de-cluttered that it feels like the owners have already moved out. Most people have knick knacks and I felt

that this house was lived in with a nice balance; it was still someone's home.

Susan – Did you feel that the living room was staged?

Joan – I really can't tell. I loved the colour scheme, the pillows, metal art, etc.

This room was really well pulled together and you can tell that the homeowner takes pride in their



home.

Some properties that I consult on require major renovations, painting, flooring, de-cluttering, etc. to interest a buyer. Other properties may only require a few hours of staging and some inventory to draw a buyer in that just loves the space.

Staging is a marketing tool that enhances properties for sale. A professional home stager can take a space that encompasses existing furnishings and items from their inventory and bring them together to create a cohesive space that feels warm and inviting. When you can't tell a property has been staged, then it is a job well done.

*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.*





# Address A Family

East Gwillimbury has reason to celebrate. I just heard that Habitat for Humanity (HFH) is building a house in Holland Landing. I am a great fan of the Re-Store and I have heard that HFH builds affordable housing but other than that I know next to nothing about the organization that stands poised to build an incredible community in our town.

Did you know that 1 in 5 families live in sub-standard or unaffordable housing? Although these people work hard, many at 2 to 3 jobs just to make ends meet, some months they still have to decide between paying the rent and buying food or paying utilities. Habitat for Humanity steps in to break the cycle of poverty by “addressing a family,” or helping them move into their own home with an affordable mortgage. There is a ripple effect when that family has an address. Their home becomes an anchor for them but it also becomes the focal point for the community it is built in.

Habitat for Humanity is an international organization and since its founding in 1976, they have built two hundred thousand homes, affecting three million people. That is impressive but to put it into terms we

The Smith family took possession of their new home in Georgina on March 31 at the home dedication.



can see, The GTA branch which includes Toronto, York and Peel Regions, is hoping that within the next 5 years, they can put 25 homes into York Region alone every year, addressing a stunning total of 125 families with their own homes. That will include families in East Gwillimbury. Of course, as a volunteer organization, the realization of that goal will take work and lots of it.

I sat down with Steve Klassen, the head of community development for the GTA office, housed in Newmarket. He spoke

with obvious excitement and passion as he told me more. He said the vision of the organization is to build a world where everyone has a safe and decent place to live. It sounds so simple but not at all easy.

HFH GTA fundraises all of the money needed to build homes. Corporations, Small and mid-sized businesses, community groups and individuals all play a part in donating or raising funds for the organization and the people they work with. This is a community sized job and all are not only welcome but needed. The funds raised by the Habitat for Humanity Re-Store all go to supporting the administrative needs for HFH GTA making it one of the only non profit organizations that does not need to use precious funds raised, for keeping the lights on. That way 100 percent of their money can go directly to the projects and the people they support.

So let's go back to the family.

They apply for a house in their area. They have to fill in an extensive application and commit to 500 hours of volunteer labour toward their house or another one that is being built. All of the homes are built using community volunteers. It is like a old-fashioned barn raising. Everyone pitches in and gets to know one another. Here in East Gwillimbury, Steve told me that the Lions, the Boy Scouts, the churches and many individuals are



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involved in helping. That kind of community commitment is not only great to get the house up and finished but it brings people together around the family, giving them a home that is more than just walls. In many cases it also gives them renewed faith in the way the world works.

When the house is built, the family must buy it from Habitat for Humanity. The price is 500 volunteer hours and the actual cost of the house through a 20 year mortgage which is handled by HFH GTA at zero percent down, with zero percent interest. Although much of the work on the house is donated and land and materials are donated where possible, there are still costs and the average Habitat house in this area costs between two and three hundred thousand dollars. The people who move in and own the houses could never afford homes like these without a bit of help but they work hard for it and the pride they have in their own place is visible.

Steve told me, in recent years Habitat has begun to think in terms of building moderate density housing. There are many reasons that would be successful. For one thing, the price of land makes it less expensive to build duplexes and small condos. The amount of land needed is much smaller so it is cheaper to buy and the smaller footprint doesn't use up as much of the area's already dwindling farm land. Another practical reason? It is so much easier to maintain the smaller lawns and yards, remembering that in many cases the family members still need to work at more than one job to keep afloat.

Steve told me that the people who get these homes become a benefit to the community around them. They have been helped so much by the members of their neighbourhood and are eager to give back. Their pride in their homes is infectious within communities and suddenly, with home ownership they begin to contribute to the tax base. It is a win-win situation.

It is a great cause for celebration when our commu-

nity becomes the beneficiary of such an amazing project. If you would like to learn more, become a volunteer or even apply for a home, go to [www.habitatgta.ca](http://www.habitatgta.ca) or call the York Region office at 905-868-8722.

That website will also tell you how to support the Re-Store through donations or volunteer hours.

*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](http://www.questacrosscanada.com) or [lifelinescoaching.org](http://lifelinescoaching.org).*

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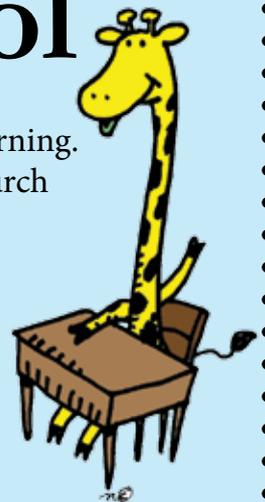
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# Identify where this photo was taken for your chance to win!

## 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 month we have a great prize for our winner: a pair of double-passes to the Stardust Drive-in! And YES! The drive-in is now open for the season.

**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 the June 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 pair of double-passes to the Stardust Drive-in for identifying our April photo: Emily Holmes from Queensville.**

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



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LAST MONTH'S PHOTO →

The recently renovated Queensville fire station.





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# In Season Right Now... Spinach!

'Tis the season to start buying fresh food from your local farmers' market and one of the first green foods of the season is a personal favorite: Spinach! Calorie for calorie, leafy green vegetables like spinach provide more nutrients than any other food. We all know that Popeye made himself super strong by eating spinach, but you may be surprised to learn that he may also have been protecting himself against osteoporosis, heart disease, colon cancer, arthritis, and other diseases at the same time.

Spinach is an excellent source of Vitamin K, a fat soluble vitamin responsible for maintaining proper bone health and a great source of Vitamin A and Vitamin C, both of which are powerful antioxidants! This super team of antioxidants helps to prevent cholesterol from being oxidized in the body. Oxidized cholesterol causes the cholesterol to become "sticky" and can then build up in artery walls leading to heart disease and high blood pressure. Spinach is also a great source of Folate which can help prevent heart attacks and strokes, and Magnesium which can help lower blood pressure, contributes to bone health and can reduce your risk of heart disease as well! All of these antioxidants go a long way for protecting against cancer as well; studies have shown that people who eat foods high in Vitamin C, Beta-Carotene, and/or Folate are at a much lower risk of getting colon cancer than those who don't.

If that wasn't enough reason to eat spinach.....it tastes great (honest!!), and because it's low in calories yet high in fiber and nutrients it can also promote healthy weight loss! Try switching your usual "just lettuce" salad and mix in a handful of spinach leaves, or try just a spinach salad with mushrooms, sugar snap peas and toasted almonds! An easy way to enjoy even more spinach is to steam or pan fry it and add it to an omelette; what a great way to get your veggies in the morning!

This month, I have included a couple of great dressing recipes you can use to mix up your salads! Remember, many of the healthful nutrients in spinach are fat soluble, so you need some healthy fat in your dressing to truly reap health benefits!

## Every day on Everything Dressing

I use this dressing on every vegetable I can find! When you use flax seed oil, it keeps really well in the fridge and the oil won't go hard like olive oil. You can find flax seed oil at most grocery stores in the health food section. It costs more, but you only need to use it on salad dressings

– NEVER cook with flax seed oil, it is unstable and can form dangerous free radical when heated. It is a fabulous source of Omega3 fatty acids which are super healthy for your skin and brain! If you don't have apple cider vinegar, I highly recommend buying some; again you'll probably find it in the health food section of your favorite grocery store. It has tons of health benefits over other vinegars and tastes delicious! Feel free to substitute any other light lasting vinegar if you would prefer though. This is enough to make and keep in the fridge for future salads; a great serving size is 1-2tbsp per person.

- 1/2 cup flax seed oil
- 3/4 cup apple cider vinegar
- 1tbsp runny honey (I use Staite's Honey - another great local business)
- 2tbsps Dijon (or hot) mustard
- 1 crushed and chopped clove of garlic
- 1tbsp grated ginger (optional)
- 1tbsp chopped chives (dried or fresh, basil or oregano is delicious as well)
- Salt and pepper to taste

Shake it all up in a jar, keep it in the fridge and enjoy it over any salads, steamed asparagus (also in season!) or broccoli, chopped peppers and tomatoes.....I could go on forever!

## Sweet and delicious Spinach salad dressing

This dressing is great on a spinach salad with sugar snap peas, mushroom and freshly toasted almonds. I love it with a small crumble or gorgonzola cheese as well.... mmmm! This recipe is enough for four people, but you can always make more and keep it in the fridge! Shake it all up and pour it on the salad when the almonds are warm. Enjoy!

- 2tbsps flax or extra virgin olive oil
- 1tbsp walnut oil (grocery store with other oils usually)
- 3tbsps apple cider vinegar
- 2tbsps maple syrup
- 1 tbsps Dijon mustard
- 1/2 tsp cinnamon

*Brandi is a Registered Nutritionist and certified Personal Trainer at Body Design. Body Design offers personal training, nutrition and lifestyle coaching to assist individuals achieve their fitness and weight loss goals. [www.bodydesign.ca](http://www.bodydesign.ca)*

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## How to plant and rake without the ache

Winter takes a toll on your garden, but spring takes a toll on the gardener. It's true that gardening season and back pain often go hand in hand, but positioning your body correctly reduces the strain on muscles and joints. Use these tips to enjoy your garden to the fullest throughout the season:

- Alternate your tasks. Switch between heavy chores such as digging and lighter, less physically demanding tasks such as planting.
- Do the "scissors" when you rake. Stand with one leg forward and one leg back when you rake. Switch legs and hands every few minutes.
- Kneel to plant and weed. Constant bending can put strain on your back, neck, leg muscles and joints, so kneeling is recommended. Use kneepads or a kneeling mat (with handles) to minimize the amount of bending required, and to make kneeling more comfortable. Keep your back straight.
- Change positions frequently. Make a point of changing position every 10 to 15 minutes. Move from kneeling to standing, from planting to digging.
- Pace Yourself. A minimum of three brief breaks each hour is recommended. Take a few moments to move around, stretch your muscles, have a drink or simply sit and relax. Spread the work over several days - you will still achieve the same great results.

More information on this topic is available at [www.chiropractic.on.ca](http://www.chiropractic.on.ca).

Source: *NewsCanada*



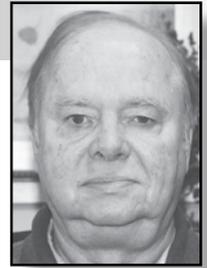
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# Caregiver Role in Society

More and more this role is becoming prevalent in society. Husbands or wives are being placed in the caregiver role of their spouse as they can no longer adequately look after themselves. This is also true of parents looking after an invalid child, and son or daughter looking after an aging parent. On one hand they love and care for their charge although it can take a physical and emotional toll. It is often an unappreciated role in society. The attention and sympathy goes to the patient and rightly so, however on the whole not enough attention is being given to the role of the caregiver. They require support which in some cases is inadequate.

There is certainly satisfaction in caring for a loved one. We look after them because we care for them and in most cases the appreciation is reciprocal. In some cases the spouse, parent or child is cast in the role whether they want it or not. It is a conflicting emotional experience as on the one hand we look after the person and would do anything for them however on the other hand the caregiver's life is often severely altered. Caregivers are not able to do what they used to and hence the conflicting emotions.

Some caregivers feel trapped in their role. In some cases there may be resentment and this makes them feel guilty. How can you resent someone whom you love? These feelings are natural and have to be kept in perspective. It is not the person you resent but the situation. A situation you can do nothing about.

There are new roles which the caregiver must assume; grocery shopping, housework, physical and emotional care of the patient etc. This is added to the role of looking after yourself both physically and emotionally. Often there is not time for personal time depending on the severity of the patient's condition. In severe cases

the caregiver suffers adversely. In the long run this will diminish the person's capacity to care for their charge. Some couples get support from family and other outside resources. However in some cases that support is lacking. The essential task is looking for that support either from agencies or being assertive with families about the need for support.

I would suggest that a case be made for the concept of 'being your own best friend'. A previous article I wrote talked about this in depth. It is a case of looking after yourself first before you attempt to care for others. This is not a selfish approach but the point of looking after yourself. When you love and care for yourself you are better able to care for others. When you meet your own needs you are more equipped to look after the needs of others.

In my opinion people have to give more thought to the affects on a caregiver when paying attention to the patient. As mentioned this is an unappreciated role in our society and as friends or family we need to support the caregiver in whatever way possible. I suggest that you give this situation a lot of thought as caregivers in some cases are suffering.

*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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# Mother Knows Best

Every once in a while I lay in bed at night and think about my childhood; about how when I was little my Mom would rub my back until I fell asleep, or read “Goodnight Moon” over and over until my tiny eyes were shut. Her dedicated time was so patient and kind, tender and refined; something that is rather inspiring if you ask me.

I am currently taking care of two little girls over in Australia, and it has definitely occurred to me just how much work children truly are. I find that you can only act so cool up to a certain extent, just until one accidentally pees on the floor, or the other gets mad at you for spreading jam on her biscuit incorrectly. I’ve noticed that mothers tend to handle dreadful situations like these in a more relaxed fashion, but I, for one, am no mother.

I probably stared at the giant puddle on the bathroom floor for a good five minutes before actually cleaning it up, and I may have forced the lumpy jam down the poor girl’s throat because no matter how hard I tried, “smooth” was just never smooth enough. “Mother knows best” is what appears to be the rule whenever I try to do something right, and frankly, I could not agree with them more.

It seriously amazes me how my Mom deals with every situation with such grace. She has suffered through my moody mornings and hormonal tantrums (and still does) and that in and of itself deserves some serious recognition. The chaos in my house seems to be limitless, but somehow my Mom graciously manages to endure. I remember

the day that I “became a woman” (major chaos) and she stood outside the door crying tears of joy while I coped with extreme embarrassment caused by my older sisters. The word dysfunctional would best describe our family if it weren’t for my Mom. She is the leader; the mentor, the teacher, the full supporter, and so many aspects of my life would not have been the same without her.

All of my dance recitals and sports games, cheerleading competitions and track events - you bet my mom was there, cheering loud and clear for me to hear. You see, she has an extremely powerful voice, one that allows you to hear her lecturing you about driving too fast even when you are more than 9000 miles away...

Although I sometimes hate to admit it, yes - I believe mothers do know best and I definitely take mine for granted. I know it is totally cliché to tell your Mom that they are “the greatest Mom ever” but I truly do thank god for mine every single day. I pray that the sun is shining for you today Mom, because then I know that you will be spending your morning in the garden, or reading a book under the maple tree. I hope that the lilac tree is in full bloom for you today Mom, because all I can picture is a big bouquet of fresh purple lilacs in the centre of our kitchen table. I told grandpa to salute you today Mom, because his little girl is my hero and he wanted to make sure that you knew that. He will blossom in delicate shades of red and greet you underneath our living room window.

I hope that our favorite song is playing on the radio for you today Mom, because it is important to remember “life’s all about the climb.” I have faith that the birds are singing for you today Mom, serenading you with a beautiful melody on this special day. I believe that the fireflies are shining bright for you tonight Mom, lighting warmth in the darkness of the night.

I asked Grandma to remind you of what an amazing mother you are today Mom, as she will appear in your daughter’s eyes while she combs out her thick curly hair before bedtime. I recommend that you take a peek inside my big empty room today Mom, because it is the place where you rocked your three baby girls many moons ago.

Pull the covers back and dive into my bed Mom, because even though I am not able to snuggle next to you tonight and read “Goodnight Moon”, I send you my love and wish the best Mom in the entire world a Happy Mother’s Day.

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





# Red, White, & Maple Leaf Proud

Unity. Community, society, nation. One. That feeling of a connection with the people around you. That feeling of belonging. There's nothing more securing than going to school, walking down the hallway and waving to friends, teachers, and people you have been around for months and months of your life – learning, studying, experiencing together the theories and insights you'll need for your futures. When you attend volleyball practice, training with teammates, striving to get better, sweating and pushing, working to a victory you've all been hungry for since day one. Attending a birthday party for a friend you've known for so long that they are practically family. Chatting with acquaintances about this and that, bonding over lost and found memories that come back to mind as if they had happened yesterday. Going to work, tired as ever from a busy day and anticipating the hours until you are warm and comfy on your couch, watching your favourite television show – your coworkers having a similar mindset, pat you on the back and tell you, "we'll get through it together."

Connections. Relations, associations, interactions. A bond. Being a part of a team, club, community or group is something that is a great part of life. Participating and feeling like you belong to something makes you feel as if your opinions, actions and voice are relevant – that they matter.

Small connections around your neighbourhood, town or city are humbling. Having a bond with strangers over your favourite band, television show or movie through cyberspace is incredible. But, sharing something with the citizens of your home country is out of this world.

I love that sense of unity. I adore the feeling of having such pride and honour. The Olympics are an event that gives you that feeling of belonging. Everyday we feel closest to the people that are near us, the people who live in the same town or city as us. The Olympics bring together a country for a few weeks, every two years, and grant us the notion of being one. We root for our teams, our participants, our contenders, we sing our national anthem like it's our business and we wear our flag with pride – the red, white and maple leaf are our honoured uniforms and we wouldn't have it any other way.

We see others with their Olympic gear on – tuques and mittens that we call our own. We drive by each other in our cars and honk to show our support of the red and white that flutters gracefully in the wind. We

gather together at sports bars and restaurants, because watching the games are more fun when you're cheering on wins with a room full of strangers who are all on the same team.

And after a few weeks, we go back to our small clubs and groups with neighbourhood friends and acquaintances – where things are familiar and comfortable with colleagues and associates that have similar backgrounds and routines. Car honks are meant for friends we see on the road or to tell the person in front of us that the light turned green. We don't mention anything to the individual beside us on the bus that we have the same hat, because that would be just plain awkward. For a while, we experienced what it was like to be together on a large scale. We felt what it was like to be in unity, as one. But it's okay, because it will all come back again in two years. We will once again reconnect with strangers we usually refer to as random citizens of our country. We will soon join hands and sing out about our home and native land while we smile at a new face we see on our daily commute with whom we are connected to by the touch of red, white and maple leaf pride.

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

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# Top Ten Things You Never Knew About Camp

Camp has become a staple of the summer season. Each year, millions of children, youth, and adults head to the hills, lakes, valleys, and parks to participate in the time-honored tradition of camp. And, while most people easily conjure up images of campfires and canoes, there is a lot more to the camp experience. Here are ten things you may not have known about the camp experience.

10. Camp is older than dirt, almost literally. Started in 1861, the camp experience turned an impressive 150 years young in 2011. The secret behind the longevity? "Camps are constantly adapting to meet the changing needs of today's families," said Peg Smith, chief executive officer for the American Camp Association® (ACA). "And yet, in essentials, camp is very much the same as it was 150 years ago – kids still have authentic, life-changing experiences."

9. Camp is worth its weight in gold, and then some! The camp experience is life-changing – developing friendships and memories that last well beyond the final campfire. And, there is a camp for literally every budget. Often camps offer special pricing or financial assistance, and some camp experiences qualify for tax credits or for payment with pre-tax dollars. Visit [www.CampParents.org/affording-camp](http://www.CampParents.org/affording-camp) for more information.

CampParents.org/affording-camp for more information.

8. Green is "zen." Research shows that first-hand experience with nature, like those at camp, reduce stress in children and help them better handle stress in the future. In addition to teaching children how to be good stewards of the environment, camps are teaching children how to enjoy the world around them and take a minute to breathe deep and feel the nature, which ultimately teaches them how to de-stress the natural way.

7. Mommies and Daddies do it too. Camp is not just for children and youth. There are family camp experiences, and camps for single adults, senior adults, and any adult that wants to relax and enjoy all camp has to offer. Adults benefit from the same sense of community, authentic relationships, and self-discovery that children do. Camp is an excellent vacation option, allowing adults to try a variety of new activities in a safe and fun environment.

6. Try this on for size! Camp is a great place to try new activities and hobbies. Afraid of rock walls? According to ACA research, 74 percent of campers reported that they tried new activities at camp that they were afraid

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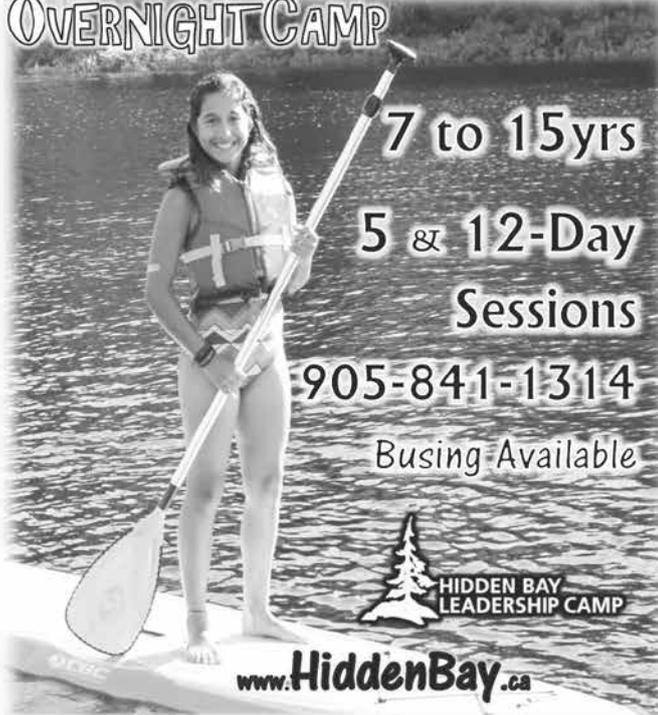
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to do at first. And, those activities often leave lasting impressions. In the same survey, 63 percent of parents reported that their child continued new activities from camp after returning home.

5. Manners matter, and often linger. The camp experience teaches more than just archery or lanyard making. The entire experience is made of teachable moments, perhaps one of the biggest is how to live with a group of people. Campers learn to pick up after themselves, respect each other's property, and to say "Please" and "Thank You."

4. Veggies taste better with friends. Hollywood and fictional novels may have given camp food a bad reputation, but in truth, camps are constantly exploring healthy food options, and often are at the forefront of things like allergy specific diets, healthy snack options, and vegetarian meals. According to ACA's 2011 Emerging Issues survey, 90.7 percent of responding camps indicated that healthy eating and physical activity was an important or very important issue.

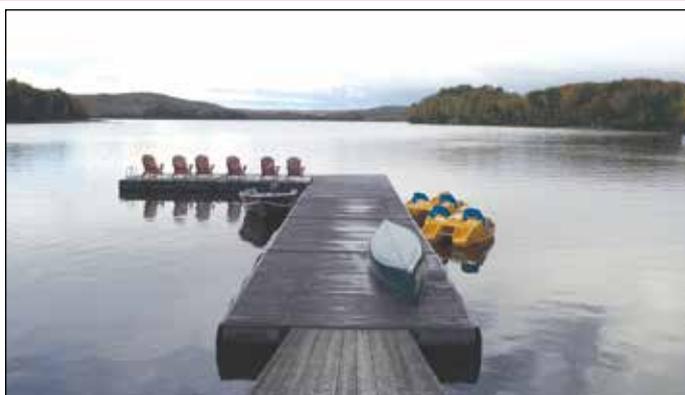
3. If everyone else went to camp, maybe there's something to it! Camp has played an important role in the lives of some of the most talented people in history. ACA's family resource site offers a list of notable campers – including business professionals, celebrities, artists, and great thinkers.

2. Camp gets those neurons pumping! Education reform debate and concern over summer learning loss have pushed academic achievement into the spotlight. Research shows that participation in intentional programs, like camp, during summer months helps stem summer learning loss. In addition, camp provides ample opportunity for developmental growth, which is a precursor to academic achievement. And, because of the "hands-on" nature of camp, often children who struggle in traditional education settings do well at camp.

1. Camp builds leaders for the 21st century and beyond! Independence, resiliency, teamwork, problem-solving skills, and the ability to relate to other people – these are the skills that tomorrow's leaders will need, and the skills camp has been adept at building for 150 years.

"Tomorrow's leaders will not be those who can type or text with lightning speed, they will be those who can have a face-to-face conversation and articulate their thoughts, ideas, and values," said Smith. "Tomorrow's leaders will be able to relate globally and find common ground with people who are vastly different from themselves – people from different backgrounds and cultures. Tomorrow's leaders will be made and educated by experiences like camp."

- Source: *The American Camp Association*®



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