



**Mount Albert Dental hosts  
Free Pumpkin Giveaway  
Party!**

East Gwillimbury's

# Bulletin

MAGAZINE

*Since 1998*

November 2015, Vol. 17, No. 9



**Anita Kotsovos**  
Real Estate Sales Representative



OVER 30 YEARS OF  
AWARD WINNING  
REAL ESTATE EXPERIENCE!

**YOUR REAL ESTATE  
PROFESSIONAL FOR LIFE**

B: 905.898.1211 C: 416.520.3651



[AnitaKotsovos.com](http://AnitaKotsovos.com)

Realtron Realty Inc., Brokerage  
Independently Owned and Operated

Not intended to solicit buyers/sellers currently under contract.

**The Mount Albert Lions**

# *Santa Claus Parade*

**is coming soon!**

**December 5, 2015 at 11 am SHARP**

**Come and meet with Santa at the Mount Albert Community Centre following the parade. There will be hot dogs and hot chocolate for all, candy and entertainment for the kids.**



**Christmas Food Drive**

**A non-perishable food item would be greatly appreciated.  
Donations will be collected during the parade.**



*Have yourself  
a holly jolly  
Christmas!*

**For parade information call:**

**Trish - 905-478-8863, or Stan - 905-473-7464**

East Gwillimbury's  
**Bulletin**  
 MAGAZINE  
*Since 1998*

www.TheBulletinMagazine.com

**Editor:**

Blair Matthews

**Contributors:**

Susan Crema-Martin Michayla Fraser  
 Vicki Pinkerton Anne Hill  
 Raymond Mark Alexandria Lipani  
 Lori Andrade Allan McGillivray

Published 10 times per year by:



PO Box 1092, Mount Albert, ON L0G 1M0

Email: [info@thebulletinmagazine.com](mailto:info@thebulletinmagazine.com)

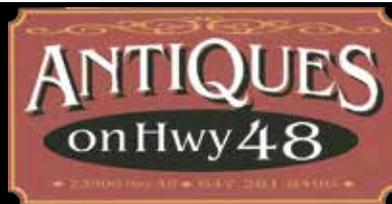
Phone: (905)806-5745

*Acceptance of advertising does not carry with it endorsement by the publisher. We reserve the right to reject advertising we deem to be inappropriate. Opinions expressed by its contributors does not necessarily reflect positions of The Bulletin Magazine or its owner.*

*No part of this publication can be reproduced in any form without prior written consent from the publisher. We strive for accuracy and safety in presenting articles and photos. The publisher will not be responsible for advertising errors beyond the value of the space occupied by the error. Contents Copyright 2015. All rights reserved.*

Delivery via Canada Post Unaddressed Admail.  
 Circulation: 9,500 copies

Unique & Interesting mix of Antique, Collectable & Vintage Finds



- Multi-Vendor
- Over 5,000 sq ft
- New Items Daily
- Gift Certificates

23906 HWY 48, BALDWIN, ON

[www.antiquestonhwy48.com](http://www.antiquestonhwy48.com)

647-281-8496

OPEN YEAR ROUND  
 (Closed Tues. & Wed.)



**Important Bulletin Deadlines:**

Submission & Advertising deadline for December issue:  
**November 24**

Bulletin delivered to residents: December 5

**Advertising Contact:**

Blair Matthews,  
[info@thebulletinmagazine.com](mailto:info@thebulletinmagazine.com)  
**\*\*NEW PHONE NUMBER: \*\***

(905)806-5745 (Call or Text Message)



Facebook:

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

Twitter: @TheBulletinMag



**ON THE COVER:**

Kids and parents enjoyed a Halloween 'Free Pumpkin Giveaway' activity hosted by Mount Albert Dental Centre on October 17. Many came dressed in costume.

**OPEN HOUSE**

Tuesday, December 1  
 5 - 9pm

*Come Celebrate With Us At Our Newly Renovated Location!*

**Tangles Hair Salon & Spa is expanding!**

Join us for our Hollywood-themed Open House and come celebrate with us at new fully renovated location: **Tuesday, December 1 on the red carpet** between 5-9 pm.

Reserve an appointment time for makeup application and lesson using our new collection 'in the blink of a smoky eye' or stylist assisted d.y.i hair style lessons, easy flat iron curl, the newest braids, or va va va voom volume!

One lucky guest will win a year's worth of hair colour services (a value of up to \$800)! Lots of other prizes to be won in our door prize raffle.

Check out our web site [www.tanglessalon.ca](http://www.tanglessalon.ca) for event details and services page with newly updated Christmas packages. Lots of exciting new features & services!



**NEW LOCATION:**

45 Gristmill Plaza, Unit 7B  
 Holland Landing  
[www.tanglessalon.ca](http://www.tanglessalon.ca)  
 905 953-8980



# Community Happenings

## ONGOING EVENTS:

### Mount Albert Legion activities:

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

### Mount Albert Friendship Club for Seniors

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

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

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

### Mount Albert Village Association Monthly Meeting

3rd Tuesday of the month, 7 pm - downstairs at the Mount Albert Community Centre (53 Main Street).

## NOVEMBER:

### November 6 - 4:30 – 7:00p.m.

**Turkey Supper At the Lions Hall** 5057 Mount Albert Road Continuous Serve Tickets: Adults \$17.00 Children under 12 - \$7.00 5 and under – free Take out available – delivery within Mount Albert. Tickets at the door or call for more information: Church office: 905-473-2562.

### November 7

#### Holly Berries Artisan Christmas Show

10am - 3pm

Shop early for that unique one-of-a-kind gift at the Holland Landing Community Centre, 19513 Yonge St., Holland Landing (beside the library). Over 50 vendors offering a variety of handmade Jewelry, Clothing, Fashion Accessories, Collectibles, Woodwork, Pet Accessories, Home Decor, Preserves, Chocolate, Baked Goods and more. BBQ by the Lions Club. Admission \$2. Children under 12 free.

### Ravenshoe United Church Bazaar

Sat. Nov. 7th, 9:00 to 1:30 p.m.

Lunch, Baking, Crafts, Knitting, White Elephant Items Jewellery & Refreshments

### November 8, 9:30am to noon

#### Writers' Community of York Region Breakfast Meeting

Networking for writers and those interested in writing. Featuring novelist and two time Leacock winner, Terry Fallis. [www.wcyork.ca](http://www.wcyork.ca) for more details. Meeting at Newmarket Community Centre and Lions' Hall, 200 Doug Duncan Dr., Newmarket, ON

### Annual Christmas Bazaar - November 14th, 9 am - 1 pm

The Anglican Church Women of St. James the Apostle are hosting their annual Christmas Bazaar in the Parish Hall at 18794 Leslie Street, Sharon, from 9:00 am - 1:00 pm. Baking, crafts, tea table and more!

### November 11, Free Diabetes Footcare Assessment

Learn more about caring for your feet! Nurses completing a Diabetes Footcare course would like the opportunity to practise foot assessments under the direction of their instructor. They will help you identify risk factors which could lead to skin breakdown and foot complications associated with diabetes. Wednesday, November 11, 2015 (afternoon). Call for an appointment - 905-478-1977 Appointments 30 - 45 mins long. Held at Sharon-Hope United Church, 18648 Leslie St, Sharon.

### November 13, 12-3pm

**Hospice Georgina** Invites you to an Open House! 152 High Street, Sutton. Come out and learn how you can volunteer with Hospice Georgina while working with experienced Mentors. We offer a variety of opportunities to learn, grow and give back to our community. Hospice Georgina supports clients and their families coping with a life-limiting illness. Friendly visits: a touch, a smile, a listening ear to brighten someone's day. Light lunch will be served! More info: contact (905)722-9333 or Email: [caring@hospicegeorgina.com](mailto:caring@hospicegeorgina.com) • [www.hospicegeorgina.com](http://www.hospicegeorgina.com)

### St. Elizabeth Seton Church Christmas Bazaar

November 14, 9am - 2pm

Lots of fun for the whole family! Gingerbread cookie activity, pictures with Santa, hot lunches, hourly turkey draws, penny raffle, quilt raffle, local crafters. Location: 17955 Leslie St., Newmarket (Leslie at Stellar).

### November 17, 11:30am-1pm

#### Community Luncheon at Mount Albert United Church

Continuous Serve \$8/person Proceeds to Florence's Kitchen. Located at 41 Alice St., Mount Albert.

### 7th Annual Nativity & Angel Display

Queensville Holland Landing United Church. Opening day is

Nov. 19th closing Nov. 29th - 10 am to 5 pm Mon-Sat and 1-5 pm both Sundays. Nov 23rd through 25th will be by appointment only for groups. 905-830-5673 Call Sylvia. As people enter the nativity and angel display in the church hall, they will see many different types, sizes, materials, and both hand-made and manufactured nativities.

**Thursday, Nov.26th**

York Region Women's Wellness Circle where friendships are made - all women are welcome to join us for a fun evening exploring our creative side with Laila Ghattas as she inspires us to delve into our divine feminine power. We'll meet at Sharon Hope United Church, 18648 Leslie St. in Sharon from 7:00 - 9:30pm. Cost is \$20.00. RSVP to karen@in-side-out.com or just show up. http://in-side-out.com/womens-wellness-york-region/

**Saturday November 28th at 2pm - A Capp-ELF-a**

YHC presents a Musical Christmas Quest featuring York Harmony Chorus, Whisky River Band and The Strutters musical quartet. Welcome the holiday season with harmony and joy! More info at: yorkharmonychorus.ca \$20 Victory Baptist Church.

**Sunday, November 29 11:30 - 2:30 - Holiday Bazaar**

Crafters, +15 vendors, Reiki, admission free with donation to the food bank. Free parking behind Mount Albert United Church (Alice Street). Royal Oak Senior Building in the party room at 40 Royal Oak Road, Mount Albert.

**DECEMBER:**

**Elf Day at Sharon Public School**

**6th Annual Holiday Bazaar**

**December 12, 9am-2pm**

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

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



**Carefree Foot Care**

*Treatment of: diabetic feet; fungal nails; thick, discoloured nails; ingrown, involuted toenails; corns, calluses; trimming and filing of toenails; relaxing foot massage.*

**Larisa Toma**

Registered Practical Nurse

(289)716-3445

carefreefootcare@gmail.com

www.carefreefootcare.ca

**TWISTED FORK**



**Restaurant & Catering**

62 Main St., Mount Albert

905-473-1111

info@twisted-fork.ca

**Upcoming Events**

**Nov 21** – Join us for a relaxing dinner and an evening filled with the music of Phase Three. (John Roveda, Chuck Weafer, and Nyanna Flynn)



**Nov 28** – Join us for a Buffet Brunch and photo with Santa. We have 2 booking times, 8:30 and 11:30. Seating is limited so book early. Prices are \$21.95 for adults, \$12.95 for 5 to 12 years and \$4.95 under 5.

**Dec 5** – Come help us celebrate our 2nd Anniversary with a 3 course meal from a special menu with live music for \$40. Seating limited so reserve early.

It is hard to believe that the holiday season is approaching so quickly. Make sure to book your holiday events soon, we can cater to all sizes of events.

Our **Twisted Fork Gift Cards** are great gift ideas for this Holiday Season. They are available in any denomination and are great for all ages!

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

**Regular Specials \***

Monday	\$10.00 Build your own Pasta
Tuesday	\$10.00 Twisted Signature Burger and Fries
Wednesday	Enjoy 1/2 price wings all day, Enjoy 1/2 price kids meals
Thursday	½ Price appetizers
Friday	Mussels 1 pound for \$15 or 2 pounds for \$24
Saturday	Rib Night - 1/3rack ribs \$10.99 1/3rack ribs and 1Lb of wings \$21.00
Sunday	Liver and Onions \$15

\* For in house dining only.

# Around Town...

## EAST GWILLIMBURY TRAIL WALKS

**November 14**, 9am at Shannon Park, Mount Albert. Meet at Ross Family Complex, Centre Street.

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

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



Now available at the Library!  
Ask us about hoopla



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

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

You're invited! Jingle all the way to the Elman Campbell Museum. Drop-in and enjoy an afternoon of hot cocoa and cookies. Have a visit and photo opportunity with Santa and Mrs. Claus. Saturday, December 5, 1-3PM. Presented by the Friends of the Museum. Free admission. Don't forget to bring your camera! For more information please call 905-953-5314 or email [elman-museum@rogers.com](mailto:elman-museum@rogers.com) We are located at 134 Main St., South, Newmarket.

## EAST GWILLIMBURY GARDENERS MEETING

Our Annual General Meeting will be held on Tuesday, November 17, 2015 from 7pm to 9pm, at the Mt. Albert Community Centre, 53 Main Street: Featured Speakers will be Dianne and Gary Westlake talking about Garden Art for Cheapskates. Elections and Awards will be the focus of this evening. Refreshments will be served. All Welcome. 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>

## York-Simcoe Naturalists Fall 2015 Speakers

Tue. Nov. 10th -- Rick Berry -- *Getting to Know South Central Ontario Trees*

Visitors can attend for free and new members are always welcome. All meetings start at 7:30 p.m. and are held at 20 Oak Ave. River Drive Park Community Centre, East Gwillimbury, ON. <http://goo.gl/maps/Vtg45> - For more information, visit: [www.ysnaturalists.com](http://www.ysnaturalists.com).

*Together we'll find your home, sweet home.*

*Home Sweet Home*

Our relationship is not about the transaction.

*It's about Trust.*  
Feel confident recommending me.

**RE/MAX**  
Village Realty Inc., Brokerage  
Each office independently owned and operated

**Rebecca Doner**  
Sales Representative



18959 Leslie Street, Sharon, ON L0G 1V0  
TEL 905.478.1101 MOBILE 416.895.9738  
EMAIL [homesweethome@bell.net](mailto:homesweethome@bell.net)  
[www.rebeccadoner.com](http://www.rebeccadoner.com)



Not intended to solicit buyers or sellers currently under contract.

## The Cocksure Lads bring their 60s-style sound to Sharon-Hope United Church

SHARON, ON - It's been a whirlwind year for The Cocksure Lads with appearances on Dragons' Den and Breakfast Television and the release of the award-winning The Cocksure Lads Movie across Canada. Now, they'll bring their retro Britpop sound to Sharon-Hope United Church.

The Cocksure Lads are led by former Moxy Fruvous bandmates Murray Foster and Mike Ford. The band's original loving send-ups in the style of Gerry and the Pacemakers, Herman's Hermits and, of course, The Beatles led to the release their first album in 2012: The Greatest Hits of the Cocksure Lads, 1963-1968. From there, the mythology of the Lads has continued to grow. In 2014, the band released their second album: Mad Lad Plan.

In addition to the live band, Murray Foster has created a second life for the Lads in his feature film The Cocksure Lads Movie. Set in present-day Toronto, The Cocksure Lads Movie tells the tale of a fictional young British band making their North American debut. The soundtrack is made entirely of songs written by the real-life Cocksure Lads and the film features appearances by Walk Off The Earth, Kendel Carson, and Foster's Great Big Sea bandmate Alan Doyle.

Through the collaborative efforts of Shaw Percussion, Leonard Music Services and Sharon-Hope United Church, The Cocksure Lads will perform at Sharon-Hope United



**CHRISTINA'S**  
*Shades of Beauty*  
unisex hair salon

**Christina Saunders**  
Hair Stylist/Make-up Artist

- Professional licensed hair stylist / colour specialist
- Cosmetic counselling/services/products

**- WE'RE MOVING -**  
Still located in Mount Albert, but we are now operating from home.

Same phone number, call to book your appointment  
**(905)473-0003**

Church, 18648 Leslie St, Sharon, ON, on Friday, November 13, 2015 at 7:30pm. Tickets are \$20 in advance, \$25 at the door, and may be purchased at Shaw Percussion.

For more information & to purchase tickets contact Wendy at Shaw Percussion at [wendy@shawpercussion.com](mailto:wendy@shawpercussion.com) or 905-722-5449.



PROUD PRESENTERS OF THE MOUNT ALBERT MUSIC FEST

**KAYLIES KOTTAGE & KAFE**  
unique gifts for all...

coffee~tea~hot chocolate ~ apple cider ~ espresso ~ latte ~ cappucino ~ cafe mocha

PROUDLY CANADIAN

exclusive line of clothing

greeting cards balloons

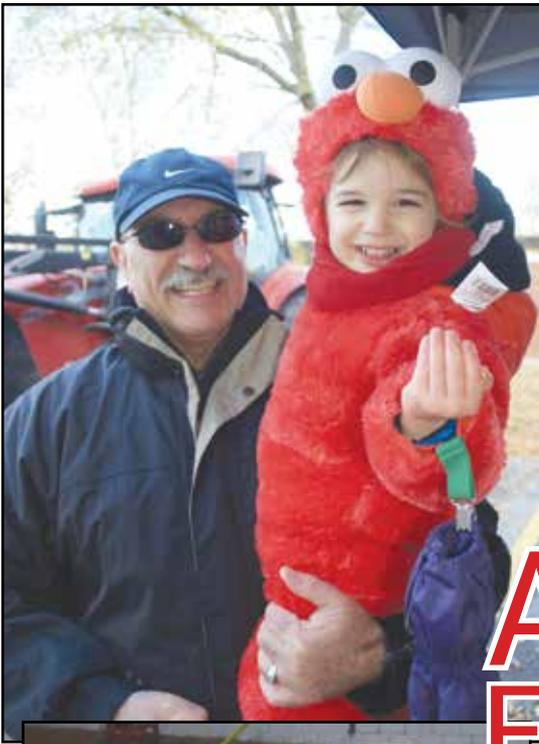
**EVERYTHING YOU COULD WANT AND MORE**

19157 CENTRE STREET MOUNT ALBERT

mon - wed 7 - 7  
thurs - fri 7 - 9  
sat - 10 - 6  
sun - 12 - 5

follow us on facebook  
[www.facebook.com/kaylieskottage](http://www.facebook.com/kaylieskottage)

OVER 60 LOCAL ARTISANS  
UNIQUE ONE OF KIND GIFTS!



# Around East Gwillimbury

Mount Albert Dental Centre recently held its annual Pumpkin Giveaway Day on their front lawn. Those who came dressed in costume could take home a free pumpkin to carve for Halloween.



On Thursday, October 15, the Holland Landing Community Centre & Library held a plaque ceremony honouring the first Library Board members and marked East Gwillimbury Library's 40th anniversary of incorporation. Mayor Virginia Hackson and members of Council were also in attendance.



Right: The Uxbridge Pipes & Drums band played at the Mount Albert Legion's 10th Anniversary 'Support Our Troops' Rally held on October 27 (see story on Page 20).

Below: Dr. Angela Smith from the East Gwillimbury Veterinary Hospital recently donated pet oxygen mask kits to the Mount Albert Fire Department. Shown below is Bruce from Invisible Fence Brand as he demonstrates how to apply one of the special masks to his dog. Staff from EG Vet Hospital presented the oxygen mask kits to the fire hall. Invisible Fence Brand started the Pet Oxygen Mask Donation Program to facilitate oxygen mask kits to first responders. It is estimated that 40,000 to 150,000 pets die each year in fires; most succumbing to smoke inhalation.





# Doing the right thing

I am a fan. I know that mayors of big cities don't usually have fans but Naheed Nenshi, the mayor of Calgary since 2010 and the first Muslim mayor of any major North American city, has captured my imagination and soul in a way no political leader ever has. Somehow, in my mind, I guess I have put political leaders on a shelf with the other 'dust catchers' in my life. It takes some work and energy to maintain them up there and keep them looking pretty but at best they don't seem to impact my life at all; at worst, they aggravate the heck out of me. I certainly wouldn't claim to understand their goings on.

Because of the way the publication of the Bulletin lines up with the dates of the month, you will get this long after the election and the political parties in the country will have (hopefully) taken home their signs and stopped calling us at dinner time to make sure that we support their candidate. Life will be back to normal except for the losers who will be cleaning out their desks, and the winners who will be putting the last coat of fresh paint on their new offices. We, the people, will be settling back into our dull lives not knowing anything about Justin's hair or, why Stephen is cutting



Calgary Mayor  
Naheed Nenshi.

back on just about everything, including our taxes and who Tom thinks has been hard done by. I guess by then, Stephen, Justin and Tom will be off of their buses and back home, soaking their aching feet. We will be left wondering. But we shouldn't worry, because in another 4 years, they will all be out again to remind us of the good or bad that has happened in the previous 4 years. It is

part of the great circle of life and yet, there is more, at least in municipal politics. The decisions we make in our towns do have a visible impact on our lives.

I was driving home from a class the other night and I caught CBC's program, 'Ideas', on the car radio. It was one of those nights I ended up sitting in my driveway, in the dark, listening in rapt attention to Mr. Nenshi as he gave the address at the Lafontaine Lecture Series in Stratford, Ontario this summer. He is a good speaker, funny, serious, just a tad political. He brought tears to my eyes, not once but several times and packed a punch that not many speakers today can. He was talking about my favourite subject - community.

I am sure I wrote about his town at the time of the big Calgary flood a few years ago. He has a way of inspiring people, his fellow Calgarians and those who follow his non-traditional approaches. At that time, as the water flowed through the streets and basements of the city, he, a fairly new mayor, stood up and made a name for himself, his city and the people who lived there who mobilized and pitched in to help people dry out and get on with their lives.

He had been invited to speak at the Lafontaine Baldwin Lecture Series in Stratford this summer and I was lucky enough to be driving home at the exact moment CBC decided to broadcast it and I can't get it off my mind. So, after bothering all of my friends with links to the lecture, I am doing the other thing I can do and climbing between the pages of your Bulletin, so I can share it with you too. The lecture was entitled, "Do



**MARTIN**  
**DESIGNS**

**Susan Crema-Martin** Master of Real Estate Staging

Home Staging Services 905-717-7865  
Interior Decorating susan@martindesigns.ca  
Colour Consultations www.martindesigns.ca

the right thing.”

Mr. Nenshi maintains we all know what the right thing to do is; it is just a matter of doing it. He was almost poetic as he described the community of Canada. The place where all are welcome and all are supported to succeed. He was realistic as he spoke of divisive language, the language used by those who hope to gain more power by putting fear in our hearts to allow decisions to be made that give priority to a certain kind of Canadian. He said laws are being passed, for example, bill C24, which has made it so that he, a person born in Canada to parents who were not born here, could be deported if caught in a crime. He says all Canadians should be treated with the same rule of law, but they aren't and that causes divisions in our community.

He begged us, the people, to do what is right and not allow fear to separate us from the fact that in Canada, we are all people who want to be treated with dignity. He told us that our core strength as a country and in our communities is, “We're all in it together.” He reminded us of the heroism in his town during the time of the flood, when ordinary people stepped up to do extra ordinary things to help their neighbours recover the lives that had been washed away by the rampaging river.

He made a call to all of us, ordinary people, with our ordinary hands, to use our ordinary skills to do the right thing where ever we live in the country. He talked about his ‘ask’ in Calgary that each person commit to doing 3 things a year to make their community better. He gave an example of the woman, who after a long night in Emergency at the children’s hospital, started an annual toothbrush drive so other parents in similar situations could face the next terrifying day in the hospital with clean teeth. Or the woman who made a quilt for a family who had lost everything in the flood and the 1400 other quilts that were inspired by her one. He spoke of people who took the challenge offered by the city and did small things that were needed for the people around them, where they saw a need.

Do the right thing, he challenged. Protect the dignity of those around us. Sometimes the right thing seems complicated and we don't know exactly what it is but we can try to figure it out, muddle through together and uncomplicate it by following our hearts. Doing the right thing doesn't have to be doing a big thing. It can be a gesture to keep people from being excluded from opportunities in our communities.

He said that believing in Canada is an act of faith and that we fulfill that faith by believing in the dignity of our fellow humans, giving service to others and that we have the power in our own small, ordinary hands to make a difference in our lives and in the communities

in which we live.

I sat in the dark in my car that night, looking at the welcoming lights in my house waiting for me to go inside and yet I was rooted to my spot. It occurred to me that when we move into a small town we are looking for just that - a place where we can be safe and live in dignity with our families. We all want the same thing and we have it in ourselves to make sure it happens; all we have to do is extend our hands and do the right thing. Small steps like that will not only make Canada the kind of place we want to live but will make East Gwillimbury a stronger community and a place we are happy to come home to.

You will find the audio for this year's Lafontaine Baldwin Lecture with Naheed Nenshi at:  
<https://www.icc-icc.ca/en/lbs/>

Here is a link to a print version of the lecture:  
<http://calgarymayor.ca/stories/the-canada-we-hope-for-mayor-nenshis-speech>

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

## COUNSELLING

### Individual, Couple & Family

Emotional Issues · Anger Management  
Addictions & Grief Counselling · Boosting Your Self-Esteem  
Seniors Issues · Anxiety and Depression

**Immediate  
Appointments  
Available**



**Raymond Mark**  
B.S.W., H.B.A., R.D.

905-478-2307  
or 1-800-360-5251  
[raymond.mark@rogers.com](mailto:raymond.mark@rogers.com)

[www.raymondmarkcounselling.com](http://www.raymondmarkcounselling.com)  
Read my blog @ [www.raymondmark.wordpress.com](http://www.raymondmark.wordpress.com)



# Landings, Cannons and an Anchor

Very few if any Bulletin readers will know that there was a 200th anniversary in East Gwillimbury in 2015. I'm referring to the Royal Navy Depot that was established at "Holland Landing" 200 years ago.

First of all, the landing was not where the current village is located. As a matter of fact there were several landings. The first one was on the

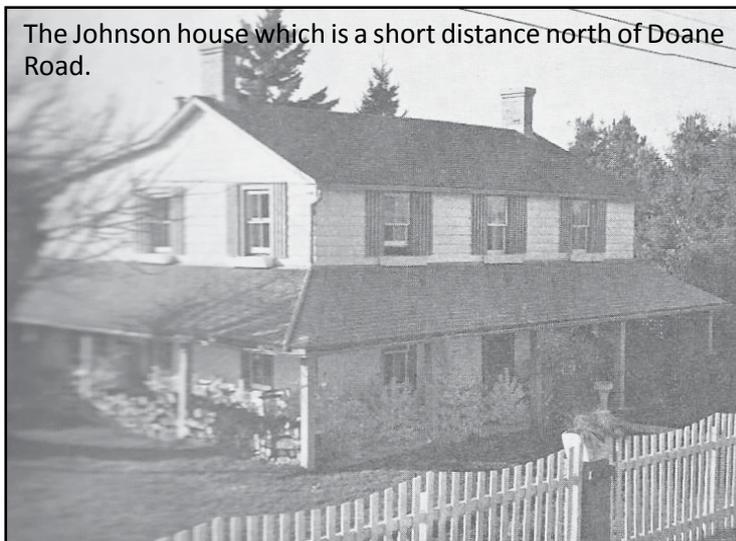
east branch of the Holland River a short distance north of Doane Road. It was known as the Upper Landing because it was up the river that flows downward to the north and Lake Simcoe. It was used by the native peoples for hundreds of years as it was the furthest place coming up the river where they could easily paddle canoes.

On September 25, 1793, Governor Simcoe and his crew came up the Humber Trail from Lake Ontario to Holland Marsh to look for a safe route to Lake Simcoe and the Northwest. On their way back from Georgian Bay, they were told that they could avoid the marsh by going down the east branch of the Holland River. One of Simcoe's men, Alexander MacDonnell, recorded that at about 2 p.m. on October 11 they got to the "red pine fort" which was at the Upper Landing. Lieut. Pilkington who was with them created a map on which he wrote "Landing Place" at that location.

William Chewett later made a map to show the distance from there to Lake Simcoe, and on it he indicated there the "pine tree landing."

That "fort" was already there when they arrived, and would have been a store house probably built by French traders. There obviously was also a large pine tree there that was a landmark.

Governor Simcoe named that location "Gwillimbury" to honour his wife whose maiden name was Gwillim. It was sometimes called Fort Gwillim or Fort Gwillimbury.



The Johnson house which is a short distance north of Doane Road.

remains on the west side of Yonge Street just north of Doane Road.

The Lower Landing was further north, and was just north of the pond that is located on the north side of Queensville Sideroad. That site was called "Old Indian Landing" as it had also been used for a long time by natives. In 1810 a fellow called Amos West bought the property there and built a log house 20 feet square. On June 13, 1815, Peter Robinson from Newmarket bought Mr. West's property.

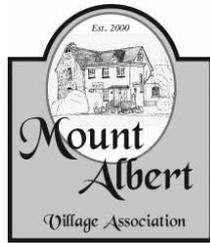
Samuel Wilmott's map of 1811 had the words "Navy Reserve" written on some lots on the east side of the pond which is just north of Queensville Sideroad. He didn't show any buildings there but did mark on Amos West's house which was further north.

The War of 1812 soon got underway, and supplies and soldiers were travelling up Yonge Street and on the Holland River to Lake Simcoe. Peter Robinson no doubt wanted to make some money by helping to transport navy and military equipment and men to locations on Lake Simcoe. The treaty of Ghent was signed to end the war on December 1814, but it took several months for this news to reach all the outposts.

There were plans in the fall of 1814 to build some frigates at Penetanguishene, and lots of needed naval supplies were being brought north up Yonge Street. In the spring of 1815, Jacob Gill built a warehouse and wharf

*Continued on Page 31.*

# Mount Albert Village Association NEWS



- The Mount Albert Village Association held their Annual General Meeting on Tuesday, October 27th. A full list of Directors will be posted on the website in November. As always, we welcome the participation of members in any event that we hold throughout the year; Easter Event, Annual Community Yard Sale, Homes for the Haunted. Come out to a monthly meeting or send us an email indicating your interest in volunteering.
- Winners of the 2nd Annual Homes for the Haunted Contest will be posted on the website. Was yours the Spookiest Townhouse, the Scariest Haunted House, the Most Terrifying Home (Best Overall Theme), the Most Boo-tiful (Best Use of Property) or was yours the best pumpkin carving?
- The Annual Community Tree Lighting will be on Sunday November 29th. Approximate start time is 4 pm. Full details will be posted on the website and social media as they are firmed up.
- The Mount Albert Village Association will be continuing their Battery Recycling Fundraiser effort. A drop off bucket is still located at The Corner Décor & More store. Other locations will be announced when they are confirmed.
- There are 5 levels of membership; \$10 for Residents, and \$50 or \$100 for Businesses. Check the website for full details: <http://mountalbert.com/membership>

Our next meeting is  
Tuesday, November 17 @ 7:00 pm.  
Mount Albert CC (DOWNSTAIRS), 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!

## Briggs Plumbing & Heating Ltd.

4420 Baseline Road, RR3  
Sutton West, Ont. L0E 1R0  
(905) 722-3688 1 800 764 5496  
Email: [briggsplumbingandheating@bellnet.ca](mailto:briggsplumbingandheating@bellnet.ca)  
[www.briggsplumbingandheating.com](http://www.briggsplumbingandheating.com)

**WORRIED ABOUT POOR WATER QUALITY?  
BRING US A WATER SAMPLE FOR A  
FREE TEST**

**BUILDING THIS YEAR?  
DON'T FORGET RADIANT FLOOR HEATING!**

### WE SPECIALIZE IN:

Your Friendly  
Installers



Water Pumps  
Well Hookups  
Water Conditioning  
Tankless Water Heaters  
Uponor Radiant Floor Heating  
Gas & Oil Heating  
Air Conditioning  
Plumbing Installations

- New & Renovation



**905-722-3688**

**Briggs Plumbing & Heating**

OVER 50 YEARS in BUSINESS



# Every angle counts...



Staging your property is one of the most important steps in attracting buyer interest when selling your home.

Over 90% of buyers begin their search online using a mobile device or tablet and it's often the professional photos of properly staged homes that create the attraction to generate a showing.

Staging is more than just pulling a room together and making it look good.

After nearly a decade in the home staging business and over 20 years in design, I can say with authority, it takes more than a modern bedspread, a new canvas from Home Sense or putting away personal items to create the "WOW Factor"!

When I look at a room, every angle counts. Entering a room from one entrance or another can result in totally different views because of how that room is set up. A professionally staged space takes every entrance into consideration and creates a great look from each angle.

This helps to avoid issues when a photographer shoots from an angle that wasn't anticipated by the stager. Staging a room from every angle ensures you the best result every time.

Who is right and what gets posted on MLS for the world to see? Don't leave it to chance. Every angle has to be great!

You only get one opportunity to make a first impression. Days on the market can take a heavy toll on a property that isn't moving quickly by today's standards.

Generally after about 12-14 days you receive a call from your real estate sales representative to begin the process of reducing the price. Selling a property is one of the biggest decisions you will make in your lifetime and it's critical to get it right the first time.

Here are a few things that I consider when staging:

Can you see the lamp wiring?

Can you see that the bedskirt doesn't cover the boxspring and

frame?

Can you see your neighbour's brick wall out the window?

Can you see reflections in the mirror that may look good at one angle, but not good at the other angle?

A lot of thought goes into where each item is placed, size of furniture and accessories so they fit the space well and photograph even better.

"The bottom line is, unlike in a decorating magazine where we only see a room from its best angle, in everyday life we see it from many different ways as we tour the property. The best results occur when each room has been designed and staged with every angle in mind." Joan Prentice (Photographer, Virtual Curb Appeal).

*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.*



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

By Blair Matthews

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

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

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

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

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

We'll publish the answer in our December 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](https://facebook.com/EGbulletinmagazine).

**WINNER of a \$10 Pizza 77 gift card for identifying our October photo: Jami-Lynn Smith from Queensville.**

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



## LAST MONTH'S PHOTO

One of the statues at the entrance to the Mount Albert Lions Community Centre in Mount Albert.

My Business is "All About You"!

Century 21  
HERITAGE GROUP LTD.  
BROKERAGE\*

Judy Hutchins  
Sales Representative

Thinking of buying or selling?  
Call or email me today - I'm in your neighbourhood!

Dir: 416 728 0578  
Tel: 905 895 1822 x2259  
[judyhutchins@rogers.com](mailto:judyhutchins@rogers.com)  
[www.judyhutchins.com](http://www.judyhutchins.com)

\*Each Office is Independently Owned And Operated. Not intended to solicit buyers or sellers currently under contract

*the*  
**Exfoliator**  
Skin Care Services



Mobile Microdermabrasion & Chemical Peels  
Email: [HelenTheExfoliator@gmail.com](mailto:HelenTheExfoliator@gmail.com)

Happy Holidays to all our customers and friends!

**KAYLIES KOTTAGE**

19157 Centre St., Mount Albert

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

*- Our Gift Certificates Make Great Stocking Stuffers! -*



The Corner Decor & MORE  
19124 Centre Street, Mount Albert  
905-473-6588  
[www.thecornerdecorandmore.com](http://www.thecornerdecorandmore.com)

Visit Our Facebook Page  
Benjamin Moore

Give the Gift of Relief...



MESSAGE GIFT CERTIFICATES

Elizabeth Cowie RMT & Associates  
(905) 960-7060 • [handsintuitive.ca](http://handsintuitive.ca)

**AVON**  
Beauty for a Purpose

**SELL or BUY AVON**

Contact Linda:  
905-557-0070  
[LINDADH@ROGERS.COM](mailto:LINDADH@ROGERS.COM)  
E.G. AVON LADY

# East Gwillimbury



## offer Great Gift Ideas

Businesses in East Gwillimbury are thriving, thanks to residents who 'think local' when doing their everyday shopping. This Holiday Season, we invite you to help support the local economy by using the businesses who are right in our own backyard.

East Gwillimbury businesses are grateful for your support and hope you will consider purchasing some of your gifts locally this Christmas.

## DID YOU KNOW?

Exchanging gifts is a big part of Christmas, not to mention Hanukkah, Eid and Kwanzaa. Some families might see some of these items in their Christmas stockings or left under the tree!

- \$401.4 million – The value of toys, games and hobby supplies, including electronic games purchased at retailers in Canada in December 2013, up 192.1% from average monthly sales of \$137.4 million for this category in 2013 and up 38.1% from November 2013.

- \$207.3 million – The value of tableware, kitchenware, cookware and bakeware purchased at retailers in Canada in December 2013, up 81.3% from average monthly sales of \$114.4 million for this category in 2013 and up 56.7% from November 2013.

- Source: Statistics Canada



Local unpasteurized honey in a variety of products & sizes.



Makes a great gift!

(905) 473-3401  
[www.staites-honey.com](http://www.staites-honey.com)

**pampered|chef**  
INDEPENDENT CONSULTANT

Jennie Coutanche  
(905) 478-2540  
[chefjennie@rogers.com](mailto:chefjennie@rogers.com)  
[www.pamperedchef.biz/chefjennie](http://www.pamperedchef.biz/chefjennie)  
[facebook.com/chefjennie](https://www.facebook.com/chefjennie)

# Every Businesses deals this Holiday Season!

## Keep dollars close to home by shopping locally

Buying from local businesses injects money into the community, helps create jobs, and reduces environmental impact due to shorter shipping distances. If you haven't yet made a habit of shopping in your neighbourhood, here are five easy ways to support local businesses:

- Make a goal of it. Commit to one day a week where you will check out a different local business or restaurant. Not sure where to start? Ask your friends if they have any favourite neighbourhood hot spots, or use an app like YP Shopwise to see if there are any deals or savings nearby on everyday items you could be taking advantage of.

- Change things up. Grocery time? Try your neighbourhood independent grocer, a local farmers' market, or even a food co-op. Alternatively, if you always shop for the newest fashions online, visit a local boutique instead.

- Think outside of the box. Shopping local doesn't just mean buying products. You can also 'shop' for a haircut, a car tune up, or a spa day. If you're looking for a thoughtful present, vouchers for local services make great gifts as well.

- Focus on customized and homemade. The area where most independent businesses shine is customized and homemade products. Whether its jam, t-shirts, or granola, goods purchased from the person who created them are generally higher quality than a generic version.

- Source: NewsCanada



Give the Gift  
of Beauty  
and we'll include a special  
wrapped gift!

Tangles Hair Salon & Spa

905 953-8980  
45 Gristmill Plaza, Holland Landing  
www.tanglessalon.ca



This is a  
**WELCOME WAGON**  
SINCE 1930

New Home • Getting Married? • Having a Baby?

**LET US WELCOME YOU!**

Kim Hughes 905-473-2627  
or [welcomewagoneg@rogers.com](mailto:welcomewagoneg@rogers.com)

How small businesses can compete in a world of giants

Small businesses are often seen to be at a disadvantage when compared to their big box competitors – but Industry Canada statistics show that small businesses make up over 80 per cent of Canadian exporters, and almost half of private sector GDP.

“Small businesses are the backbone of the Canadian economy,” explains Paul Brousseau, vice-president of brand communications at Yellow Pages. “Supporting small business benefits all of us and an easy way to do just that is to make local purchases and keep dollars close to home.”

Brousseau shares four ways small businesses can compete in a world of giants and attract local shoppers:

1. Unbeatable customer service. Big box stores can often be impersonal, but smaller businesses have the potential to create a connection with each customer, providing an unmatched service experience to keep customers coming back again and again.

2. Niche market focus. When small businesses focus their efforts on a specific niche, they can offer a high-quality product superior to their larger counterparts. You have the opportunity to work directly with customers to meet their individual needs.

3. Quick adaptation. Less red tape and a smaller team makes room for innovation. Small businesses can quickly change direction in response to adversity or opportunity, giving you a leg up in areas like new media and customer demand.

- Source: [newsCanada.com](http://newsCanada.com)



# @ Your East Gwillimbury Library

## November/December 2015 Events:

### **PA Day Program**

#### **Star Wars Frenzy**

Ages 7 – 10 years. Cost: \$1.00 Please register.

Celebrate the upcoming release of Star Wars: Episode VII at this action-packed program!

Mount Albert: Friday, November 13 at 10:30 am (Ben)

### **Detective Science**

Ages 6 – 12 years. Cost: \$3 / person. Please register.

Discover the world of forensic science!. Examine self-made fingerprints, dental records, and learn how writing can be used to crack the crime. Make your own Identification Kit to take home. Presented by Mad Science.

Holland Landing: Friday, November 13 at 2 pm.

### **Christmas Clay**

All ages. Children under 6 years must be accompanied by adult. Cost: \$5 / person. Please register.

Create your own kiln-fired pottery cookie plate with a holiday design! Presented by Cathy Gifford.

Mount Albert: Tuesday, November 24 at 6:30 pm

Holland Landing: Tuesday, December 1 at 6:30 pm

### **Winter Reading Club**

Earn prizes over the holiday break for the books you read or have read to you. Ages 0 – 18 years. Running December 15 to January 9 at both branches.

Visit your local branch to sign up and begin reading! For details visit [egpl.ca](http://egpl.ca).

### **Kids Maker Space - Games Edition**

Ages 6+. Cost: \$1. Please Register.

Using the Library's brand new Makey Makey kids and Squishy Circuits, build your own game controllers and play your very own game! Learn about circuits, inventing and game development all at the Library!

Mount Albert: November 14 at 11am - 1pm

## Children's Programs

### **Family Storytime**

Ages 0 – 5 years with caregiver. Free. Drop In.

Drop in for music, rhymes, stories and a craft.

Mount Albert: Wednesdays, December 2, 9, 16 @ 10:30 am

Holland Landing: Thursdays, December 3, 10, 17 @ 10:30 am

### **Babytime**

Ages 0 – 17 months. Free. Drop In.

Share our simple stories, songs, and interactive play with your little one while learning about early literacy for babies.

Mount Albert: Tuesdays, September 29 -- November 17 at 10:15 am

Holland Landing: Thursdays, October 1 – November 19 at 10:30 am

### **Ones & Twos**

Ages 18 – 30 months. Free. Drop In.

Join our interactive program that stimulates the imagination with early literacy activities including books and songs for toddlers.

Mount Albert: Tuesdays, September 29 – November 17 at 11 am

Holland Landing: Wednesdays, September 30 – November 18 at 10:15 am

### **Preschool Storytime**

Ages 2.5 (31 months) - 5 years. Free. Drop In.

Enjoy books, music, puppets, and activities that help preschoolers get ready to read.

Mount Albert: Thursdays, October 1 – November 19 at 10:30 am

Holland Landing: Wednesdays, September 30 – November 18 at 11 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, October 7 – November 25 at 10:30 am

### **Drama Kids**

Children enjoy dramatic play, stories, and activities on a Jungle Adventure.

Harvest Hills Activity Centre (145 Harvest Hills Blvd., East Gwillimbury): Saturday, November 14 from 10:30 - 11:15 am. Ages 3 - 6 years. Free. Please register by calling the Library at 905-836-6492.

### Bebop & Dance

Ages 2 – 5 Free. Drop In.

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

Mount Albert: Saturday, November 21 & December 19 at 10:30 am

### Lego Club

Ages 5+ years. Free. Drop In.

Get creative with Lego! Themes include Dinosaurs and Snow Sleds.

Mount Albert: Wednesday, November 18 & December 16 from 6:30 – 7:30 pm

Holland Landing: Saturday, November 7 & December 5 from 2 – 3 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 and are invited to register for multiple dates. Must provide 24 hour cancellation notice.

Holland Landing: Saturday, November 7, 14, 21 at 11:00 & 11:30 am.

**SANTA CLAUS IS COMING TO TOWN**

**East Gwillimbury Santa Claus Parade**

**November 15, 2015**  
**Parade starts at 2 p.m.**

Join us after the parade at the East Gwillimbury Sports Complex for:

- Free family skate
- Children's activities
- Visit with Santa

[www.eastgwillimbury.ca/santaclausparade](http://www.eastgwillimbury.ca/santaclausparade)

Note: As per Town By-Law 2005-26 there are to be no street vendors or solicitors of any kind

The poster features a cartoon illustration of Santa Claus and a reindeer flying in a blue airplane against a snowy, blue sky background. A map on the right shows the parade route starting at the corner of Charles St. and Morton Ave., passing through Mount Albert Rd. and Farr Ave., and ending at the Sports Complex. Other streets shown include Leslie St. and Colonel Wrayling Blvd.

**body design**  
personal training, nutrition & fitness classes

*Our clients say...*

**"I can do so much more around my house with less effort"**

Discover the benefits of Personal Training:

Strengthen Your Body • Reduce Body Fat • Increase Your Energy  
Improve Your Balance • Enhance Your Health

Kim Mortson  
Owner, Personal Trainer

info@bodydesign.ca 905-473-3888 www.bodydesign.ca

Serving East Gwillimbury and surrounding areas for over 13 years!

50% off your initial assessment if you book by November 20<sup>th</sup>

**Be Fit, Eat Well, Live Life**

The advertisement features a woman, Kim Mortson, in a bright green tank top, smiling and holding two green dumbbells. The background is white with a red border.



# Legion hosts 10th Anniversary 'Support Our Troops' Rally



On October 27th, the hills were alive with music and praise (the hills of Mount Albert that is) for our Canadian Forces members at the 10th anniversary of the Legion's Support Our Troops Rally.

This event was organized following the aftermath of 911 and the loss of many of our Canadian soldiers.

A packed Mount Albert United Church were entertained with the music of the Uxbridge Pipes & Drums following the piping in of our gusts and the York Regional Police Choir who ended the afternoon with a rousing rendition of Battle Hymn of the Republic.

The attendees heard words of praise from Inspector Gary Minor – York Regional Police, Chief Philip Dawson-

EG Emergency Services as well as Legion Dignitaries.

An emotional presentation by Cadina Doedens whose son M/Cpl Justin Wright was welcomed home from Afghanistan on Dec 3rd by the Mount Albert & District Legion. Cadina shared her thoughts and feelings with us (as well as her tears) on what she went through from the time Justin left for his tour till he returned home.

It was nice to see Hon Col Sam Reid – 8 Air Maintenance Squadron out of Trenton back again this year with his members and the CF members from CFB Borden.

A wonderful time of fellowship was shared following the event back at the Legion.

The Legion Poppy Campaign will be starting on October 30th up until November 10th so please take time to remember our Veterans past and present, donate to our campaign and wear a Poppy in remembrance of those who are no longer with us.

**PETER VAN LOAN MP**  
YORK-SIMCOE

*Remembering those who served,  
and those who made the ultimate sacrifice,  
so that we may live in freedom today.*

Tel: 905-898-1600 Fax: 905-898-4600 Toll Free: 1-877-Peter-4-U Email: vanlop1@parl.gcc.ca  
45 Grist Mill Road, Unit 10, Holland Landing, Ontario, L9N 1M7



## 10 Quick Facts on... In Flanders Fields

1. Lieutenant Colonel John McCrae was the Canadian army doctor who wrote the world famous poem In Flanders Fields.
  2. John McCrae was born in Guelph, Ontario, on November 30, 1872.
  3. He attended the University of Toronto Medical School. He liked to write and some of his poems and short stories were published in a variety of magazines. He completed his degree in 1898.
  4. He led a battery with the Canadian Field Artillery during the South African War.
  5. When the First World War broke out in 1914, McCrae was 41 years old. He enlisted and was appointed brigade-surgeon in the First Brigade of the Canadian Field Artillery.
  6. In April 1915, McCrae was stationed near Ypres, Belgium, in the area called Flanders.
  7. On May 2, 1915, McCrae's friend, Lieutenant Alexis Helmer, was killed in action and buried in a makeshift grave. Wild poppies were already beginning to bloom between the crosses marking the many graves and he was inspired to write In Flanders Fields the next day.
  8. In Flanders Fields was first published in England's Punch magazine in December 1915. Within months, this poem came to symbolize the sacrifice of all who were fighting in the First World War.
  9. John McCrae died on January 28, 1918, of illness and is buried in Wimereux Cemetery, near Boulogne, France.
  10. Today, people around the world continue to recite the famous poem.
- Source: Veterans Affairs Canada.

## Say cheers to men's health this Movember

This month we celebrate Movember when men are challenged to grow a moustache to spark conversation and raise vital funds for prostate cancer, testicular cancer, poor mental health and physical inactivity.

While growing a moustache and encouraging donations is an obvious way to support the cause, Movember is also an opportunity to start up a conversation about men's health concerns with friends – perhaps over a beer. In fact, the idea for the movement sprouted over a few beers among friends in Melbourne, Australia back in 2003.

“Raising awareness for men's health is crucial in our goal of having men live happier, healthier and longer lives. Encouraging a conversation among men about sometimes sensitive health subjects, is one of the reasons we're so happy to welcome back Rickard's Red as our official beer partner,” says Claire Lamont, country director for Movember Canada. “We know that the conversations during Movember help to save lives, as last year 76% of our participants say that they were more aware of the health issues they faced than they were previously.”

“Rickard's is so pleased to support Movember again in 2015 and we're helping guys get in the spirit with moustache themed cans of Rickard's Red,” says Eric Goulet, of Rickard's. “Sharing a relaxed beer with friends can create an environment that makes it easier for guys to have those tougher conversations about their health, which they might not feel comfortable having otherwise.”

More information is available at [www.Facebook.com/RickardsCanada](http://www.Facebook.com/RickardsCanada).

### MOUNT ALBERT LEGION BRANCH # 382 STATUS REPORT POPPY TRUST ACCOUNT - OCT 1 2014- SEPT 30 2015

OPENING BALANCE – OCT 1 – 2014 :	\$8,891.20
INCOME FROM CAMPAIGN & OTHER SOURCES	\$14,264.05
SUB TOTAL	\$ 23,155.25

#### CAMPAIGN EXPENSES:

POPPIES & WREATHS	\$ 1,398.00
PROMOTIONAL MATERIAL	\$ 753.14
ADVERTISING LOCAL PAPER	\$346.91
LOCAL EXPENSES	\$150.45
SUB TOTAL	\$ 2,648.50

#### DISBURSEMENTS:

GRANTS TO VETERANS	\$ 2,975.50
BURSURIES	\$ 1,250.00
DONATIONS	\$ 7,063.63
YOUTH EDUCATION	\$ 480.01
SUB TOTAL	\$ 14,485.51
TOTAL EXPENSES	\$17,134.01
CLOSING BALANCE - 2015	\$ 6,021.24



# So much to do in the garden before the season ends

Who would expect to be engaged in a battle with a chittering creature weighting about 300g (12 ounces)? At my house it's been dangerous to go to the back of the garden while our resident red squirrel was stripping the walnuts off the tree and pitching them down to land on the shed roof with a crash or into the garden to be collected and stored in great piles in the shed. Filling the tiniest holes in the shed just meant that Little Red gnawed a hole around the door frame in his or her determination to be prepared for winter! The walnuts have now been removed from the shed; I am sure Red will have found a new hiding spot.



For us humans the winter preparations mean a general clean-up of the garden. I saw a good reminder today that as well as leaving plants standing over the winter to provide seeds for the birds and some places

for small creatures to make dens, we should leave hollow-stemmed plants standing till spring as tiny bees may be hibernating in them ([www.buzzaboutbees.net](http://www.buzzaboutbees.net)). Some plants, such as hostas, have gone

mushy by now and they should be cleaned up to help keep slug eggs from overwintering. Garden tools need to be cleaned and given a coat of oil when they are put away for the winter. I'm so not ready for winter; it's been a good year to be working outside.

Our community gardens have been put to bed. The geraniums and other annuals at the Holland Landing Community Centre garden have been replaced with 150 tulip bulbs so watch for great colour in the spring (subject to squirrel intervention!) and the Millennium Garden is ready for winter with bulbs planted in the school-children's bed to give colour until the children are ready to plant annuals in late spring.

A huge thank-you to our volunteers who have spent many hours working in the various gardens around Town. It's surprising how much can be done when a group of four or five people work together for an hour or two knowing that after the work is done we're going to The Twisted Fork for lunch! We are always very glad to hear from anyone who would like to work with us in the gardens.

The next meeting of East Gwillimbury Gardeners is our Annual General Meeting on Tuesday, Nov. 17th, 7 p.m. at Mount Albert Community Centre, Main Street. That's the meeting where we enjoy a social time with sweet and savory treats (as someone commented last month "this group does like to eat") and elect our new Board of Directors as well as enjoying a talk on "Garden Art for Cheapskates" by



*Fresh Christmas Greenery*

- Branches, Berries & Birch Bark Reindeer
  - Roping and Wreaths
  - Urn Inserts & ready to go Garden Gifts
- 752 BALL RD., UXBRIDGE 905.852.1356



**OPEN: Wed. - Sun. 10 - 5 • [www.garden-artifacts.com](http://www.garden-artifacts.com)**



Dianne and Gary Westlake. All are welcome to attend as we celebrate another good year at the “Hort” and present awards to the winners of our flower and photography shows. We had some lovely designs in our October show.

We have an excellent, varied, pro-

gram of speakers planned for 2016. Have you thought about becoming a member? Membership costs just \$20 for one person for a year, \$25 for a couple and \$30 for a family. For our junior gardeners membership is just \$5 for a year. You can join at any meeting or our mem-

bership form is available on our website.

For more information about our meetings, membership, or anything in this article, email us at [eggardeners@gmail.com](mailto:eggardeners@gmail.com), call Valerie at 905-853-7126 or visit us at <http://www.gardenontario.org/site.php/eastwillimbury>.

Find us on Facebook at [Facebook.com/eastwillimburygardeners](https://www.facebook.com/eastwillimburygardeners) where we recently achieved the milestone of 100 likes on our page!

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



*Seventy Seven*

**“A great slice of life!”**

Family Owned And Operated

**Large**

**1 Topping Pizza & 20 wings**

**\$25.99<sup>+tax</sup>**

*Additional toppings \$1.75 each*

**905-473-7700**

Delivery or Pickup

*Pizza & Wings*



# Once a Dancer, Always a Dancer

When I think of something that has changed myself as a person and made me into who I am today, I picture myself in a black body suit, pink tights and a pair of ballet shoes standing in the middle of the stage. When I was younger I was big into competitive dance, and growing up it has really hit me just how much I have missed it over the years. When my roommates and I dance, it just isn't quite the same. We seem to lack many important practices and techniques; something only a dancer would ever realize.

Like any competitive sport, when you grow up you often step back and ask yourself why? Why did I spend hours upon hours in the studio spinning and jumping and flipping? Why did I push myself so far in rehearsal that my muscles were stiff and sore for the next three days? Why did we spend every single weekend in strange cities, competing for a plastic trophy or tiny red ribbon? And my Dad's most frequently pondered question of all time, why was dance so expensive?

For a while, my entire family's lives revolved around dance. My sisters and I were picked up from school and then taken to the studio where we would spend our weeknights stretching, and rehearsing to be the best that we could be. It was a lifestyle I must say, since weekends were spent at competitions and summers were spent at dance camp. And every single Christmas called for involvement in almost every Santa Claus parade in the region it felt like.

As a competitive dancer there is so much more to the sport than what most people see. My friends would often ask me to hang out, but of course I couldn't because "I had dance." It became my favourite saying at one point; "I can't, I have dance", because the reaction I received every single time when telling them that I couldn't just proved that they would never be able to appreciate the sport the same way I did.

Dance was a vicious cycle of tryouts, classes, rehearsals and competitions, which would then begin all over again, but as a kid you would kind of just go with the flow. You got picked up and dropped off after school and that's just how it was. You never knew any different because the lifestyle around dance became so demanding that you got lost in time. However, this is something I find myself doing now as a teenager, simply because I recognize what dance once brought into my life.

I remember my very first dance class, believe it or not. It was something that my parents just kind of threw me into. Little did they know how big of an impact that day would have on my life.

It was always so important to me to have fun throughout the years of dance, and I never really cared about being the best, nor was I, but all of the life lessons that dance had taught me over the years made it so much easier to walk away from it eventually. Dedication and discipline were taught at a young age. Being constantly reminded of what a privilege it was to be given the opportunity to dance resulted in a kind of devotion that I haven't found again. You learn how to correct your body and become comfortable with the reflection staring back at you in the mirror, as you move each and every muscle to the beat coming from the corner of the room. While you stand in uniform, with perfect posture, you discover a passion for an art that reveals vanity and grace.

Dance enables you to test your strength as both a dancer and a person. You fall in love over and over again. Not with a silly boy, but with the feeling of doing better and being better than you were last week.

As your teacher welcomes you off stage with big open arms, you fall in love with the compassion she has shown and the guidance she offered over the years of watching you grow through the beauty of an art that she introduced you to.

So, when I ask myself why I spent hours upon hours in the studio practicing; why I pushed myself so far in rehearsal that my muscles were stiff and sore; and why we spent every single weekend in strange cities competing, I know that I did it because I had to give something back to a sport that had given so much to me.

And Dad, these are the reasons why dance was so expensive.

That smile on your face when you saw me out there doing my thing was priceless since a simple sport became my passion and provided your little girl with an experience in which no person on earth could ever give her.

Once a dancer, always a dancer; it is dance that I have to thank for the person I am today.

*Michayla Fraser is a writer from Holland Landing.*



# Silicon Valley Wasteland

The more I learn about technology, the more I fear it. The most important aspect of living is making a profit and ensuring that everyone has your product, everyone is using your product and no one else can compete with your product. iPhone's 4, 5, 6 soon to be 20, 21, 22 are inevitable landmarks in our future and even though we know that the newest gadget will be the oldest gadget as the minutes tick on, we still buy into them because progress keeps progressing and we are afraid of being left behind.



Our technology culture doesn't depend on sustainability – it only worries about the present, the “now.” We know that something bigger, better and more powerful is yet to come, but we don't want what's to come, we want now. Then when now is old we want the new “what's to come” which is the new now and the now that was new and exciting falls into the past and becomes obsolete. But we can't wait, because waiting means that we are already five paces too slow, ten seconds too late.

Technology has developed to be as ‘smart’ as we human beings are. So smart, in fact, that it is starting to do our jobs for us. How lovely this seems to have a robotic butler that does our laundry, cooks our meals and mops our floors for us – but evidently, technology can do much more tedious and detailed tasks than household chores. The days of the assembly line are long gone, replaced by machines and programmed technology. What seems like a “has been” and a position of the past was once someone's form of weekly income, now given to an exceptionally advanced piece of programmed, artificial intelligence.

I think about the years of studying I am immersed in, working to earn a degree and establish myself as knowledgeable. Will I be able to take my diploma and exchange it for a well paying and successful career, or is a computer already being programmed to function, think, understand and work like I can, but will get the job done quicker, more efficiently and free of charge? Why should companies train human brains to learn and work when they can build a being with the information already absorbed within its wires and plugs to save time and money?

Technology has existed for decades – think about the first human who decided that hitting two stones together would create fire; or the first printing press that made it possible to create copies of texts, and even the first black and white television that had two knobs instead of a remote. Now think about the technologies we have today.

A cellphone is useless if it can't take HD photos. Our televisions must have over five hundred channels that we may not even watch, though we must feel

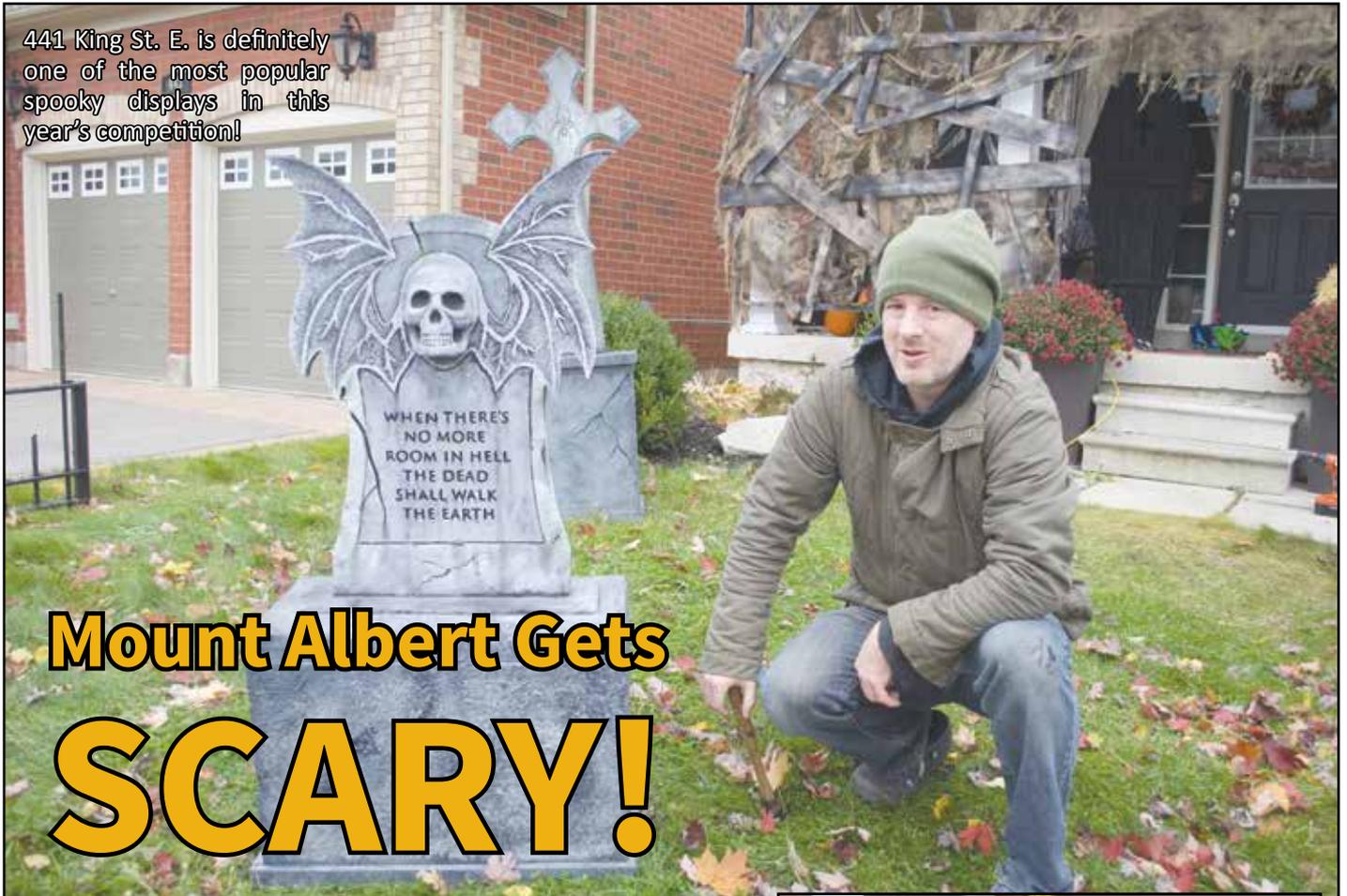
like we have a choice between multiple shows, and don't even bother buying me an iPod if it doesn't have at least sixteen gigabytes. Our world's technological capacity is expanding faster than you can send out a text, and the desire to have more and more and more is intensifying.

We would rather text someone or email them than have to talk to them over the phone. Facebook chats are much easier than meeting for coffee, and relationships are determined on whether or not you swiped left or right. Our phones are with us from the moment we wake up to the minute we go to bed and they remain in our pockets or hands throughout the day. Instead of trying to make conversation with a stranger at a party we opt to our cells to fill the awkward moments. What's happening around you when you finally choose to look up?

The inventors before the screens, the minds behind the ideas and the hands that wire them together are believed to have the ultimate power and authority, but because technology is a commodity and our culture is progressing, our privacy is being compromised in exchange for the largest amount of ‘likes’ we can receive, the most amount of views we can score and the highest sum of shares possible. Who has the power to say when enough is enough, and if someone does have that power, would they even dare try to stop the madness when every post posted is a dollar sign in their eyes? We are not robots, we are not computers, we are the masters and the brains that are capable of manipulating devices to respond to our every command, to react to our every demand, but do we control technology, or does technology control us?

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

441 King St. E. is definitely one of the most popular spooky displays in this year's competition!



# Mount Albert Gets SCARY!

The Mount Albert Village Association held their 2nd Annual 'Homes for the Haunted' event for local residents. Fans of Halloween were invited to decorate their front yard with a spooky/scary theme, sign up to be judged, and compete against their neighbours. This year 16 homes officially participated (although driving around the neighbourhood it's evident that many others got into the Halloween spirit without getting in on the judging).



# Santa Claus Parade Guide

## Keswick Santa Claus Parade

Saturday, November 14, 2015 1:30pm.  
Starts at Biscayne Blvd and will head north on The Queensway, heading onto Metro Road at Morton Drive, up Simcoe Avenue at Food Basics and back to The Queensway where the parade will finish at Church Street.

## Newmarket Santa Claus Parade

Saturday, November 21, 2015.  
Join us in welcoming Santa Claus to Newmarket! Parade starts at 11 am at the corner of Lorne and Eagle Street proceeds east on Eagle Street and north on Main Street (ends at Ontario Street). Support Newmarket's green initiatives by walking, carpooling or taking the bus.

## East Gwillimbury Santa Claus Parade

Sunday, November 15, 2015, 2pm start time. Parade starts at the corner of Charles St and Morton Ave and will finish at the East Gwillimbury Sports Complex. Spectators and participants are invited to visit with Santa, enjoy a free family skate and join in with children's activities.



## Uxbridge Santa Claus Parade

Saturday, November 21, 2015, start time 11am. Parade route - Starts at Brock St. & Centre Rd, heads east on Brock St. through town. Finishes at Uxbridge Secondary School.

## Aurora's "Santa Under the Stars" Parade

Saturday, November 28, 2015, 6pm-8pm. Dress up in your winter woolies and join us for this year's evening parade as Santa heads south along Yonge Street from Orchard Heights Boulevard to Murray Drive. Aurora held the first night-time parade in Ontario and it continues to be one of the most highly attended parades in

the GTA.

## Mount Albert Santa Claus Parade

Saturday, December 5, 2015, 11am start time. Come and meet Santa at the Mount Albert Community Centre following the parade. There will be hot dogs and hot chocolate for all. Event hosted by the Mount Albert Lions club. A non-perishable food item would be greatly appreciated. Donations will be collected during the parade.

## Sutton Santa Claus Parade of Lights

Saturday, December 5, 2015.  
This sparkling parade starts at 5pm in Jackson's Point, moving down Dalton Road to High Street, then ending at East Street. Stay for the Christmas Tree Lighting after the parade at Market Square.

## Stouffville Kinsmen Annual Santa Claus Parade

Saturday, December 5, 2015, 11am start time. Parade route: Tenth Line from North Street to Main Street and west on Main ending at Ninth Line.

**A WELL INSULATED HOME STAYS COOLER IN SUMMER & WARMER IN WINTER**

# FRANK'S SPRAY FOAM INSULATION

**SAVE UP TO 50% ON ENERGY COSTS**

**CALL FOR A FREE ESTIMATE**

Fireproofing available

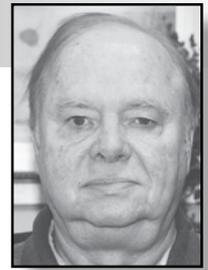
- Environmentally Friendly Products
- No harmful emissions
- Registered, licenced with CUFCA & Quality Assurance Program - ISO 9000



## Call 905-806-3414

THE PERFECT SOLUTION TO SAVE ENERGY & PROVIDE COMFORT THAT LASTS

NEW & OLDER HOMES CRAWL SPACES BARNs GARAGES



## How to feel happy during a cold winter

Have you ever noticed how bad weather seems to drag the spirit down? There's nothing you can do about the weather, but there are various things you can do to keep your spirits up until spring.

Find things you enjoy about winter. A snowy, icy, cold, or rainy world can be beautiful and often has sounds and smells all its own. If you're an artist, photographer, or craftsperson, winter provides a great deal of inspiration and different colours to work with. Even if you don't feel creative, simply watching a winter scene from the warmth of your home can be a pleasant way to relax and enjoy some peace.

Take part in winter activities. Enjoy skiing, sledging, or ice skating. Visit someplace nearby while the summer crowds are gone. If you're a beginner to snow sports, this could be an exciting time to learn. Local parks and quiet cross country or downhill ski hills are ideal starting points to encourage you to get out and give new winter sports a go. Making snow-men, snow-huts, and snow-lanterns are fun activities for both kids and adults.

Stay warm. Whether that means sitting by the fire, snuggling up with a loved one or pet, piling on the blankets, or having a warm drink. Don't neglect your feet – woolen socks and slippers are a must-have for keeping you toasty warm all winter.

Remember: a significant proportion of body heat is lost through your head - so now is the time to whip out your most fashionable winter hats, earmuffs, headbands, shawls, and other accessories.

Find something to do besides stew about the weather. This would be a great time to read that book that's been on your list—or even write it. Play cards, clean the house, cook up a big pot of soup, take up a hobby, or knit a warm sweater. It's also a good time to sort photos, computer files, fabric stashes, and anything else that has accumulated over the other months of the year. Go to the movies more frequently.

Visit museums, art galleries, astronomy observatories, food-making facilities (for example, chocolate, cheese, etc.), and while away the cold hours in their heated rooms learning something new. Use indoor sports facilities such as rock-climbing walls, squash courts, badminton, etc.

Stay active. As much as possible, get yourself outside. Bundle up and take at least a short walk. If the weather does not permit, move around inside. Walk up and down your stairs if you have them. Do a workout tape or use that treadmill or stair machine that is gathering dust. Exercise gets your body temperature up and your blood flowing. It also regulates such things as sleep and mood. Move around at least a bit each day.

If you have a dog, keep walking him during the winter. It will do both of you the world of good and it's a regular routine that helps to get you outside exercising. Learn how to jog and how to keep running during the snow season. Whenever it is sunny – get outside.

Browse seed catalogs and plan your garden. There's nothing quite as promising as the idea that spring is around the corner. You could even start some plants indoors under artificial light. See how to grow winter salads and how to winter sow seeds outdoors for more ideas.

Take a walk in your garden or the local park and spotting how the wildlife survives and how the plants are coping. You might like to try identifying trees in winter as well.

Eat properly. You may tend to eat more in winter, whether because of holidays or because your body craves more energy. Either way, try to keep a balanced diet including whatever fruits and vegetables (dried or canned if necessary) you can. Try not to overdo it on the sugars and starch.

Choose your carbohydrates wisely. It's natural to crave them during colder months and it's important to consume whole foods (fruits, vegetables and enriched whole grains) over processed food. Maintain your vitamin intake. Vitamin B is important, especially folate, to help stop you feeling the blues; this in foods such as lentils, peas, and spinach.

Ensure that your intake of foods rich in tryptophan is increased because this is the amino acid required to manufacture serotonin, the neurotransmitter that helps you to feel good. Suitable foods include bananas, poultry, dairy, and peas.

Keep up your intake of omega-3 fatty acids to help fight off the blues, eating such foods as cold-water fish,

*Continued on Page 31.*



# Cycle of the seasons

For thousands of years human beings have lived in tune to the rhythm of nature, the cycle of the seasons. Today, thanks in large part to the invention of electricity, we live in an artificial world where the day can never end and we ignore the cues of nature.

One of the negative offshoots of this artificial world is a phenomenon known as Seasonal Affective Disorder (SAD). A small percentage of people suffer from this serious form of depression. However, I believe there are a greater number who are not as severely affected but still experience lethargy and moodiness associated with the dreary late Fall and Winter months.

I am one of those. For quite a few years now I have recognized my extra sensitivity to the cycles of light and dark. While most people are happily welcoming the arrival of Summer at the solstice (around June 21), I am actually mourning that the days will now start getting shorter again. Even as we enjoy the hot days at the cottage, I am noticing the beautiful sunsets slowly slipping further to the south. As the seasons progress and the daylight hours become less and less I feel the downward pull on my being. Many people feel low after Christmas. There are probably many reasons for this, but the fact that the days surrounding the Winter solstice (around December 21) are some of the shortest of the year may be a contributing factor.

Our very existence depends on sunlight. Every cell of our bodies respond to light. The depressed mood and lack of energy felt by many may be due in part to the effect of low light levels on two important neurotransmitters. Serotonin is often called the 'feel good' hormone and less light leads to less serotonin and depressed mood. Melatonin prepares us for sleep by decreasing our energy levels in response to darkness. More hours of dark leads to increased melatonin and a greater need for sleep and even more lethargy throughout day.

Current ongoing research is confirming what has always been a fundamental truth for me: adequate sleep is crucial to well-being. This translates into getting more sleep in the lower light months. In the book, *Lights Out*, T.S. Wiley makes a strong case for this: "when we don't sleep in sync with the seasonal variation in light exposure, we fundamentally alter a balance of nature that has been programmed into our physiology since Day One".

So what can be done? Every year I search for different solutions. It is a source of frustration because being a

person who has lots to accomplish, it is difficult to accept that for a few months each year I will lack energy and feel unmotivated. This year I have decided to take a different approach. Instead of fighting this beast, I will accept the cycle of the seasons and use the awareness of its impact on me in a positive way. I will take my cue from nature, listen to its wisdom and give my body what it needs at this time.

There are four areas I call the pillars of wellness, which I will focus on: sleep, nourishment, physical activity, and relaxation and connection.

## Sleep

I will strive to get the quantity and quality that my body needs. The use of black-out curtains in the bedroom and a gradual wake-up light to simulate sunrise has been helpful.

## Nourishment

Keep it simple. Seasonal, real foods including good protein sources, complex carbs and healthy fats. Warm comforting soups, stews and chilis are great for the cold winter days.

## Physical Activity

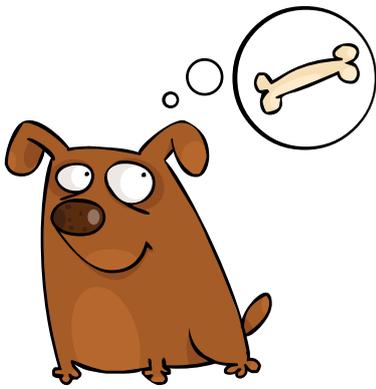
Not only is it beneficial to get some form of physical activity every day, it is crucial that you get outside and get a daily dose of sunlight. If you go to work in the dark and come home in the dark, try to get out at lunchtime to catch some rays. Combining activity and sunshine really gives your body a boost.

## Relaxation and Connection

Relaxation may be a challenge for those of us with a pressing 'To Do' list. Give yourself permission to take some time each day to slow down, reflect and restore. A suggestion is to adopt a practice of meditation. Even 5-10 minutes will do wonders. Also important is to connect with others and nurture relationships.

Instead of approaching the next few months with dread, I am looking forward to embarking on this pathway of living in tune with self and nature. It is my intention to give my body what it needs, be gentle with myself, spend time in reflection and truly embrace the cycle of the seasons.

*By Lori Andrade, BPHE, CSEP. Lori is a Certified Urban Pole Walking instructor at Body Design. Body Design offers personal training, fitness classes and nutrition coaching to assist individuals achieve their fitness and weight loss goals. [www.bodydesign.ca](http://www.bodydesign.ca)*



To advertise in our next Pet Corner section, contact us today!  
info@thebulletinmagazine.com

# Perfecting pet health

Balance is an important part of leading a healthy fulfilled life and it's just as important for our pets. To help make nutritious choices on behalf of our pets, here are some tips from celebrity dog trainer Harrison Forbes.

### Enjoy First Class Fuel

Diet is a major factor in a healthy lifestyle for pets and humans. Like you, your pet should eat nutritious ingredients from all of the essential food groups. Options like President's Choice Nutrition First incorporate high-quality proteins as the main ingredient, along with wholesome grains, fruits, vegetables, pre- and probiotics, and omega-3 and 6 fatty acids to nourish your pet's body.

### Get Physical

Pet behaviour problems can sometimes be rooted in frustration. Like people, dogs can get bored and anxious when they are under-exercised. Being a good pet parent means finding time to play with your dog. Whether focused on mental stimulation (for example, using "smart toys") or physical exercise (like a walk in the park), interactive activities are crucial for a healthy, well-behaved pup.

### Educate Early

When it comes to pet parenting, education is essential – for both of you. To effectively train your dog, you need to invest time in understanding his genetic history so you can design a program that takes advantage of his natural instincts. As your pup learns good conduct, don't forget to recognize and reward his progress. Treats can be a nutritious way to reinforce and reward behaviour, help him enjoy the training experience, and fuel his body.

### Seek Out Puppy Pals

Taking your dog out on the town is key to teaching him how to interact with other people and animals. Just like human babies, dogs need time to learn what they can and cannot do around others, and exposing them to other pets is a great way to help them establish relationships and learn to enjoy spending time with furry friends. Plus, having a dog on your arm is a great way to meet like-minded friends.

**MOUNT ALBERT VETERINARY HOSPITAL**

Dr. "Bob" Prendergast  
Full Service Animal Hospital

Mon, Wed, Thurs & Fri 8am-6pm  
Tues 8am-7pm

Grooming by Denise

19144 Highway 48  
Mount Albert  
(Across from Home Hardware Building Centre)

**905-473-2400**

## DID YOU KNOW?

• Depending on the breed of dog, many canines can live between 7-16 years. An Irish Wolfhound has an average lifespan of 7 years, while a Jack Russell Terrier can live up to 13-16 years.

# THE PET NANNY

**Need pet sitting services?**  
**Contact Lynda Annall**

t: 905-473-6708  
c: 905-830-2487  
e-mail: lannall@xplornet.com

**EAST GWILLIMBURY VETERINARY HOSPITAL**  
Dr. Angela Smith, DVM, MPH

**(905)473-1659**  
Email: egvh@egvet.ca • www.egvet.ca  
18990 McCowan Rd, Mount Albert

**Complete Medical, Surgical, Dental & Preventive Health Care for Companion Animals**

Don't forget to apply your dog's Tick and Flea prevention monthly from September -December!

Continued from Page 28.

flaxseed and walnuts. Avoid any foods that cause you to feel sluggish, such as highly processed foods, saturated fats, and sugary foods. These can worsen any blues because they cause you to feel lethargic and often result in a crash after the initial energy burst. In addition, be careful with aspartame as it can interfere with serotonin functioning and leave you feeling moodier; if you notice any reactions to it, avoid consuming it.[1]

Keep in touch. Call friends or make new ones. If you regularly attend club meetings, church, or other activities, try not to interrupt your routine just for bad weather. If transportation is a challenge for you, link up with friends or helpful people who can give you a ride to and from your usual activities.

Remember that without winter, no one would appreciate and love the summers many great qualities. *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.*

Continued from Page 12.

at the Navy Reserve site. Other log buildings soon followed to create the Royal Navy Depot which became a very active administrative centre for the southern part of the route to the north and west. However, United States and Great Britain finally signed an agreement in the spring of 1817, and activity at the Navy Depot almost came to a halt. One soldier remained there for a number of years as a guard.

The remaining equipment was eventually sold except for the large anchor which was later moved to what is now anchor park.

In recent years, archaeologists have attempted without success to locate the site of the Royal Navy Depot. Maps and official reports indicate that it was on the east side of the pond, but after 200 years there may be little evidence remaining except perhaps some cannon balls that boys reportedly "bowled into the water."

Away back in 1821, the name "Holland Landing" paddled southward up the river to become attached to the present village which previously had been known as St. Albans and Beverley.

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

East Gwillimbury's  
**Bulletin**  
MAGAZINE  
Since 1998

Please tell them  
you saw their ad  
in The Bulletin!

# Mount Albert CHIROPRACTIC & WELLNESS CENTRE

YOUR NATURAL HEALTH & WELLNESS TEAM



**Dr. Chad Morton**  
Doctor of Chiropractic



**Dr. Reka Laszlo**  
Doctor of  
Naturopathic Medicine



**Laura Smith**  
Registered  
Massage Therapist



**Rebecca Verdoold**  
Registered  
Massage Therapist



**Valerie Piccitto**  
Registered  
Holistic Nutritionist

Live *Life* Better

It's All About *YOUR* Health

905-473-2176

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

# Lander & Lander

We felt confident throughout the 'Listing and For Sale' stages, as their knowledge of the real estate market in our area was a tremendous asset.

- T & M

Without exception I have never worked with anyone more professional & committed to the best interests of their clients. Lee & Shai have gone way above & beyond.

- G

I looked at a range of homes & had such a great time. Lee made the whole process of purchasing a home stress free and exciting.

- T

**What our clients are saying:**

We just sold our house for over asking in less than a week! They worked hard for us every step of the way.

- C & S

I commend Shai for all her hard work & perseverance in selling my house. Her earnest marketing plan made my house stand out from the others.

- L

**Want the same results? Give us a call!**

*Lee Lander*  
BROKER



Direct **289.231.0937**

Office **905.898.1211**

**LeeLander.com**

**RE/MAX**<sup>®</sup>

**Realtron Realty Inc., Brokerage**

Independently Owned and Operated



*Shai Lander*  
BROKER



Not intended to solicit buyers/sellers currently under contract.