

East Gwillimbury's

Bulletin

MAGAZINE

September 2014, Vol. 16, No. 7

Since 1998

Inside: East Gwillimbury residents 'Beat the Traffic' at the 404 Extension Event.



Enjoying Summer

on the sidelines in Sharon Hill Park during an exhibition softball cricket game organized by the Ranji Singh Foundation.



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In August, my wife and I took a 5-day trip to New York City for the first time. It was an amazing place that you'll never be prepared for no matter how many books you read, or NYC-themed movies you see. Times Square is its own world of LED billboards that light up the skies in every direction. Rarely could I count out 30 seconds without hearing a car horn honking.

We took in many of the sights New York City has to offer - it was an outstanding trip with many highlights including a live taping of America's Got Talent at Radio City Music Hall, a Broadway musical, a bicycle tour of Central Park, the 9-11 Memorial Museum, the Museum of Natural History, the Statue of Liberty, and other various tours. In all, we walked nearly 50km in 5 days. So much for it being a restful vacation.

Coming home to East Gwillimbury made me appreciate the peace and calmness of our community even more.

Thanks for spending some of your leisure time reading the Bulletin. I hope you'll consider supporting us by supporting our faithful advertisers. Without them, we wouldn't be able to do our thing month after month. I'm sure they'd appreciate it if you told them **you saw their ad in this month's Bulletin!**

- Blair Matthews, Bulletin Publisher

Important Bulletin Deadlines:

Submission & Advertising deadline for October issue: September 24

Bulletin delivered to residents: October 3

Advertising Contact:

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East Gwillimbury's Bulletin MAGAZINE

Since 1998

www.TheBulletinMagazine.com

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Delivery via Canada Post Unaddressed Admail.

Circulation: 9,500 copies

VOTE

WORKING FOR THE COMMUNITY

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For Councillor
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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

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

Every 3rd Wednesday of the Month

Mount Albert Village Association's

Monthly Director's Meeting - * NEW LOCATION *

7pm - Ross Family Complex (Seniors Meeting Room).

Everyone is welcome. www.mountalbert.com

Every 2nd Tuesday or Wednesday of the Month

IODE Holland Landing (info: 905-830-5680)

We fund raise to help those in need. Over the years our members have given financial assistance and contributions of time and effort to local students, educational institutions, hospitals, and those in need. We encourage and support young people in education. If you would like help your community, and meet others who do the same, please join us.

SEPTEMBER:

Saturday, September 6, 10am-5pm:

Sunday, September 7, 10am-4pm

3rd Annual East Gwillimbury Chamber of Commerce Lifestyle Show 2014

Come visit this great event! The 14,400 sq. ft. ice pad will showcase many businesses from East Gwillimbury and its neighboring communities. FREE ADMISSION, EG Sports Complex, 1914B Mount Albert Road, Sharon, ON L0G 1V0.

Saturday, September 6, 8am-noon

Annual Fall Festival

St. James the Apostle will be hosting their annual Fall Festival at 18794 Leslie Street, Sharon from 8 a.m. - noon. The festival will include baking, produce, books, and garage sale items as well as a barbeque with bacon on a bun.

September 10, 6:30 start time

Welcome Wagon Bridal Showcase

FREE to all brides-to-be and guests; FREE swag bags for the first 100 brides at the door; FREE giveaways all night. Fashion show by Gown Go Round and Tuxedo Royal. Call or email Robyn (905)862-0122 spiesz@gmail.com. Seton Hall, 17955 Leslie Street, Newmarket.

ELECT

PAUL TAYLOR

EAST GWILLIMBURY TOWN COUNCIL



- ✓ Team Player - open-minded and responsible
- ✓ Committed to serving the taxpayers of East Gwillimbury
- ✓ Ready to focus on our future challenges
- ✓ Dedicated to representing all Town residents
- ✓ Available to listen and act on your concerns

CONTACT: 905-836-1423

Email: paulftaylor@gmail.com

Website: pftaylor.ca

Facebook: Paul Taylor for EG Council

VOTE - MONDAY, OCTOBER 27, 2014

Saturday, September 13, 9:30-1:00pm

Bereavement Seminar - Dr. L. Keith Taylor, Sharon-Hope United Church, 18648 Leslie Street, Sharon. Please pre-register by September 5th at 905-478-2231.

Saturday, September 20, 11:30am registration

Beyond Abilities Centre 5th Annual Golf Tournament
Shotgun Start Golfing cost includes welcome bag, green fees, power cart and more! Prizes, draws and silent auction. To register call 905-478-2888 or www.BeyondAbilitiesCentre.ca. Don't forget to ask about The Briars weekend stay package! See you there and Happy Golfing!! Our mission is to build an integrated, multifunctional centre for families and individuals of all ages with disabilities, primarily for those with a physical disability. BAC provides a variety of recreational programs, as well as social and leisure opportunities, and has resources on funding, respite referral, workshops, and other special needs information. Thank you in advance for your support!

Saturday, September 20, 9am-2pm

Colours of Hope 5K York Region

The Canadian Cancer Society Colours of Hope is a family friendly non-competitive 5k walk/run where participants come dressed in white and leave covered from head to toe in a rainbow of colour (non-toxic of course). Coloured powder will be thrown in the air as participants walk or run the path, and a massive colour party will take place at the finish line. For more information, visit cancer.ca/coloursofhope 905-830-0447 ext. 3833 \$40.00 until August 1st, \$50.00 until September 12, \$60 until September 19. Willow Grove, 11737 McCown Rd. Stouffville.

Saturday, September 27, 5:30-7:30pm continuous serve Spaghetti Dinner & Silent Auction

The 3rd Holland Landing Pathfinders and Rangers invite you to our spaghetti dinner and silent auction to help raise funds for our international trip in 2015. Adults \$10, Child \$5 (12 and under), Family \$25 (max 6) Sharon Hope United Church 18648 Leslie Street, Sharon. For tickets please call Margaret at 905-478-2231 or email at sharonhope@rogers.com.

Wednesday, October 8th @ 6:30 pm

Welcome Wagon Baby Showcase FREE to all moms-to-be and guests; FREE swag bags for the first 100 moms to be; FREE giveaways all night. Grand Door Prize from Baby In Gear - Baby Jogger 2014 City Mini Single stroller and multi car seat adapter. FREE car seat demo. Call or email Robyn (905)862-0122 spiesz@gmail.com. Seton Hall, 17955 Leslie Street, Newmarket.

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Thursday, October 9th @ 7:30 pm

All Candidates Meeting hosted by the Mount Albert Village Association at the EG Sports Complex - 1914B Mount Albert Road.

Wednesday October 15th @ 7:30 pm - The Mount Albert Village Association Annual General Meeting at the Ross Family Complex (Seniors Meeting Room). There are a number of Director positions becoming available. Are you interested in being nominated for Director?

Not-for-profit events are free to list in our print edition of *The Bulletin*. Please visit our website thebulletinmagazine.com and fill in the **Submit an Event** information.

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@ Your East Gwillimbury Library

Children's Activities

Grow Into Reading Storytimes

Grow Into Reading Storytimes at the East Gwillimbury Public Library support the development of early literacy skills in children through activities and books. Holland Landing: 19513 Yonge St. 905-836-6492. Mount Albert: 19300 Centre St. 905-473-2472. Details at www.egpl.ca.

Drop In Storytime

Ages 0 - 5 years. Free. Drop In.
Drop in for music, rhymes, stories, and a simple craft.
Mount Albert: Wednesdays, Sept. 3, 10 & 17 @ 10:30 am
Holland Landing: Thursdays, Sept. 4, 11 & 18 @ 10:30 am

Sing & Sign

Ages 5- 12 months. Free. Please register.
An introduction to American Sign Language for hearing infants and toddlers, this program is designed for families with infants 5-12 months of age. The sessions use songs and games as tools, allowing you to include signing in everyday routines. It is also a wonderful opportunity to bond with your baby while supporting language development as well as attachment. Presented by Ontario Early Years, York North.
Holland Landing: Tuesdays, Sept. 9 - 30 from 1:30-3 pm

Bedtime Stories: Fall into Autumn Fun

Ages 2 - 6 years. Free. Drop in.
Welcome the new season with a story and a cheer! Join us for storytime fun.
Mount Albert: Wednesday, September 3 @ 7 pm

Bedtime Stories: Cats in the Library

Ages 2 - 6 years. Free. Drop in.
Meet Splat, Chester, and Pete! Come, see and hear the funny adventures of these famous cats.
Mount Albert: Wednesday, October 1 @ 7 pm

Babytime

Ages 0 - 17 months. Free. Please register.
Share our simple stories, songs, and interactive play with your little one while learning about early literacy for babies.
Mount Albert: Tuesdays, September 30 to November 18 @ 10:15 am
Holland Landing: Thursdays, October 2 to November 20 @ 10:30 am

Ones & Twos

Ages 18 - 30 months. Free. Please register.
Join our interactive program that stimulates the imagination with early literacy activities including books and songs for toddlers.
Mount Albert: Tuesdays, September 30 to November 18 @ 11 am
Holland Landing: Wednesdays, Oct. 1 to Nov. 19 @ 10 am

Preschool Storytime

Ages 2.5 - 5 years. Free. Please register.
Enjoy books, music, puppets, and activities that help preschoolers get ready to read.
Mount Albert: Thursdays, Oct. 2 to Nov. 20 @ 10:30 am
Holland Landing: Wednesdays, October 1 to November 19 @ 10:45 am
The Family Place (53 Main Street, Mount Albert) (Drop in): Wednesdays, October 1 to November 19 @ 10:30 am

Community Storytime

Ages 0 - 5 years with caregiver. Free. Drop in.
Join the Library for interactive activities that support the development of early literacy skills in children. This program is based on Every Child Ready to Read, created by the American Library Association.
Harvest Hills Activity Centre (145 Harvest Hills Boulevard, East Gwillimbury): Saturday, September 27 & October 25 @ 1:30 pm

Bee Bop & Dance

Ages 2 - 5. Free. Drop in
Get moving! This action-packed program is filled with music and movement for little ones.
Mount Albert: Saturday, September 13 & October 11 @ 10:30 am

Drama Kids

Ages 3 - 6. Free. Drop in.
Practice new skills through games, songs, and activities. Make a craft, too! Themes include Monkeying Around and Pirate Party.
Holland Landing: Thursday, September 18 & October 16 @ 6:30 pm

Lego Club

Ages 5+ years. Free. Drop In.
Get creative with Lego. Themes include School of the Future and What's Lurking Underwater.

Mount Albert: Wednesday, September 17 & October 15
from 6:30 – 7:30 pm

Holland Landing: Thursday, September 4 & October 2
from 6:30 – 7:30 pm

Lego Robotics

Ages 7– 11 years. Cost: \$140. Please register @ www.eastgwillimbury.ca

Let kids' creativity take charge with technology to help build robots out of Lego. Presented in partnership with the Town of East Gwillimbury.

Mount Albert: Wed., Sept. 17–Nov. 5 @ 5:30-7 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. A refundable deposit of \$10 is required upon registration; must provide 24 hour cancellation notice. Presented by St. John Ambulance Therapy Dog Program.

Holland Landing: Wednesday, September 17 @ 6:45 pm & 7:15 pm

Mount Albert: Wed., October 22 @ 6:45 pm & 7:15 pm

At the Movies

All ages. Donations welcome. Please register.

Take an easy weekend with a movie, popcorn and a juice!

Holland Landing @ 2 pm

Saturday, September 27: Mr. Peabody and Sherman (PG; 90 min)

Saturday, October 18: Scooby Doo! Frankencreepy (PG; 75 min)

Tweens and Teens Programs

Tween Scene

Ages 9 – 12. Free. Drop in @ Mount Albert

Minute to Win It: Saturday, September 20 @ 11 am

How many marshmallows can you pick up with chopsticks in a minute? Join us for silly game playing fun.

Cake Pops: Saturday, October 18 @ 11 am

Decorate a cake pop with us. An allergy-free environment cannot be guaranteed.

Rainbow Loom Spooktacular: Wednesday, October 22 @ 6:30 pm

Join us for a special Halloween program. Bring your own loom if you can. Elastics are provided.

Teen Advisory Board

Gain community service hours by assisting with Library programs and sharing your ideas to develop our services. To volunteer, drop in or contact Heather at halblas@egpl.ca or 905-836-6492 ext. 105.

Holland Landing: Tuesday, Sept 9 & Oct 7 from 7 – 8 pm

Mount Albert: Wednesday, Sept 10 & Oct 8 from 7 – 8 pm

Adult Programs

Cinema Saturdays

Did you miss seeing these Southlake Cinemania favourites? Now is your chance! No charge, but a donation toward the cost of the license would be appreciated.

Holland Landing Branch @ 2 pm

Saturday, September 13: The Invisible Woman – 111 minutes (rated R) Nelly, a happily married mother and schoolteacher, is haunted by her past. Her memories take us back to her exciting but fragile relationship with Charles Dickens, where secrecy is the price, and a life of “invisibility”.

Saturday, October 11: An Education – 100 minutes (rated PG 13) A coming-of-age story about a teenage girl in 1960's suburban London, and how her life changes with the arrival of a playboy nearly twice her age. Funny, smart, and compassionate, this film is based on a memoir.

On October 27th, 2014 ELECT

JACK HAUSEMAN – COUNCILLOR

TOWN OF EAST GWILLIMBURY

- Experience
- Vision
- Commitment

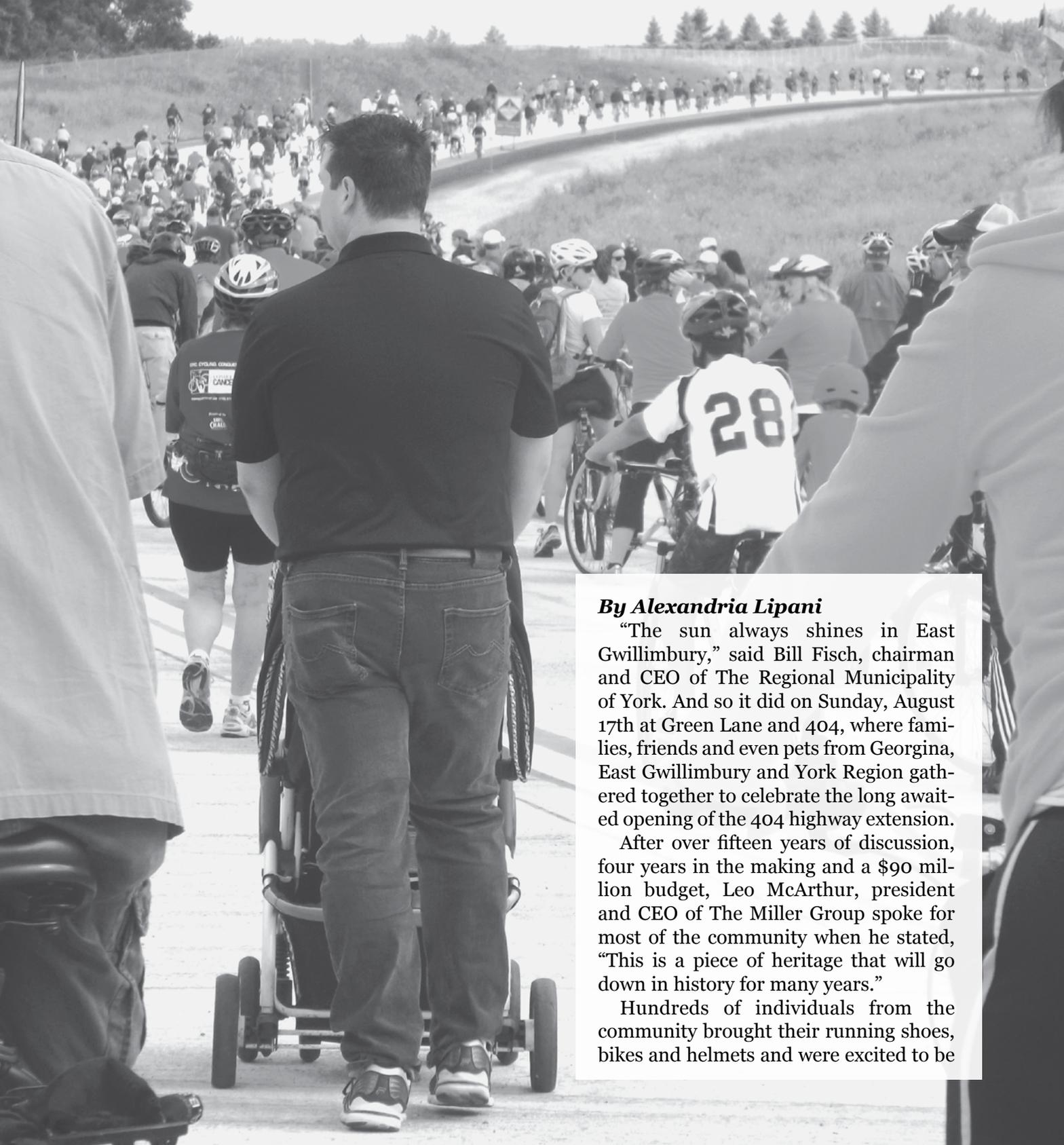
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Contact Jack at: (905) 715-7235
www.jackhauseman.com • jayef.hause@sympatico.ca

They Beat the Traffic

at the 'Walk/Cycle the 404 Extension' Event



By Alexandria Lipani

“The sun always shines in East Gwillimbury,” said Bill Fisch, chairman and CEO of The Regional Municipality of York. And so it did on Sunday, August 17th at Green Lane and 404, where families, friends and even pets from Georgina, East Gwillimbury and York Region gathered together to celebrate the long awaited opening of the 404 highway extension.

After over fifteen years of discussion, four years in the making and a \$90 million budget, Leo McArthur, president and CEO of The Miller Group spoke for most of the community when he stated, “This is a piece of heritage that will go down in history for many years.”

Hundreds of individuals from the community brought their running shoes, bikes and helmets and were excited to be



some of the very first to experience the beginning of the 13km extension. The town of East Gwillimbury organized the walk/cycle along with a free concert by Glass Tiger, to celebrate the job completion and opening. Although the journey was not perfect - with a few bumps and



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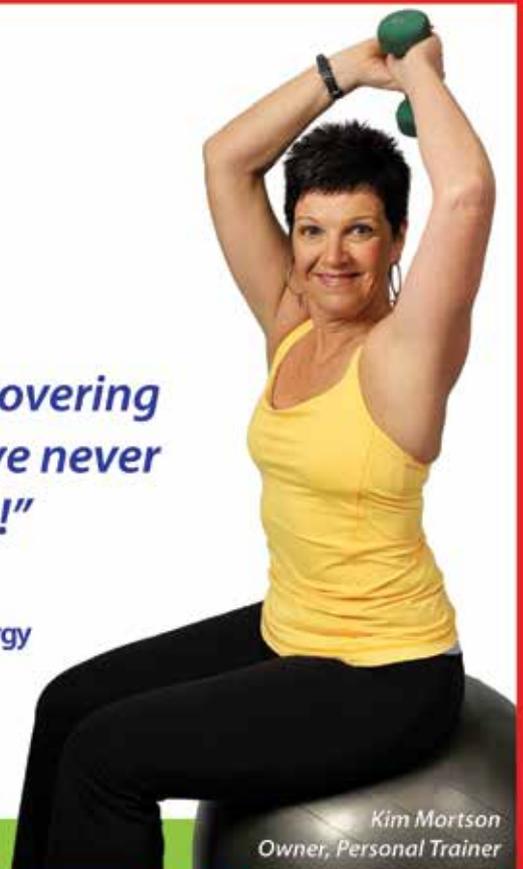
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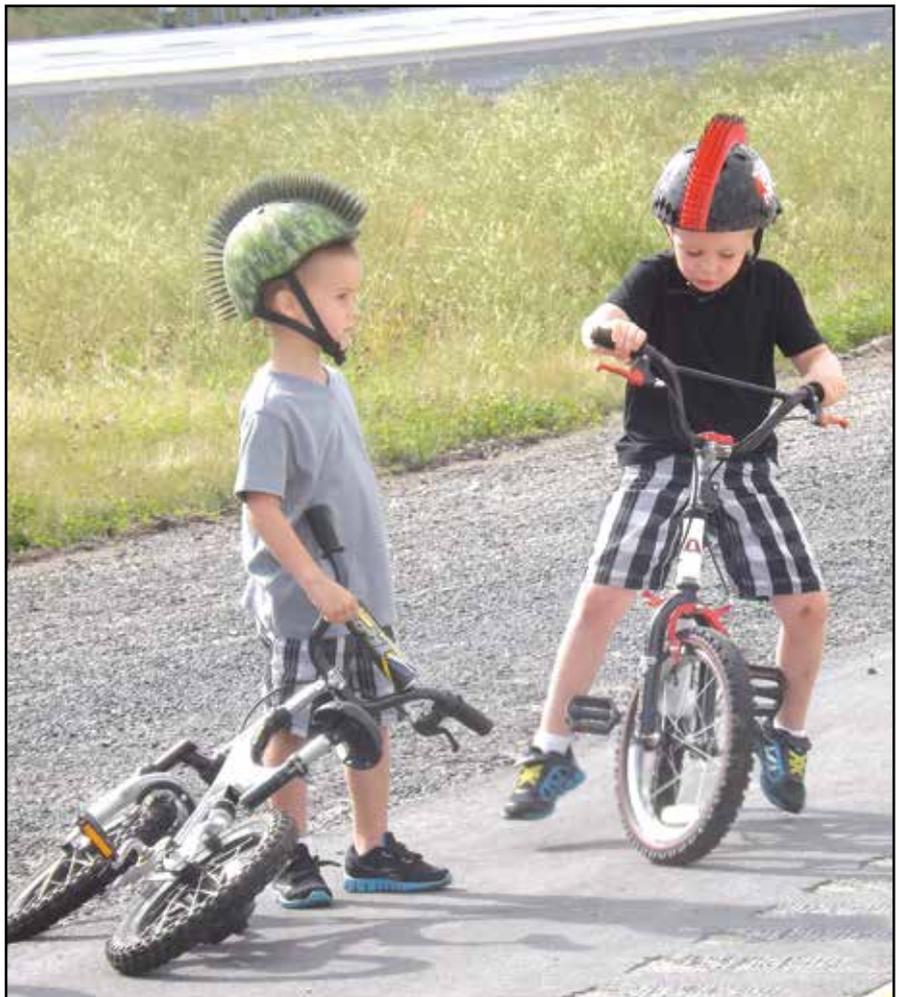
Be Fit, Eat Well, Live Life

twists in the road - the job has finally been completed. The extension will not only help clear and relieve the traffic in this town but will attract lots of business and opportunities that will aid in our community's growth.

The event also brought awareness and attention to Southlake Regional Health Centre Foundation. Many contributed and thanked the foundation by making donations and recognizing the hard work and efforts the hospital has shown and done for our community. The donations have helped raise money for medical equipment, staff education and patient programs that will benefit our friends, family and community.

After years of hard work, determination and patience we've finally reached the new beginning that our town has been waiting for. Julia Monroe, MPP for York-Simcoe stated, "This has been a very long road to getting to where we are today."

The event was a huge success and not only was it a celebration of a job well done, but also a chance to bring our community together as one.





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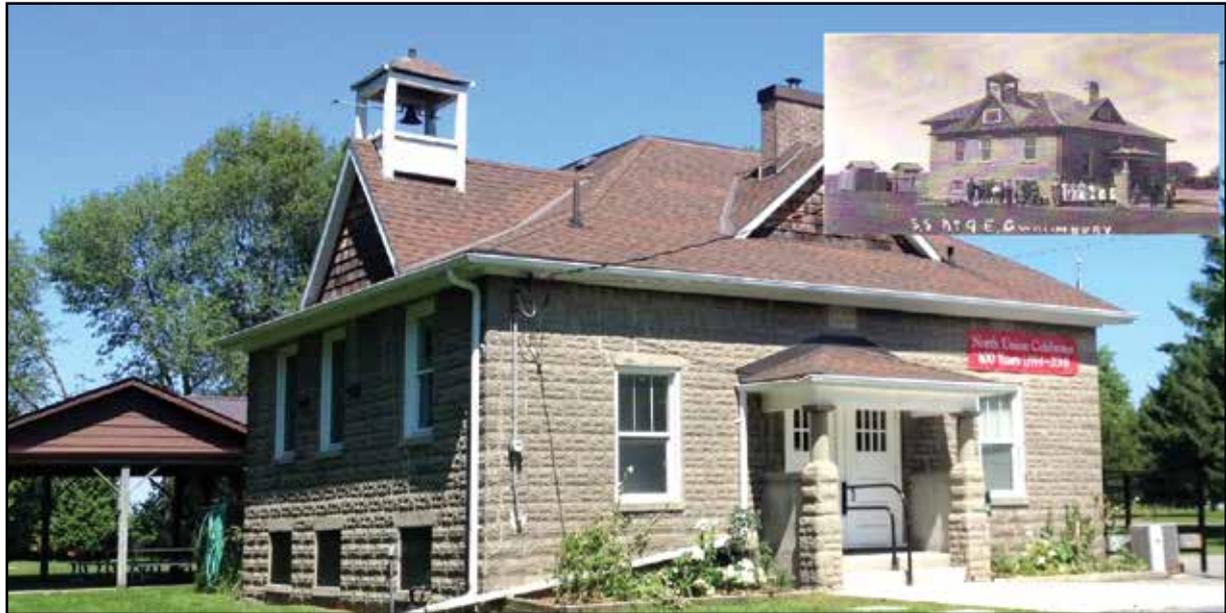
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Celebrating 100 Years of Community



On September 13, SS #9 Public School, now known as the North Union Community Centre, celebrates its 100th year. There is going to be a big party and we are all invited. I love parties but I think there is something of bigger interest here and that is the community that is supporting the building. Who are they? What keeps them motivated?

I met with Bill Potts, the Chairperson of the Celebration Committee and Marilyn Butcher, a former student and we talked a little about the history. The one room schoolhouse was constructed in 1914 to serve S.S. # 9 East Gwillimbury Public School. John Croutch built it at the cost of \$2700. It was referred to by those who lived in the area as either Ravenshoe or Maple Hill Public School. Until it closed, all of the children in the area would walk or ride their bikes, 'uphill for two miles each way,' in order to go to grades 1 - 8. Marilyn told me that she attended all eight grades there and she remembers it as a very good time in her life. There were other one room schools in the area and kids would ride their bikes or hike to them for baseball games and to attend other social functions. It is hard to imagine now but all of the kids who attended classes during its 50 year history, managed to get by without cell phones or any other technology. They were connected by foot and bicycle. In 1965 many of the one room schools were decommissioned making way for centralized buildings. SS

9 met the same fate and in 1966 it was scheduled to go up for auction.

While we were talking, I thought of all of the homes that have been fashioned out of old schools of that era. The community was not going to let that happen to their school. The Union Street Women's Institute and local ratepayers, petitioned the Township of East Gwillimbury Council to keep the building as a community centre. The council agreed and passed a by-law appointing a board consisting of 7 members, 2 from the township council and 5 from the community. The board was responsible for promoting and maintaining the site. Renovations were made and the cozy school library became a kitchen.

Today things have changed a bit. The Town of East Gwillimbury has taken over the community centre, renting it out and maintaining it but the North Union Community Recreation Centre Advisory Committee continues to preserve the history of the building and use it for community events and fundraisers. All of the money they raise goes to local projects and community needs. The Advisory Committee works hard to keep the building as the focal point in the community and a link to the history of the area. In the years 1990 and 2000, school reunions were held and people returned from all over the world to reconnect with the building where they spent their early years.

My meeting with Marilyn and Bill was animated. They are excited about the upcoming anniversary party. There will be live music, fiddlers, a town crier and a bar-beque. Historical displays are being set up and visitors who attended the school will be there to reconnect and talk to people who drop by just to see what is going on.

I was interested in the history of the place but also in the bonds that have people coming together and giving up their leisure time to maintain the centre as the heart-beat of the community. As I asked questions, phones were pulled out and suddenly Ann Potts arrived carrying the original record book containing the minutes for the first meeting of the board from 1966. It was great to see the careful handwriting of the secretary as she outlined the duties and goals of the newly formed group.

A few minutes later, Wayne, Marilyn's husband arrived with more information and suddenly a quiet interview had turned into a gathering. I could see why this old building, on a back road and out of the way, still exists today creating links in a direct line to those who used and loved it. Not everyone on the committee used to go to the school but everyone there that day has an interest in keeping the building there as a symbol of something important in their lives.

Things have changed in the world. Computers and keyboards have replaced handwriting; schools have many rooms and gymnasiums have replaced the long walk through all weather to the classroom. Some days it feels like the very earth is shifting under our feet but in one small corner of East Gwillimbury, The North Union Community Centre is the keeper of old memories while creating new ones and energizing the community centered around it.

You are invited to drop by and enjoy the fun on Saturday, September 13th from 1 - 8 pm. You can find the Centre at 2624 Boag Road between Woodbine and Warden. For more information email Bill Potts at wpotts@xplornet.com.

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

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Upcoming Events

Oct 13 - Let us do the work this Thanksgiving! We can roast or smoke your turkey for you this year along with all your favourite fixings. Book early to reserve your event time.

Oct 31 - Having a Halloween party? We can make your Halloween platters Spook-tacular and save you time.

Dec - 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.

Keep an eye out for Brunch with Santa!
(Date to be determined.)

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!

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Tuesday	\$10 Twisted Signature Burger and Fries
Wednesday	1/2 Price Kids Meals
Thursday	Apps Night - 4 domestic drinks or house wines and 4 appetizers for \$50.00
Friday	Fish Special
Saturday	Rib Night - 1/3 Rack of Ribs and Fresh cut French Fries \$10.99 or 1/3 Rack of Ribs, 1 lb Wings and Fresh cut French Fries \$22
Sunday	Caesar Sundays \$ 4.50 all day

* For in house dining only.

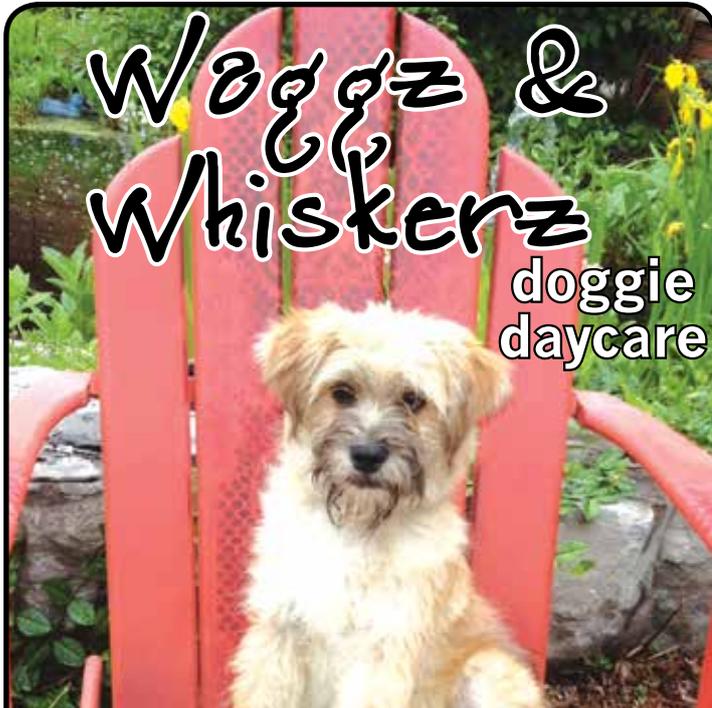
Around Town...

School Assistants Needed at Robert Munsch Public School

Our School Assistants will be an important part of our team at Robert Munsch P.S! We are looking for parents or guardians who would like to be school assistants at our school. This is a paid position and the hours will be 12 until 1 p.m. Monday through Friday. If you would like to apply, please contact Mrs. White in the main office of Robert Munsch P.S. at 905-473-0110 after Aug. 18, 2014. Please note that all applicants must complete an application package which includes a criminal background check. Join us as we open our new school this fall!

The Psychedelic 60's

The Elman W. Campbell Museum presents The Psychedelic 60's. A groovy and very hip display reflecting the 1960's youth culture. The display is on until September 30, 2014. Open Tuesday to Saturday, 10a.m. to Noon, 1 to 4p.m. Free admission. We are located at 134 Main Street South, Newmarket. For more information please call 905-953-5314 or email elmanmuseum@rogers.com.



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Cricket in East Gwillimbury

On August 9th and 10th, spectators at Sharon Hills Park in East Gwillimbury were treated to exhibition softball cricket organized by the Ranji Singh Foundation as part of its Caribbean and South Asian Showcase.

Saturday's game featured visiting teams Redco and Seatown and Sunday's game featured a Showcase All Stars Team vs. York Regional Police.

The Foundation strives to bring multicultural celebrations to York Region and this is the first year that exhibition cricket was included as part of the showcase. It is their hope that this will become an annual event and if there is sufficient interest, to introduce other programs involving cricket for youths in the community. Anyone interested in playing regular weekend games is encouraged to email info@ranjisinghfoundation.org.

The organizers are grateful for the support of the Town of East Gwillimbury in making this event possible. York Region Police are to be commended for enthusiastically embracing this community initiative and participating in the exhibition match.

Mayor Hackson and Councillors Roy di-Clemente, Johnson and Morton were all on hand to participate in the festivities as were MPP Julia Munro and MP Peter van Loan.

Volunteers from the Foundation were on hand to explain the nuances of cricket to those who were unfamiliar with the game. Spectators brought chairs and picnic lunches as they enjoyed two days of perfect weather and glorious cricket.

The Showcase culminates on September 6 and 7 at Riverwalk Commons in Newmarket with a festival featuring food, music, dance and fashion as well as educational workshops.

Around Town...



Work Continues on New Mount Albert Fire Station

The work on the new Mount Albert Fire Station has begun, with a planned opening of Spring 2015.



Terry Fox Run, September 14

The annual Terry Fox Run to raise money for cancer research takes place on Sunday, September 14. Locally, there are race locations in Newmarket and Uxbridge. For more information, call 1-888-836-9786 or visit terryfox.org.

Fundraising BBQ for Mount Albert Fire Station

On Sunday, August 24, WOW! Wing House in Mount Albert held a charity BBQ from 12-3pm with all proceeds going to the Mount Albert Fire Station. Hot dogs, hamburgers and veggie burgers were served free with a donation to the fire station.



East Gwillimbury Gardeners

Tuesday, September 16, 2014 at 7:30pm, at the Mt Albert Community Centre, 53 Main Street: The speaker will be Sarah Nixon and her topic is My Luscious Backyard. Also there will be the September Flower Show and our annual Baking Contest. This year the ingredient is Zucchini. All welcome. For more info call 905-853-7126, <http://www.facebook.com/eastgwillimburygardeners> or the OHA website at <http://www.gardenontario.org/site.php/mountalbert>

Re-Elect TARA Roy-DiClemente



For E.G. Councillor

Professional Leadership
Proven Results

Thank you for allowing me to serve as your Councillor.

East Gwillimbury Residents deserve a Councillor who will be committed to ensuring that municipal services and infrastructure are in place to support growth. I will continue to be your advocate to ensure our unique communities & environment are respected and preserved.

www.tarard.ca
tara@tarard.ca

Phone : 289-803-2965
Twitter: @tarard

Tara

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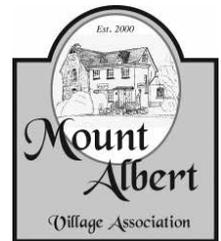


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Mount Albert Village Association NEWS



- The Mount Albert Village Association is hosting an All Candidates Meeting, which will be held on Thursday October 9th at the EG Sports Complex on 1914B Mount Albert Road. Start time is 7:30 pm.
- The Annual General Meeting is scheduled for Wed. Oct. 15 @ 7:30 pm at the Ross Family Complex (Seniors Meeting Room). There are a number of Director positions becoming available. Are you interested in being nominated for Director? All you have to do is come to the AGM!
- The Mount Albert Village Association E-Newsletter is available to all. Subscribe @ <http://www.mountalbert.com>
- Drop off your single use alkaline batteries at The Corner Décor & More, MSVA, Mount Albert Public Library and the Town of East Gwillimbury offices. The Family Place will resume in September. The first collection drum was picked up and the Mount Albert Village Association received \$113 for their fundraising.
- Membership levels will be condensed starting in October. Details will be available on the website shortly. ALL memberships are up for renewal in October 2014.
- Next meeting – Wed September 17th @ 7pm. We meet at the Ross Family Complex (Seniors Meeting Room). All are welcome!

Stay Happy, Stay Safe, Shop Local!
www.mountalbert.com

Find MAVA on Facebook and Twitter!

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

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

If you recognize where the photo is from, email (or Canada Post mail) us the correct answer before the 20th of the month - include your name, phone number, and answer.

Correct answers will be put into a draw and ONE lucky person will win a \$10 SUBWAY gift card.

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

We'll publish the answer in the August 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.

Last month we showed you the picture of an iron horse. It didn't take long for lots of you to identify this



as the time capsule at Mount Albert Public School.

This month it's a tough one. We might have found a landmark you can't recognize!

Looking for a hint? You won't get one 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 \$10 Subway gift card for identifying our August photo: Julia Williams.

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



LAST MONTH'S PHOTO

My Business is "All About You"!



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*Tax and delivery charges apply

Check out the 5 most popular film locations in Ontario

Do you see very familiar places when you watch a popular movie? Right now, Ontario is a hotbed for international film production. Everything from Hollywood blockbusters to Bollywood hits have been filmed in every corner of our diverse province.

Behind this success is the Ontario Media Development Corporation, the provincial agency that supports the film and television production industry through funding, tax credits and location scouting services. OMDC helps transition projects from script to screen through support at various levels, including how to pick the perfect film location from Ontario's diverse range of options.

Here, the agency's location scouts give us a glimpse behind the scenes and tell us about the most popular filming locations:

The Fairmont Royal York Hotel – Opened in 1929, the Fairmont Royal York is one of Toronto's most popular backdrops. The classic interior sets the tone for any genre, from period pieces to modern day thrillers. It's been home to several Hollywood hits, including *The Kennedys*, *Cinderella Man*, and *RED*, to name a few.

Casa Loma – Dubbed "the castle on the hill", Casa Loma has brought more Hollywood hits to life than Hollywood itself. Its unique beauty, history and mystery create the perfect recipe for a truly captivating movie set. Some notable films to shoot here include *X-Men* and *Chicago*.

University of Toronto – This university boasts a truly star-studded graduating class. The university's vast campus is a favourite among producers due to its Ivy League look and diverse architecture. Fan favourites include *Resident Evil* and *Mean Girls*.

Hamilton's Liuna Station – Over the past several years, Hamilton has been host to several Hollywood blockbusters. The city's historic Liuna Station draws filmmakers from around the globe for its grand, neo-classical style. Notable films shot there include *X-Men*, *The Kennedys* and *The Long Kiss Goodnight*.

Northern Ontario – Films are increasingly shooting in such centres as Sudbury, Sault Ste. Marie and Thunder Bay to take advantage of period streetscapes and unique vistas. Films shot throughout Northern Ontario include *Cas & Dylan*, *Edwin Boyd: Citizen Gangster* and *The Colony*.

More information can be found online at OMDC.ca.on/film_and_tv.



Free Admission!



Jon Brooks - Musician



Anna Kerz - Storyteller



Donna Dudinsky - Storyteller



Rubena Sinha - Storyteller



Isobel Warren - Writer



Noriko Yamamoto - Mime



David Newland - Musician



Fresh Water Trade



Janet Matthews - Writer

WEAVING WORDS 2014

A Festival of Stories at Sharon Temple

Sunday, September 28

11:00am to 4:30pm



Zolt Goatfield - Film-maker



Jim Scott - Writer

• Writers • Storytellers • Musicians

• Dance • Mime • Puppetry • Photography

• Drumming Circle • Artisans' Fair

Special guest, award-winning author, Terry Fallis



Bruce Carmody - Storyteller



June Brown - Storyteller

SPONSORED BY



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Get all the info at www.weavingwords.ca

Sharon National Historic Site and Museum, 18974 Leslie Street, Sharon, Ontario, L0G 1V0



2014 Municipal Election Monday, October 27

You can vote early on the following advance poll dates:

**Saturday, October 11 (Thanksgiving weekend) & Saturday, October 18:
10 a.m. to 5 p.m.**

- Ross Family Complex
- East Gwillimbury Sports Complex
- Holland Landing Library (Holland Landing Community Centre)
- Harvest Hills Activity Centre (Phoebe Gilman Public School)

October 14 to October 21 (excluding the weekend)

Monday to Friday from 9 a.m. to 4 p.m.

- Civic Centre Front Hall Kiosk

For all EG election information visit eastgwillimbury.ca/egvote2014

ARE YOU ON THE VOTERS' LIST?

**The voters' list is a list of
eligible electors in the Town
of East Gwillimbury.**

Ensure your name is on the list by:

- **Visiting the Town website at:
www.eastgwillimbury.ca/egvote2014**
- **Calling the Town at:
905-478-4283 ext. 3821 or 3855**

*Being on the voters' list ensures you will receive the
Voter Information Card (VIC) that tells you when and
where to vote.*



WHAT YOU NEED TO KNOW ABOUT PROXY VOTING



WHAT IS A PROXY VOTE?

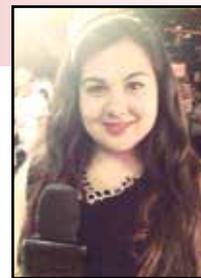
You can vote by Proxy if you are unable to vote during the Advance Vote or on Voting Day. A Proxy Vote allows a qualified voter who is on the Voters' List to appoint another qualified voter who is on the Voters' List in the same municipality to vote on their behalf.

HOW DO I ARRANGE FOR PROXY VOTING?

The person you appoint to act as your voting proxy must complete their portion of the Appointment of Voting Proxy form and present it in person, with the original ID of both parties, to the Clerk's Office at 19000 Leslie Street.

The form must be certified by the Clerk's Office and taken to the voting place of the appointed voter. The Clerk's Office is open Monday to Friday, 8:30 a.m. to 4:30 p.m. to receive and certify the Appointment of Voting Proxy forms.

**Proxy forms can be submitted from
September 15 to October 27.
Forms can be found at
www.eastgwillimbury.ca/egvote2014**



Change can be easy or hard

September is a month of new beginnings. A month of fresh starts, clean slates, blank canvases. A month of transitions, transformations, innovations. A month of change. Whether you're moving into a new neighbourhood, starting a new job, or graduating from elementary school to high school. Whether you're setting new goals for yourself, like eating healthier, spending more time with your family or trying something new. Whether you're leaving a bad past behind and becoming a more positive individual. Whatever your definition, whatever your justification, whatever your understanding, change is something we all go through at one time or another. It could be a small change like a new haircut, dressing differently or switching up your workout routine. Or it could be a major life adjustment like starting university or college, going through a break up, taking a big risk at something. In life, sometimes there are things that don't work for us, and at first we may be afraid to let go or branch away. Sometimes change scares us and holds us back from doing what is important. We may fear it, we may dread it, we may worry about it, but past all of the anxieties and doubts, it's what we need to bring ourselves ultimate happiness.



Sometimes, you don't change at all, but things and people change around you. It's hard, life gets hard. You may have to learn to adjust and adapt to what's different and unusual. You may have to change your mindset and your way of thinking. You may have to let go completely. Change can be one of the easiest things or one of the hardest things you ever do. It may involve taking risks, falling short, or feeling defeated. It may involve a long and tough road of emotional healing. It may involve a great amount of determination, strength and patience. You may feel like the pain and heartache isn't worth it. You may think all of your hard work will be for nothing. Though, sometimes in order to see a rainbow, you must experience a storm.

September is a month of change. In a literal sense, it's full of changes like the start of a new season and school year, but it's also an opportunity for new beginnings.

Take that volunteer position even if none of your friends are doing it. Join a new team you think you won't be good at. Talk to someone you've always wanted to talk to. If you are always fearful of the outcome of things, you'll never experience life. Sure you may fail, sure you may not like something, but you'll never reach that realization unless you push yourself.

We must realize for ourselves that change could be the answer that we are looking for. If you don't like the path you are taking, change directions, because if you don't, you'll end up at that destination before you have a chance to realize it.

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

Teen Advisory Board



- Have a voice for teens and kids at the East Gwillimbury Public Library
 - Gain leadership and team work skills
 - Earn community service hours
 - Meet other teens with similar interests

Holland Landing Branch: September 9 from 7–8 pm
Mount Albert Branch: September 10 from 7 –8 pm

Did You Know?

All you-can-read eBooks, digital magazines, and online research tools are available for FREE 24/7 at www.egpl.ca





Holland Landing: 19513 Yonge St. 905-836-6492
Mount Albert: 19300 Centre St. 905-473-2472
www.egpl.ca info@egpl.ca



Is Your Property Move-in Ready?

Last month I was working with clients in Newmarket preparing their property for sale.

They lived in the house for quite a few years and understood that some changes would need to be done before listing their property.

The one comment I received was that if they did any work to the house, would they see a return on their investment when they sold their property? Statistics show that staging and improving your property for sale can deliver an over 500% return on your investment.

After the two hour staging consultation, I provided a report with recommendations that would have a higher emotional impact on the buyer and subsequently increase the equity in their property.

The “to do” list included changing the carpet in the living room and dining room to hardwood flooring, painting some of the primary rooms, changing some of the window treatments, replacing some of the

lights and fixing the front walkway.

First, I prioritized the recommendations by taking the client’s budget into consideration. Second, I provided a list of my contractors that I trust that would get the job done well and within our three week window.

The agent in this case was pleased to see all of the improvements and ultimately increased the sale price after all the work was completed.

Once the property went on the market, it sold within the first day for \$25,000 over the asking price. Our clients were very pleased with the results; the amazing job Anita Kotsovos and Ester DeMedeiros of ReMax Omega Realty did with the marketing and sale of the property and the workmanship of all the contractors made this a huge success.

Having a competent team assisting in the sale of your home is very important and will ensure you maximize your return on investment.



ABOVE: Before

RIGHT: After



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. Come and see her at the East Gwillimbury Chamber of Commerce Home and Lifestyle Show, September 6-7.



Weaving Words

Festival of Stories returns to Sharon Temple

An intricate tapestry of stories, images, music and dance will be woven at Sharon Temple Sept. 28. WEAVING WORDS, a Festival of Stories, celebrates myriad story-telling forms – stories both oral and written, stories in photos, stories in song and stories in dance. A drum circle starts the day at 11 a.m. and until 4:30 p.m., on four separate stages, including the magnificent Temple itself, musicians, dancers, writers and story tellers will entertain.

Highlighting the day will be award-winning author Terry Fallis, reading from his recent book and sharing hilarious tales of how it came to be written. Other contributors to this year's festival are noted Canadian folk singers David Newland and Jon Brooks, both boasting vast repertoires of Canadian story-songs. Freshwater Trade, a Celtic singing and fiddling group, offer vintage shanties and logging camp songs. Authors reading their own works include Janet Matthews who writes and edits Chicken Soup for the Soul books; Jim Scott, whose stories and verses recount a life of travel and adventure; Isobel Warren, whose first novel, after half a century of journalism, depicts the tragedies and triumphs of rural Canada a century ago.

Story tellers include Rubena Sinha reflecting South Asian myth and dance, Zolt Goatfield whose Hungarian roots inspire his stories, Noriko Yamamoto, a mime, dancer, silent storyteller and visual artist, June Brown, who uses chants, music and dance to recount legends, fairy tales and folk tales, Anna Kerz, author of three award-winning books for young readers, Donna Dudinsky, specializing in folk and fairy tales from around the world, and Bruce Carmody, who tell tales of history in churches, museums and festivals across the land.

A wide range of vendors will offer unique merchandise, much of it hand-made and locally produced. The Writers' Community of York Region's roster of published authors will showcase their recent books.

Admission to Weaving Words is free.

Sharon Temple, on Leslie Street, about 10 minutes north of Newmarket, is a stunning three-story structure, built by the Children of Peace, a community of former Quakers whose peaceable society initiated Canada's first farmers' co-operative, first homeless shelter and first brass band, amongst a lengthy list of social and political innovations. Completed in 1832 and restored in 2011, it is the glowing centrepiece of the Sharon Temple National Historic Site, which encompasses nine historic buildings in a park-like setting.

Sharon Temple National Historic Site and Museum
18974 Leslie St, East Gwillimbury, ON L0G 1V0 (905)
478-2389 • www.weavingwords.ca

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Games



Songs



Bible Story



Free Hot Meal

4 fascinating reasons why music can enrich your life

Year after year, scientific research makes clear the benefits of music in people's lives. Whether it's our mood or our overall state of mind, music is an enriching addition to the listener's life, and with such a variety of music genres available, we can all benefit from the powerful attributes of listening to song. Here are just four examples:

1. It's all in your head. Music is to the brain as physical exercise is to the human body. Listen to a song to help tone your brain for auditory fitness. It will help keep your hearing sharp and your mind focused.

2. Move it or lose it. Listening to music while exercising measurably improves physical performance.

Popping on headphones during your time at the gym will help your concentration and keep you energized for a longer, more effective work out.

3. Try a concert cure. Attending a live music event is recognized as a powerful bonding experience, creating a unique link between the artists and attendees. If this inspires you, TD Music brings live music experiences to Canadians throughout the year. Check out www.tdlive-music.com for a concert near you.

4. Calm one, calm all. The medical industry uses music as therapy for patients with both physical and mental ailments, helping to lower stress levels and calm their state of mind. If you feel overwhelmed, play a song that's comforting to you to help ease nervousness or anxiety.

- Source: *NewsCanada.com*

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The TD Music Café in Toronto gathered eager Tegan and Sara fans for an outdoor live music experience.

Re-Elect Marlene JOHNSTON

What is important to YOU in this election? If I have not yet knocked on your door, and you have a concern you would like to share, call me. I am always available to hear your views. (905) 830-1314 - marlenejohnston@rogers.com

www.marlenejohnston.ca

1234marlene



Back to School – Backpack Safety Tips

It's back to school time for all the young scholars and with it comes the daily ritual of lugging school supplies around in a backpack. You may not realize it but ill fitting backpacks can put a significant amount of stress on your child's body.

The long-term stress of wearing a poorly designed and/or excessively heavy backpack can lead to a back aches, neck stiffness, burning shoulders, headaches, tingling in the arms/hands, fatigued muscles and a stooped posture. These aches and pains can be a major distraction to your child's focus in the school room, hamper their enjoyment of everyday childhood activities and increase the likelihood of future back problems later in life.

When you consider that more than 50% of Canadian youth will experience at least one back or neck pain episode within their school years it makes sense to take steps to minimize the strain associated with this day to day practice. Here are some guidelines from the Ontario Chiropractic Association for loading up and wearing a backpack comfortably and safely.

Loading a Backpack

Your child's backpack should not exceed 15% of their body weight. Many parents are shocked to discover just how heavy their child's backpack truly is. To calculate how much the pack weighs have your child stand on a weigh scale with and without the pack on and subtract the difference.

Load the heaviest items closest to your child's back. Pack the bumpy or sharp edged items furthest away from the back. Arrange the school gear so it won't shift and slide as they walk.

On heavy backpack load days have your child hand carry a heavy book or item.

Pack up the bag on a table or ledge that is waist high as opposed to leaning forward over a pack on the floor.

Wearing the Backpack

Always use the two straps to spread out the weight evenly. Carrying a heavy load with one strap can lead to unwanted curvatures and abnormalities in the developing spine and musculature.

Make sure the straps are well padded (2 inches wide) to protect the blood vessels and nerves in the neck and shoulder region. Prolonged pressure in these areas can lead to pain and tingling in the neck, arms and hands.

Adjust the straps so that pack fits snugly against your child's back. You should be able to slide one hand between the pack and your child's back. Loose packs can pull your child back causing muscle strains.

The back of the pack should never rest more than 4 inches below the waist line.

Wearing a waist strap can take as much as 50 – 70% of the weight off the shoulders and spine helping to distribute the weight more evenly.

Teach your child to put on their backpack properly. Place the pack on a table and do up both straps before moving as opposed to twisting and reaching back or swinging the pack around the shoulder.

It is important to be aware of your child's daily burden because it could be detracting from their school experience. If they complain of back pain, headaches, numbness or weakness in their arms seek help to ease their discomfort and prevent future problems.

Chad Morton, DC is a chiropractor and owner of the Mount Albert Chiropractic & Wellness Centre. Dr. Chad has been serving East Gwillimbury for over 10 years, enriching the community's quality of life one spine at a time.

It's time to plan for the 2015 East Gwillimbury Women's Show!

APRIL 25, 2015

The East Gwillimbury Women's Show is a home show that focuses specifically on women. The women attending enjoy an afternoon of samples and connecting with local businesses.

All proceeds from the event will be directed to the Southlake Hospital Regional Cancer Center. To date over \$42,000 has been raised for Southlake from the past 4 shows.

The show is held at the Holland Landing Community Center (19513 Yonge Street, Holland Landing, ON, L9N 1L8) from 10am until 4pm.

Vendor spaces are now available. For more information or to book your vendor space, please call (905) 953-8980 or email egwomensshow@gmail.com.

www.egwomensshow.com



Don't stop now!

If you think exercising is just about looking good in your summer clothes, think again! As the summer draws to a close some of us start putting those workout goals on the back burner thinking "I will get in great shape next summer, it's too late now". Too late for what?? We start to lose our motivation when those sunny days start getting shorter and cool mornings and evenings signal that colder weather is right around the corner. The fact that we soon won't be showing as much skin is certainly no reason to forget about fitness though! To help you get over that "I'll get to it next year" attitude, here are my top 5 reasons for staying in great shape all year round....and I bet it's not what you think!

1. Reduce your stress level. High stress levels have been linked to heart disease, stroke and high blood pressure, all major health risks! It also tends to magnify negative feelings, mess with our sleep patterns, cause unwanted weight gain and generally makes us not so nice to be around! Exercise can drastically decrease stress hormones like cortisol and increase endorphins, your body's "feel-good" chemicals, giving your mood a natural, drug-free boost. (This is what's commonly called a "runner's high"). In fact, regular exercise is one of the best possible ways to reduce your stress level and feel better! (For another stress reducer, see #5.) The reaction isn't just chemical though; physically getting your mind off of a stressful situation and changing the scenery (going outside, to the gym or to a class...) can instantly reduce your stress level and make you feel better.

2. Reduce the risk of developing more than a dozen different physical

and mental diseases! Heart disease, Diabetes, Depression and Stroke tend to spring to mind right away, but regular exercise can also reduce your risk of diseases like Arthritis, Alzheimer's, Cancer and Dementia. (Bet you never considered that exercise also promoted better mental health!) And it doesn't take much either; studies show that as little as 20 minutes of intense exercise 3 times a week or 30 minutes of moderate exercise 5 times a week is enough to show significant health benefits!

3. Be a better role model. Kids learn so much from us; how to tie their shoes, how to brush their teeth, how to manage homework.... how to eat junk food and sit on the couch. Yup, your bad habits could be teaching your kids a lesson you don't want them to learn! Rates of childhood obesity are rising faster now than ever before. A recent study has showed that our children will have shorter life spans and suffer from more diseases than us if they don't change their habits now. Get active with your kids after school and get them to help you prepare healthy meals in the kitchen with you. Showing them, instead of telling them how to live healthy is a great way to be a fabulous role model and keep your kids healthy!

4. Sleep better! The relationship between sleep and exercise is far more complicated than people think. Many of us don't exercise regularly because we are just too tired, but did you know that regular exercise promotes healthier sleep patterns? You heard that right, regular exercise equals better sleep! Exercise can actually help you sleep sounder and feel more alert throughout the day.

Follow the "regular exercise" guidelines mentioned in point #2 and you will be sleeping better before you know it. One word of caution here though - DO NOT sacrifice sleep JUST to get more exercise in, that won't help!

5. Feel sexier! If all the reasons listed above aren't enough to make you want to hop off the couch, what about improving your love life and feeling sexier?? You already know why exercise is so important for your health, but what you may not know is that studies have found a direct correlation between physical inactivity and a lack of libido. Regular exercise boosts libido, stamina and overall feelings of well being which translate into a healthier love life. Now that's a great reason to get moving!

I really hope this helps you look at exercise just a little bit differently and perhaps gives you some renewed motivation. It's not all about esthetics, it's about improved health and quality of life! Remember, be fit, eat well, live life!

Kim Mortson is the owner of Body Design. Kim is a certified Personal Trainer, Nutrition & Wellness Specialist, Older Adult Fitness Pro Trainer and Cancer Exercise Specialist. Body Design offers personal training, nutrition and group fitness classes to assist individuals achieve their fitness and weight loss goals. www.bodydesign.ca

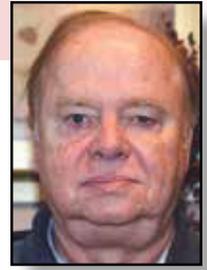
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Stress and School

A new school year is exciting. There's that wonderful feeling of making a fresh start, catching up with old friends, and making progress by moving up a grade. But there's no denying that it can be stressful too. This is the case no matter what the age from JK to University and College. This stress can go from one extreme to the other. But let's face it; all children go through stress in some form or another. Parents can play a big part in alleviating some of the stress. Teachers also play an important role in helping their students cope. Poor children, the very fact that they have to study more advanced material makes them worry about whether they will do OK. Too high expectations on a child can be devastating. This can come from the parents or the child themselves. It is important for parents to know their child and be able to communicate with them about this important issue. Children must feel comfortable in talking to their parents about school and its stressors.

Homework is not the only issue for children and for older teens at university and college. Many of them worry about social issues like fitting in, having friends, being judged or being teased. These factors cover all age groups. Since social life is such a big part of school, it is not a shock that social issues are the biggest worry for some people. Besides schoolwork and social issues another category ranked high on the worry list is appearance. For some school-age people this is their

biggest worry. Most children are happy about going back to school as summer has dragged on too long. But the stress about reputation, teasing, failing and being looked at as a nerd are very strong.

How to cope with stress – lots of school-age people are too hard on themselves, but the fact is worrying just adds to the pressure. It's important for them to keep their work in perspective and to act on it.

Some important coping mechanisms include better time management. It is important to keep chatting with friends online to a minimum on a school night and spend that time getting down to work. One step would be to come home, take a quick break, and then start on the work straight away. Procrastination only brings frustration. An important tip would be to start projects the day they are issued. Finding time for everything is a challenge. Schoolwork, social life, and extracurricular activities have to be balanced and kept in proper perspective. Parents can play a big role in helping their children to keep that balance.

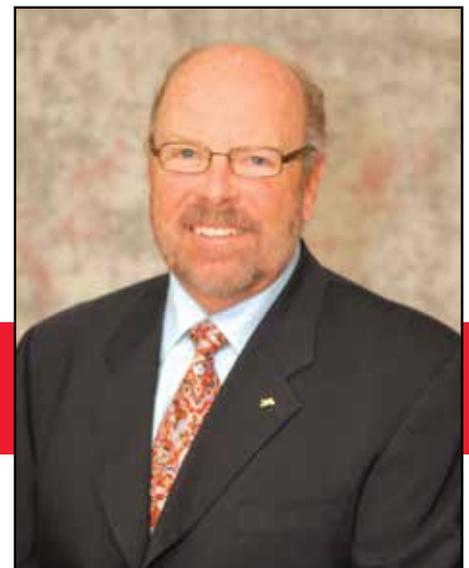
Children have to know that if they work hard and lean on their parents for lots of support there's a good chance of success. Relying on other people for support and advice can help balance all the pressures school can bring. This is where teachers also play an important role. Teachers can be a big help in minimizing the

Continued on Page 33.

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29 Years Ago in East Gwillimbury - Part 2

It's still 1985.

As an 11-year-old kid, one of my favourite television shows was Kids Incorporated on Saturday mornings.

Two years later, I was devastated when Kids Incorporated moved to The Disney Channel and we didn't get that network in Canada. If that were the case here in 2014, we could have watched it online or got a bootleg copy. But in 1985, we didn't even have a VCR, so me, being crafty, sat in front of the TV with a tape player recording each episode on audio cassette.

Unfortunately, Kids Incorporated has never been released on DVD or VHS due to the sheer volume of copyright material they performed. If you feel so inclined, you can watch many of the performances from the show on YouTube. In 1985 would we have ever dreamed where technology would go over the course of



the next 29 years?

Oh, and even if you weren't a fan of Kids Incorporated in the 1980s, you'll recognize at least some of the stars of the show that went on to much bigger and better things: Stacy Ferguson morphed in 'Fergie' from The Black-Eyed Peas fame. Jennifer Love Hewitt found success in movies and television roles. Mario Lopez graduated to Saved by the Bell and movie roles.

Here's what was going on in East Gwillimbury at that time:

- A movie filmed at the Sharon Temple was shown in Toronto at the Festival of Festivals. The film titled "Samuel Lount" told the story of the Holland Landing blacksmith who was hanged for treason after taking part in the 1837 rebellion.
- The on-again/off-again stag parties at the Sharon Hall were back on again, at least temporarily. Due

to misuse of the hall by stag groups in the past, Council decided to ban its use for the rowdy parties. They reversed their decision and put in place a higher deposit fee for stag rentals and strict rules for rental. In the past, damage had been done to the hall and neighbours had filed noise complaints.

And now, to sort out some misinformation that I included in the August issue about a piece of property that was planned to be used for a grocery store development. I reported that Gladys Rolling owned the parcel of land and was planning to sell it to the developer for a food plaza with a liquor store. That part was all true. But what I didn't know is that the original plan for Gladys' land fell through at some point after 1985. In fact, the Foodland was NOT built in the original location that Gladys had proposed - it was, instead, built just down the road a bit.

Larry Kuzoff emailed me to clear up the confusion. The property on Hwy 48 where Foodland now sits was originally owned by Murray Crone, who had the Mount Albert Bakery. There was also a fish & chip wagon there called Lin's Fish and Chips. The property was purchased by Oshawa Foods, who planned to put in a strip mall and grocery store. Oshawa Foods was purchased by Sobey's and the plaza idea was scrapped. They shut down the bakery and the fish & chip shop and eventually bulldozed the building 6 years later.

You may know the grocery store as Foodland, but earlier it was a Sobey's and an IGA.

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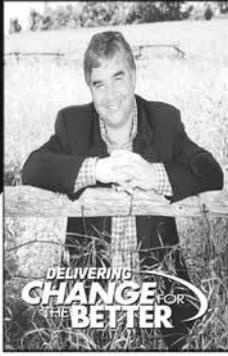
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Kuzoff owned the fish & chip shop and then bought the bakery and turned it into Mt. Albert Bakery and Pizzeria. He says that Murray Crone taught him how to make donuts, which were a big seller in those days. Lots of trucks stopped in for breakfast and lunch.

In its heyday, the bakery employed between 14-19 local students and full time people and was well-known for its pizza, fish and chips, butter tarts, fruit pies, and a large selection of breads.

So what became of Gladys Rolling's plan for the plaza to be developed on her parcel of land closer to Mount Albert Road? No one seems to quite remember why or when the deal fell through. We'll delve into this a bit more in a future Bulletin.

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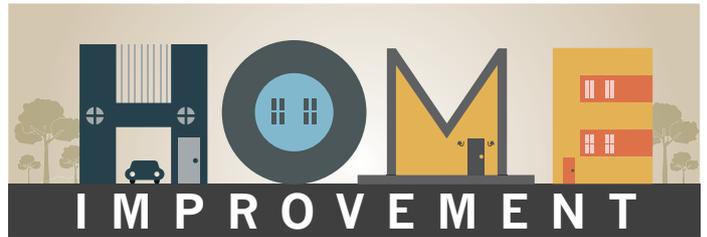
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Pastels continue to be on trend this fall

The soft hues of pastels are still hot on the fashion runways – and they are also trendy on the home décor scene. Showing no signs of slowing down, pastels are the perfect way to bring brightness and personality into your home.

“Today’s pastels act as neutral colours,” says Sharon Grech, a colour and design expert with Benjamin Moore. “Homeowners look for the subtle sophistication that neutrals provide, and pastels are the perfect solution since they add a relaxed ambiance to the home. Sweet pastels also offer a welcome change from the traditional neutrals of white and beige.”

Here are a few of the current designer techniques for adding pastels in the home:

Monochromatic colours contribute balance.

This palette is where one single colour is used in a room, one of varying saturations, tones and tints. It gives balance to a room and creates a peaceful, calming effect that allows the features of your home to be appreciated.

One designer trick to add visual interest is to vary the paint finishes. Try an eggshell finish for high-traffic areas like the kitchen. It adds a subtle glow and depth that helps bring the room to life. For the hallway, a pearl or semi-gloss finish is a chic choice for brightening a space with reflecting light.

Try colour blocking.

This technique combines at least two different hues

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in large blocks or sections on a given surface. While the fashion scene does this well, it is inside the home that 'colour blocked' pastel colours really shine. "The most approachable way to apply this technique is to choose colours within the same family," Grech explains. As pictured, the colour, Mt. Rainer Gray 2129-60, is used on the kitchen walls against Breath of Fresh Air 806 on the hallway walls.

Although the differences are subtle, slight variances create a layered effect that adds dimension and gives the kitchen new life.

More information is available at www.BenjaminMoore.ca.

- Source: *NewsCanada.com*



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The Holland Landing branch of the East Gwillimbury Library recently hosted a farewell-to-summer ice cream party.



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Gardeners in East Gwillimbury looking forward to fall colours



Have you noticed that some trees have begun to change colour? The summer is slowly ebbing into fall. I look forward to seeing the fall colours but I am not ready to put my flowers to bed for the winter yet. The garden centres have lots of good choices for fall planting. If you are going to move or plant a peony this is the time to do that. Iris also need dividing at this time of the year. Bulbs will be available soon for next year's spring displays.

This past week the East Gwillimbury Gardeners held its Celebration of Gardens, Annual Flower Show and Silent Auction. The Celebration was a chance to meet the winners of the East Gwillimbury in Blooms, give out OHA Volunteer Service Pins and OHA Youth Service Certificate.

Rachel Hill received the OHA Youth Service Certificate to show our appreciation and thanks for volunteering to weed and plant in the Holland Landing Library Literacy Garden. She has adopted one of the beds in the garden that we call informally "Rachel's Bed" that she gives special attention to. She and her

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Grandmother, Anne Hill, can be found in the garden often, weeding and deadheading the plants to keep them looking their best. The Town of East Gwillimbury supplied the garden with a fresh application of mulch to keep the weeds down and the moisture in. It is important to interest the younger ones to develop a love of gardening. Volunteers have also been planting and cleaning up the Literacy Garden after a slow start in spring. Our photo for this month was some of the entries for the Annual Flower Show.

Several members received an Ontario Horticultural Association pin for their years of volunteer service to the Society. Those members are Inge Ruoff, Lorna Wong, Christine Owen, Ellen Power and Janice Baker.

A delicious table of goodies and refreshments was provided by the Mt. Albert United Church Women. Al Leslie entertained us with good music from his keyboard. The Silent Auction had a wide variety of donations. Thanks to all who took home a little something.

On Tuesday, September 16th the speaker for the evening will be Sarah Nixon who will talk about "My Luscious Backyard". There will be the September Flower Show and Annual Baking Contest. This year we ask our members to bake using the ingredient Zucchini. We will be able to sample a little of the entries after the judging. The Junior Gardeners group which has been on summer vacation will begin again September 16 at 7pm. Their program will have a harvest theme.

East Gwillimbury Gardeners meet the third Tuesday of each month from February through to November at the Mt. Albert Community Hall on Main Street in Mt. Albert. Meeting time is 7:30pm. Refreshments are served. We hope that you will lug your mug. Come check us out.

For more information on any of our programs please contact Valerie at (905)853-7126 or visit our website at www.gardenontario.org/site/php/mtalbert or email us at mtalbert@gardenontario.org. Be sure to check out our Facebook page at www.facebook.com/eastgwillimburygardeners.

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

Continued from Page 27.

stress and helping their students to be enthusiastic. Parents can encourage their children to ask for help, which will result in them feeling more relaxed and more normal so now it doesn't matter as much as it did. Balancing school with life's other demands means staying healthy. They have to eat well, get plenty of exercise, and lots of sleep so they will be primed to succeed.

When it comes to the social scene, making new friends is one of the biggest worries people mention. It is stressful when friends are in a different class, or even a different school. In this situation the first day of school can be very stressful. Students have to be encouraged to talk more. Parents should tell their children not to worry about being awkward because others are too. Lots of people are good at being cool, but they also may be insecure. Finding a safe, welcoming group is a good foundation for dealing with the ups and downs of school. It is important for students to have their own little or big group that they can hang out with. Advice for them would be to find someone who will really be their friend. Often, someone with the social image may be mean and of no advantage to them. It is important to be nice to everyone because you never know who you may need help from in the future. Being nice to mean friends that are always stressing you out is very confusing for them. Who knows who may end up being your friend? Using kindness to stop meanness in its tracks is one good way to deal with it. Another strategy for coping with rude people is to just ignore them. This may drive them crazy when you don't act or seem like you care about anything they have to say.

Remember parents, communicate with your children and try to understand where they are in relation to school. Despite the stress, children will get through school and feel successful in whatever is right for them.

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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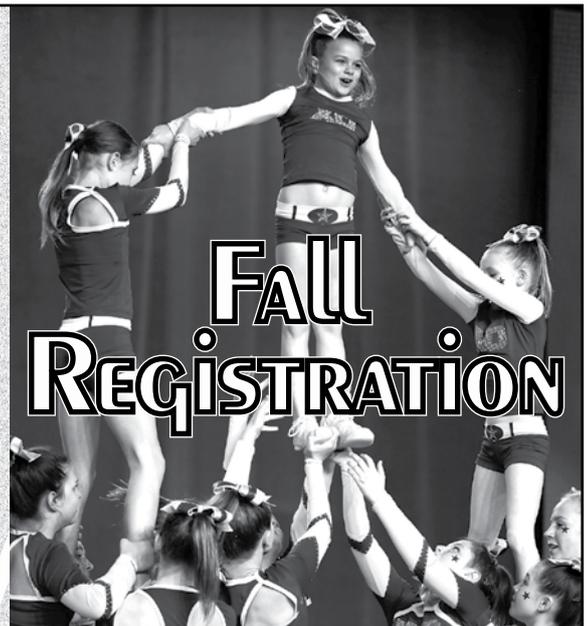
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SkyRider 1985-2014

A favourite Canada's Wonderland rollercoaster is retired

By Blair Matthews

In 1985, Canada's Wonderland debuted a thrilling new ride it called SkyRider - the first stand-up rollercoaster of its kind built in Canada. Now, 29 years and 23 million riders later, SkyRider is being retired.

For decades thrill-seekers strapped themselves into this rollercoaster in a stand-up position and embraced the 1 minute 32 second ride through twists, turns, and a loop.

Dave Phillips, Wonderland's vice-president of marketing and sales recently told Metro News that, "It's a big history piece. I've been hearing stories — couples have met in the queue line on this ride and got married. Over 29 years, it's shared a lot of memories."

So why tear down an icon? Norm Pirtovshek, General Manager at Canada's Wonderland, explains: "As the park evolves each year, we continue to focus on future park enhancements that will provide our guests with innovative entertainment and leisure experiences. To accommodate these enhancements, we need to make difficult decisions when considering redevelopment of the land for an improved guest experience in future years."

SkyRider will be dismantled after September 1st, but it will live on - parts of the ride are being shipped to the National Roller Coaster Museum in Arlington, Texas, where it will be put on display.



Sweet Potato & Zucchini Bread

This recipe is a favourite from my new cookbook, *The Kitchen Table Cookbook*. Not only does the book contain weekday breakfasts and weekend brunches, there are recipes for almost any time of the day and occasion.

These breakfast loaves are just the thing for this time of the year – zucchini, sweet potatoes and a generous amount of cinnamon come together in a quick bread that's super moist and pretty much irresistible. This recipe makes two loaves, one to eat right away and one to freeze for later. September is still a great time to be out camping or going to the cottage so why not make this bread ahead of time and take it with you? Serve with a hot cup of coffee and your favourite view.

Sweet Potato & Zucchini Bread
Makes 2 loaves.

3 cups (750 mL) all-purpose flour
2 tsp (10 mL) baking soda
1 tsp (5 mL) baking powder
½ tsp (2 mL) fine sea salt
1 Tbsp (15 mL) ground cinnamon
1 tsp (5 mL) ground mace
½ tsp (2 mL) fine sea salt
2 cups (500 mL) brown sugar
1 cup (250 mL) vegetable oil
3 eggs
1 Tbsp (15 mL) pure vanilla extract
2 cups (500 mL) grated zucchini
1 ½ cups (375 mL) cooked and mashed sweet potatoes



Preheat the oven to 350°F. Grease and flour two 8x4-inch (1.5 L) loaf pans.

Stir together the flour, baking soda, baking powder, salt, cinnamon, and mace in a medium-sized bowl. Set aside. Beat the sugar, oil, eggs, and vanilla in the bowl of a stand mixer fitted with the paddle attachment about 1 minute.

Add the dry ingredients to the egg mixture and beat until just combined. Fold the zucchini and mashed sweet potatoes into the batter with a rubber spatula just until combined.

Divide the batter evenly into the prepared pans. Bake for about 50 minutes or until a toothpick inserted into the centre of the loaf comes out clean.

Set the pans on a baking rack to cool. Once cool, remove the zucchini bread from the pans.

Slice and serve.

The loaves will keep for 5 days at room temperature if covered in plastic wrap. To freeze the loaves, wrap in plastic wrap and place in a resealable plastic bag, and store in the freezer for up to 6 months.

Remove the loaves from the pans. Serve immediately or wrap in two layers of plastic wrap and freeze for up to 6 months.

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



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Through the Hayes

My name is John Hayes, and my wife, Julia, and I own and operate Blackwater Golf on Highway #48. Can you believe it is September already and another summer is just about over. Boy, that went fast.

As my thoughts turn to the fall, I realize that it is nearly time for the next municipal election. It's shaping up to be an interesting race for the future mayoral position now that the long time popular councilor Cathy Morton has announced that she will be challenging the incumbent Virginia Hackson. It's no secret that our local council hasn't always been on the same page with their visions for the future of East Gwillimbury. I suspect that the choice of direction will come down to whether we want to control our own destiny or to abdicate our rights to the local development industry. I, for what it's worth, have always believed that the Council should be there for the benefit of the tax paying residents.

So here are some questions that I am asking myself. Will growth really pay for growth? Will the number of Town staff keep increasing and is this truly necessary? Does the Town intend to spend more taxpayers' money on the property next to City Hall? Are people going to be royally ticked off by the congestion caused by the sewer pipe installation on the 2nd concession? Finally, and most importantly – will our populace actually get out and vote? Only 38 per cent did last time. Just remember, complacency will always cost us in the end.....

A few readers of my monthly rant have actually contacted me about pesticide use and how they can get away from the commercial poisons currently being sold. So – if you want to get rid of grubs in your lawn, it's as simple as this: Mow the lawn, rake the thatch, mix a super weak solution of phosphorous free biodegradable soap (so it just starts to foam) in clean water. Spray onto your lawn and water it in. Alternatively, just go to the store, spend an outrageous amount on a neonicotid pesticide, kill everything including the honey bees and beneficial insects, compromise your health and well-being and pollute your environment. As you can guess, this isn't my first choice.

Got weeds in your driveway or patio? What you gonna do? Well, I might suggest you mix one gallon of white vinegar, one cup (8 oz) of Epsom salt and a couple of tablespoons of biodegradable dishwashing soap. Spray on the grass/weeds. Yep, it will smell like you have just dropped your fish and chips for a day – but believe me – it works. Just don't get it on anything you don't want to kill. Alternatively, just dump a bunch of coin on Round Up (glyphosate) – Look it up!! Uh huh, it's not good for you or your kids.....

Anyway, you get the idea. I hope that answers the letters and enquiries I get from my reader (readers?) – Thanks Mom.....

My final rant is about what is happening in Toledo, Ohio (home of baseball's Mud Hens). Evidently, they haven't been watching the amount of fertilizer that's been running off of the farms or the phosphorous from their sewerage plants. This summer, in early August, a city of 400,000 people could not drink their water. The algae in Lake Erie was so intense it produced a "microcystin toxin" which would make people and pets severely sick. They couldn't even boil the water to make it safe. Bottled water had to be brought in on a daily basis. People – this must serve as a wake-up call to what we are doing to the water supply of the cities surrounding Lake Simcoe. The phosphorous and pesticides that we are pumping into this lake will eventually have a cost. Our new "water treatment plant" will only make matters worse. The engineers use "teckno-babble" to confound us, but the bottom line is that even with using another community's phosphorous "credits", the net amount of pollution will increase.

Darn, or stronger, I'm at my word limit and I haven't even touched on PEI potatoes (whose pesticide use has increased 500% in the last decade); the river kills off fish on a yearly basis; GM (genetically modified) food (81 different food basics have been approved in Canada). Yikes! Corn, potatoes, canola oil, rice and more. Is it any wonder that chronic diseases like obesity, diabetes, Crohn's and allergies are sky rocketing?

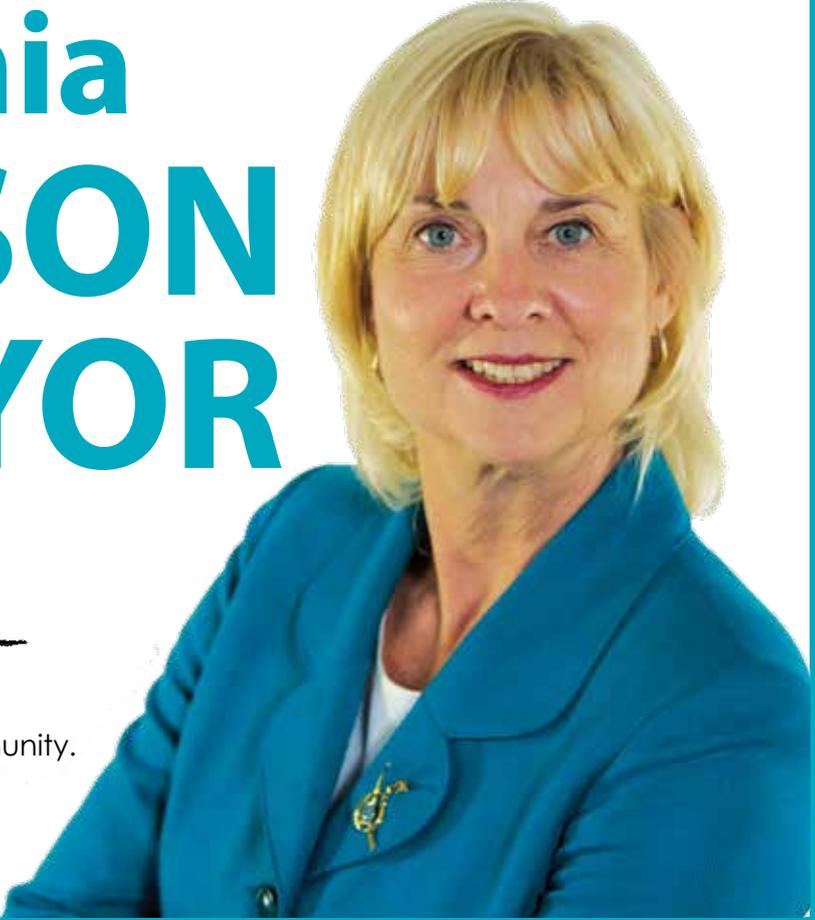
Well, that's all for now. See you next month with a list of the aspiring politicians and what they all say..... Please feel free to contact me at Blackwater Golf (905) 473-5110 or contact@blackwater-gc.ca.

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