

East Gwillimbury's

# Bulletin

MAGAZINE

Since 1998

September 2015, Vol. 17, No. 7

## Mount Albert Music Fest:

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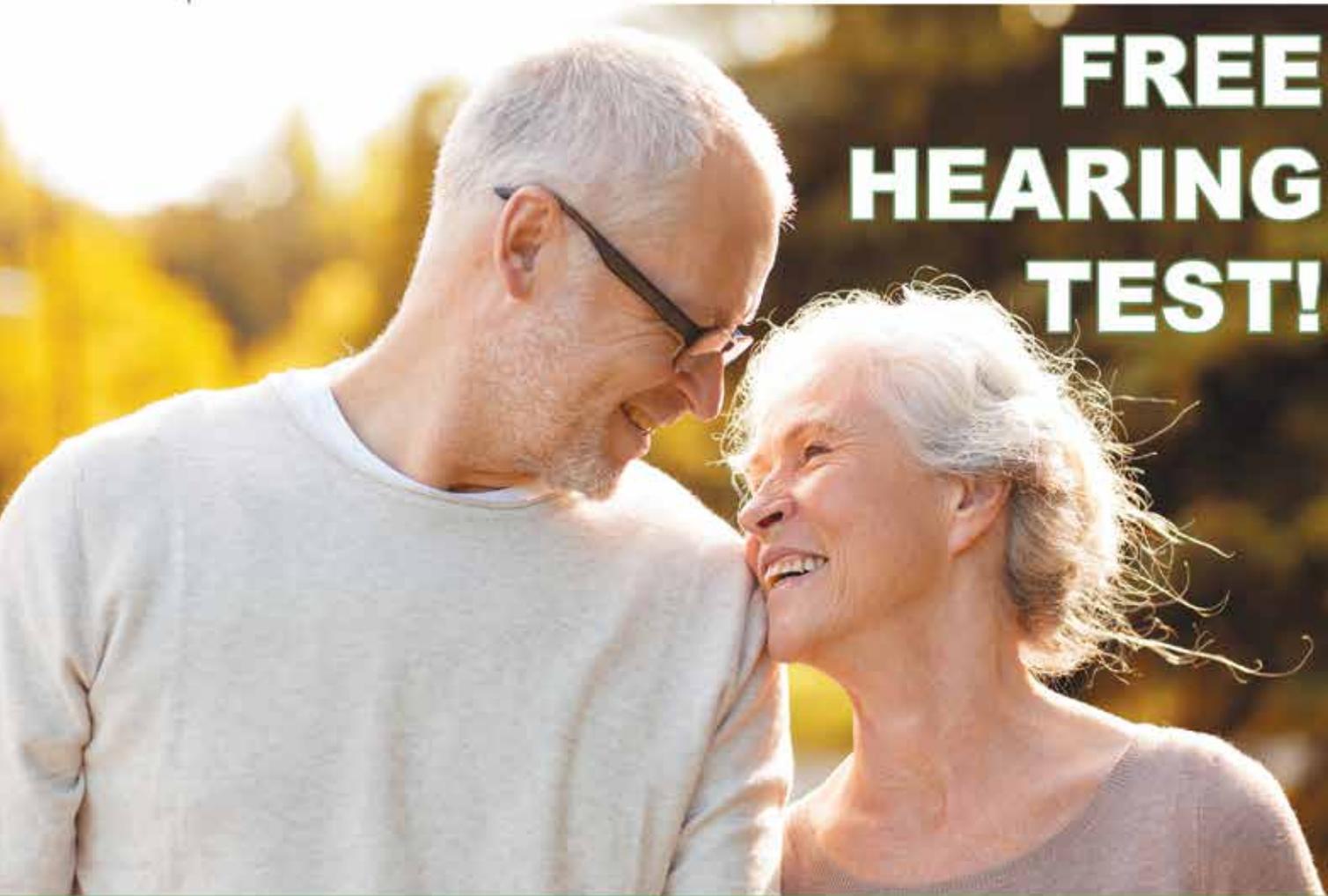
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# East Gwillimbury's Bulletin MAGAZINE Since 1998

www.TheBulletinMagazine.com

## Editor:

Blair Matthews

## Contributors:

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Vicki Pinkerton	Anne Hill
Raymond Mark	Alexandria Lipani
Susan Boyne-Bird	Allan McGillivray



## ON THE COVER:

The first Mount Albert Music Fest was held July 18 on Centre Street, Mount Albert. Lots of great local talent was featured on stage including Bethany McGillivray (and husband Lea, not pictured) along with 3-year-old amateur fiddler, Emma).

Published 10 times per year by:



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## Important Bulletin Deadlines:

Submission & Advertising deadline for October issue:

**September 25**

Bulletin delivered to residents: October 5

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# Community Happenings

## ONGOING EVENTS:

**Every Thursday Evening - Mount Albert Legion DARTS** beginning @ 7 pm; **Every Friday Evening - Mount Albert Legion SNOOKER** beginning @ 7 pm - 31 Princess Street

### Mount Albert Friendship Club for Seniors

Ross Family Complex/Seniors Meeting Room, First Tuesday of each month Bingo at 1pm; First Wednesday of each month Potluck Luncheon, General Meeting and Euchre from 12-4pm; Each Wednesday is Bid Euchre at 1 pm; Each Thursday is Shuffleboard from 6pm in the Gym. Each Friday night is Bid Euchre starting at 7pm. Call 905-473-3305 for more info.

### 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.

### Mount Albert Village Association Monthly Meeting

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

## SEPTEMBER:

### September 7

**Family Fun Day** - Live band, food, clown, balloons, games, face painting, bouncy castle. Come and enjoy Family Fun Day with the Holland Landing Lions Club. No Entrance Fee. East Gwillimbury Sports Complex. 11-4pm, Sharon.

**September 12-13 - 4th Annual East Gwillimbury Home & Lifestyle Show 2015** - Meet local vendors and share in fun for the whole family, bigger than ever! Free Admission. 1914B Mount Albert Rd., EG Sports Complex, Sharon. Sat. 10am-5pm, Sun. 10am-4pm, [www.eghomeshow.ca](http://www.eghomeshow.ca) 905.478.8447

### Annual Fall Festival -- Saturday, September 12th

St. James the Apostle will be hosting their annual Fall Festival at 18794 Leslie Street, Sharon from 8 a.m. - 1 p.m. The festival will include baking, produce, books, and garage sale items as well as a barbeque with bacon on a bun, hot dogs and more. New this year: face painting, petting zoo, bouncy castle, games & cotton candy!

### Bark For Life Newmarket - Sept. 12th from 10 am-12 noon

Bark For Life is a fun walk event for dogs and their owners to raise funds and awareness for the Canadian Cancer Society. Bark For Life will be supported through individual donations collected by registered event participants and their dog friends. Join us for a leash led walk as we fight back cancer with our four-legged loved ones. \$20.00 per participant. Tom Taylor Trail/ Nokiidaa Bike Trail, 465 Davis Dr. Newmarket (North Parking lot behind the Newmarket Tannery). [cancer.ca/barkforlifeneewmarket](http://cancer.ca/barkforlifeneewmarket)

**Golf Fore Hospice** - Wed. Sept 9th 2015 Registration 11:30 am Shotgun 1:00 pm Dinner 6:00 pm. Lake Simcoe Arms golf tournament in support of Hospice Georgina, at The Briars Golf Club on Wednesday September 9th, 2015. Free Breakfast Daily Space is limited to the first 25 paid teams. Enjoy 18 holes of golf (scramble), golf cart and a fabulous dinner at Lake Simcoe Arms, with a silent auction. For more details visits [www.hospicegeorgina.com](http://www.hospicegeorgina.com) or [www.lakesimcoearms.com](http://www.lakesimcoearms.com). Funds raised go to support the essential services provided by the Hospice Georgina. [www.hospicegeorgina.com](http://www.hospicegeorgina.com) \$135.00 golf/cart/dinner.

### September 13 - Mount Albert United Church

(Events and Service For Children)

**Rally Sunday & Grandparents Day**

Welcome back to Mount Albert United Church. Happy to an-



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nounce our new Sunday School program. Bible stories, crafts, songs and fun. 10:30am start. Everyone welcome.

**September 18 & 19 - Hoedown - presented by Magna** - For the past 26 years, the Hoedown has become a great Magna tradition – one that has also become a great community tradition and York Region's largest annual fundraiser. Fifteen local charities and community groups are recipients of this year's Hoedown proceeds. Please join us at this much-anticipated community celebration! JUST ANNOUNCED: The Jim Cuddy Band. For more information, visit [hoedown.ca](http://hoedown.ca).

**Mount Albert Legion Golf Tournament** - Saturday, September 26, 2015 (@ Mill Run Golf & Country Club). Tee off at noon. Sign up in pairs or a single player. \$80 per person. See ad on Page 8 of this issue for more details.

**6th Annual 'Beyond Abilities' Golf Tournament** - Saturday, September 26, 2015 11:30 am. Registration 12:30 pm. Tee Off Dinner to follow. \$200 per Golfer, Shawneeki Golf Club, 18543 Woodbine Avenue, East Gwillimbury. Beyond Abilities Centre - helping individuals with disabilities. Our mission is to build an integrated, multifunctional centre for individuals of all ages with disabilities, primarily for those with a physical disability. Proceeds go towards improving and expanding our programs & services, and the building of our NEW Centre in York Region. [BeyondAbilitiesCentre.ca](http://BeyondAbilitiesCentre.ca) / 905-478-2888.

## NOVEMBER:

**Nov. 5, 6 & 7**

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

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A Level 2 Training will take place Nov. 20, 21st.

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



@ Your East Gwillimbury Library

## September/October 2015 Events:

### **Giant Used Book Sale**

Hosted by the Library Board, the Giant Used Book Sale will take place in Holland Landing Saturday, October 24.

Book Sale Preview: Friday October 23, 7-8:30 pm. \$5/person or \$10/family

Book Sale and Birthday Bash: Saturday, October 24, 9am-4pm

Last Call Special (2-4 pm): Fill a bag for \$5

### **Ghost Stories Author Talk with Andrew Hind and Maria Da Silva.**

Free.

It's Halloween! Do you have a ghost story to tell? Join us for a presentation on the paranormal in Ontario by the co-authors of Ghosts of Niagara-on-the-Lake, Strange Events of Ontario, Ghost Stories of the War of 1812, and Ghost Stories of the First World War, among others  
Mount Albert: Saturday, October 31, 2-3 pm.

### **Dewey-Dare Scavenger Hunt**

All ages. Drop in. Free.

Dress up for a spooky hunt and trick or treat at the library!

Holland Landing: Saturday, October 31, 2-3 pm

### **Elizabeth Hay**

The Friends of the East Gwillimbury Library will host Canadian novelist and short story writer Elizabeth Hay who will introduce her new book *His Whole Life*. She won the Giller Prize for her novel *Late Nights on Air*. Her work has garnered many other accolades and awards including the Marion Engel award and nominations for the Governor General's award.

Civic Centre in Sharon (beside the Sharon Temple), Thursday November 19 at 7:30 pm

Tickets are \$10 (\$8 for members) and are available at the Holland Landing and Mount Albert branches starting in October.

### **Ontario Public Library Week**

Come in and join us as we celebrate Ontario Public Library Week! Share your favourite library memory on our Facebook page during the week and be entered to win a gift card to Chapters!

October 18-24, 2015

### **Comic Happenings Graphic Story Contest**

Join us at the Giant Used Book Sale and 40th Birthday Bash to view this year's entries and learn more about this new contest!

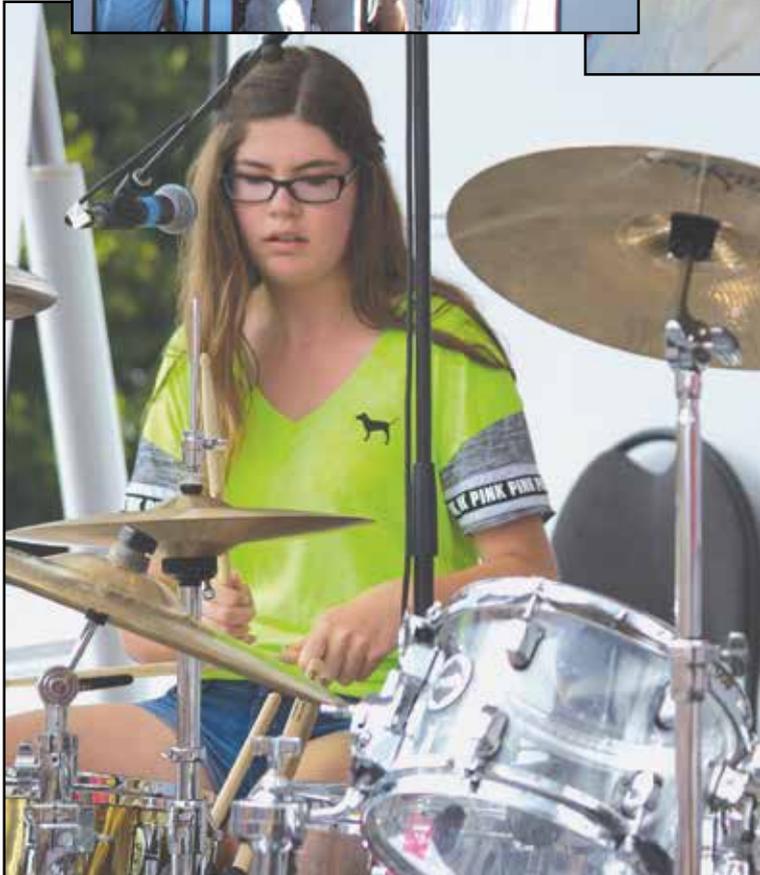
Holland Landing: Saturday, October 24, 2015



# Mount Albert Music Fest 2015

On July 18 the very first Mount Albert Music Fest was held. Kids of all ages enjoyed an afternoon of live music, facepainting, bouncy castle, and dunk tank. For the teens and adults, there were street vendors and live music that started before lunch and continued all into the night. Acts included: Hillside Church Choir, Rob Watts Band, Glenn Marais Band, Bernadette Connors, and many other local musicians. The 2016 date has already been set: July 16, 2016.





## Around Town...

### 6th ANNUAL FALL FESTIVAL presented by The Family Place

The Family Place is excited to announce their 6th annual Family Fall Festival will be held this year on Saturday, September 26, 2015 from 10am - 3pm at the Mount Albert Community Centre. They are bringing back a snack bar and new this year is a talent show to draw in the afternoon crowd! For more information, visit [www.ynfrp.org](http://www.ynfrp.org), email [thefamilyplace@hotmail.com](mailto:thefamilyplace@hotmail.com), or call 905-473-5929.

### EAST GWILLIMBURY GARDENERS MEETING

EAST GWILLIMBURY GARDENERS meeting will be Tuesday, September 15, 2015 at 7:30pm, at the Mt. Albert Community Centre, 53 Main Street. The evening is called Endless Summer: Recipes from September's Harvest with cookbook author Moira Sanders and special guest cookbook author and food editor Elizabeth Baird. There will be a September flower show. Refreshments will be served.

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>

### GEORGINA PINS & NEEDLES

The Quilting and Needlework Guild's first meeting is Sept. 8. We meet the first Tuesday of every month at Knox United Church, 34 Market Street in Sutton, at 7 pm. Enjoy guest speakers, demonstrations, workshops, field trips, and project displays. Come join the fun as we share any and all needlecrafts.

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

### SHARON CAR SHOW

The show takes place every Saturday (weather permitting) from mid May until mid September from 6pm until dusk. Food and washrooms are available on site. Everyone is welcome whether you have a car or you just want to come browse and socialize.

The last night of the season is September 19 (special start time 3pm, live music at 4pm).

### EAST GWILLIMBURY FARMERS' MARKET

Come on out to the East Gwillimbury Farmers' Market and find the finest local fruits and vegetables, as well as beautiful artisan products!

Thursdays from 2pm - 7pm at the corner of Yonge and Green Lane (Lowes Plaza); rain or shine.

Last market day for 2015: October 8.

### East Gwillimbury Trail Walks 2015

Date: September 9, 2015 - 9:00 AM

Location: Simcoe Trail

Special Event - 400th Anniversary of Samuel De Camplain's arrival in Ontario. Meet at Queens Court, south side of Queensville Sideroad, east of Yonge Street.

### MOUNT ALBERT LEGION GOLF TOURNAMENT

MILL RUN GOLF & COUNTRY CLUB

SATURDAY, SEPT 26<sup>TH</sup>, 2015

Tee off 12:00 NOON.

Sign up sheet in Legion Clubroom

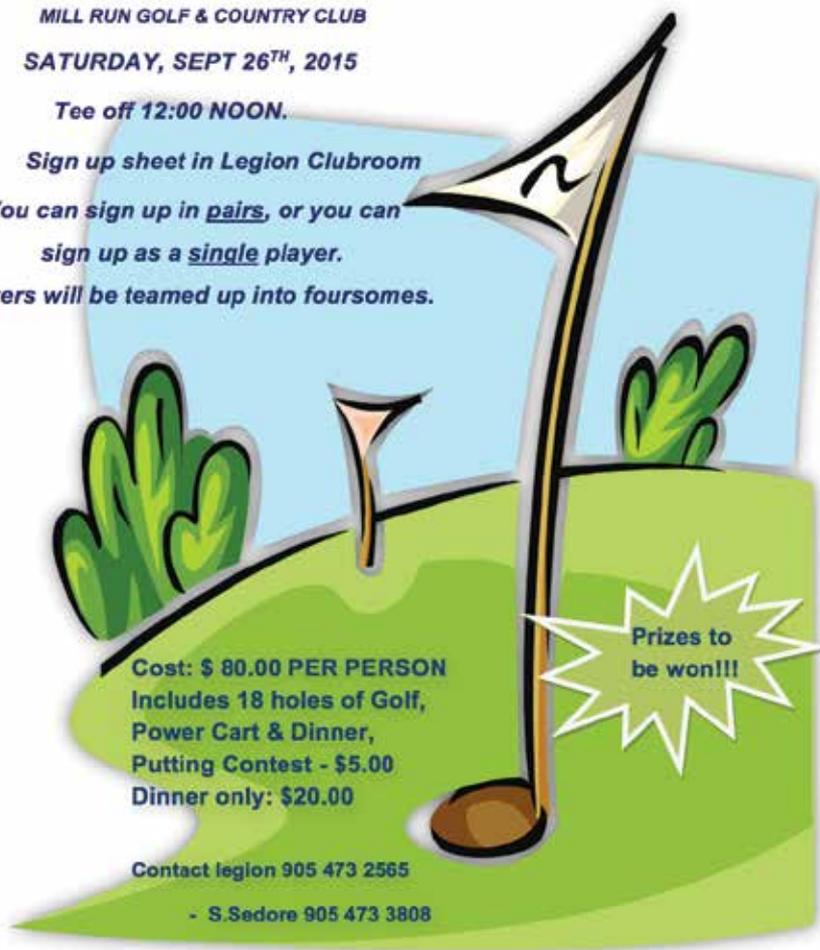
You can sign up in pairs, or you can sign up as a single player.

Players will be teamed up into foursomes.

Cost: \$ 80.00 PER PERSON  
Includes 18 holes of Golf,  
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Upcoming Events at the  
Sharon Temple National Historic Site & Museum

Illumination – September 11 – 8 pm

Tickets are \$25

Featuring Clan Hannigan



Spirit Fest

September 27

11am-4 pm

A Celebration of Music & Art &  
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Christmas Carol Sing &  
Breakfast

December 5 – 9 am

Tickets - \$15

(Kids under 5 are free)





# A partnership with ages

This month I was supposed to write about my experience in the small fly-in Yukon community of Old Crow. The tiny village is in the Yukon 200 km north of the Arctic Circle. I was booked to join three community elders in a workshop designed to bring out stories. I was excited by the possibilities and the location. Arriving in Old Crow, I was to take a motorized canoe north on the Porcupine River to the traditional home of the Vuntut Gwitchen people. Then living on the land we were to participate in learning traditional life skills and weave our stories. What an opportunity.

An elder in the community died the day I flew out of Toronto. By the time I reached the Yukon, ready to take my connecting flight, our workshop had been postponed or maybe cancelled. That was the end of that article, and yet, the idea of elders and the place they have in society stuck with me. I am growing my way towards elderhood. Heck, we all are and whether you are a toddler, teen or older, you are on the road with me. We are bombarded with a constant message of youth. The young are where it's at; old people are, well, let's face it, a burden on society. They require more resources, their thinking is addled and they don't know what it is like to be in the real world, right? Over and over we hear news reports of the growing bulge of people hitting their elder years. Put that way it sounds like a bad thing.

So move north for a moment to the First Nations community of Old Crow, a village not too burdened by southern sensibilities. Their elders are respected resources, people who can remember the way things

were and add their voices to the discussions of the world as it shifts and changes.

Last summer I went to a community gathering put on by the various first nations bands in Whitehorse. There was music, dancing and a great lunch. All were invited. There was no cost to get in. By virtue of my grey hair, I joined an exclusive club. I arrived in the hall late and there were no seats left. As I walked along a young woman jumped up to let me sit. I protested, she insisted. I was embarrassed. I am capable; someone really old should get that seat. She was honouring me. It was weird but 'when in Rome,' so I sat.

Later there was an invitation to the lunch. There was an explicit call for elders to please get their food first. The others would wait till all were served before lining up. If you have ever been in a buffet line-up with me, you will know that I can hold my own and am usually near the front of the line through a combination of stealth, speed and elbows. I sat, and waited. Not being part of the community I assumed they didn't mean me. As I sat, a young man came and offered to assist me. Was I waiting because I couldn't get up, could he help or would I prefer that he serve me? I was offered a place at a table with other elders. I am not used to that treatment; once again I was embarrassed and opted to sit and wait with my family although the ideas stuck with me.

This August when the elder passed to the next world, the local airline doubled the number of flights heading to Old Crow. People came from all over North America at the drop of a hat to be there for the funeral and potlatch. All community events were cancelled and everyone went into overdrive making preparations. Throughout the territory all of the media, written, radio and television gave details of the event making sure that no one was left out. The community was not only mourning the death of a friend, father and grandfather, but a treasure - someone who could not be replaced. Talking to people I learned elders hold the past, the memories and what is left of the language and tradition. They offer advice, guidance and knowledge to tie the past to the future. They are a critical part of the strength of the community.

As I journey toward elderhood I hear words of warn-



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ing on the news. 'Our population is aging and will be a drain on society.' The vision of economists is terrifying; all of those old folks are swamping the social safety net. Whatever will we do? I wonder, what if we took a different view. What if we looked at elders as a resource, a source of wisdom, knowledge and history? What if we saw value in the skills they bring to the table?

North American society tends to segregate people, children go to school, adults work and elders are aging out of existence. It is said that depression is a daily reality leaning over the shoulders of many. Isolated northern communities have no choice but to depend upon their whole population for everything, physical, mental and spiritual. The youth and elders work cooperatively with the adults to find a middle way, building a community that works for and values everyone.

East Gwillimbury is a different place than Old Crow, Yukon Territory. We are connected to one of the biggest cities in the world. Everything is available to us through proximity and technology. Our communities are spread out through work place, schools and activities. It is easy to forget that human beings work best through connection and cooperation. North American society is split into what I like to call silos. People are

*Continued on Page 13.*

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**WINTER WEDDING PACKAGES**



# The Old Mill on Main Street

There's a tall, grey building across from the community hall on Main Street in Mount Albert that has a completely different character than the houses around it. As well, that is the site of an interesting part of the town's history.

Main Street didn't exist until the Lake Simcoe Junction Railway went through just west of King Street in the late 1870s.

The Primitive Methodist congregation bought a lot on Main Street, began drawing stones to their site in 1878, and erected their brick clad church in 1879.

A couple of years later, they built a shed 22 x 40 feet behind it with a hall above for Sunday School.

In 1884, the Primitive Methodists joined with the Wesleyan Methodists up the hill, and the Main Street Church was closed. That summer, the Salvation Army acquired the former church building for use as a barracks. The hall behind it was being used for the magistrate's



court, and was sometimes referred to as the "town hall."

By the late 1890's there was talk of the need for a bigger hall. H. D. Ramsden bought the S. A. barracks in 1899, and renovated and enlarged it for a new town hall. In 1904, H. D. Hunter acquired the property and moved away the old shed and Sunday School hall to make two houses.

H. W. Smale bought the former church property in 1909 and put in a dynamo to create electricity. It ran a feed chopper there in the

daytime and provided some lights at night. He arranged with Bell telephone to string wires on their poles. Frank Gibney's horse shied when it heard the noise of the engine in Mr. Smale's power house and ran away.

Electric lights were installed on the streets at several points in the hamlet by January of 1910. However, they weren't on for long because the power house (the former church and hall) burned the following summer. John T. Crouch's house a short distance to the east was also damaged by the fire.

In the fall of 1910, S. W. Sloan bought the property and built a new power house with new equipment, and the lights were soon back on.

At the end of 1912, Mr. Sloan sold the light plant and chopping mill to Albert and Caleb Dike. They continued to produce electricity until 1925 when Hydro came into the hamlet. As well as animal feed, they were also making flour, and the business was known as Mount Albert Flour Mill.

John Case bought the mill after Albert Dike died, and ran it until 1945. Then his son, Morley Case, and Alvin Dike became the owners. They put an addition on the mill and built a new front. Flour milling was discontinued about 1946-47, and they concentrated on animal feed.

The mill was sold in the fall of 1973 to Stan Grodzinski. The business became Mount Albert Feed & Farm Supply, and included Jerry Case, Ron Dike and Bernie Cupples.

Eventually the old mill was purchased by George Poulton who renovated it into the residence that is there

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today.

The following in regards to the mill was written in 1973 by the Mount Albert correspondent to the Newmarket Era: Remember when the cry. "Hey, the mill's on fire," brought the volunteer fire brigade out with their fire equipment, a water drum mounted on two wheels, only to have it upset on the way, and then to find out the fire had been extinguished with gravel? Or when Albert Dike interrupted his hair cut to run from the barbershop to the mill to throw on some more coal, only to forget that he had driven his car up to the barber's. It was waiting for him when he returned. Or when George Harrison had the biggest smoke rings ever when, as he was smoking his pipe outside the mill, vapours from the exhaust pipe of the gas tanks caught fire and shot flames into the air over George's head.

Anyway, that mill lot has certainly witnessed variety of activities since it was bought by the Primitive Methodists way back in the late 1870s.

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

Continued from Page 11.

separated and segregated by the way we structure schools, workplaces and elder care. Youth and elders are held far apart by circumstances and even the way housing is set up. Many children don't come to know anyone older than their parents except if they have near-by grandparents. I have recently read about daycare centres being housed in senior housing to break down some of those barriers. Given the experience of one small community in the north, it occurs to me, that is a good idea.

Because East Gwillimbury is at its heart a farm community, some of those connections still exist here. We still have a little bit of the 'old fashioned' notion that elders belong here with us, helping keep us on track in a changing world and yet even we could take some learnings from the far away land of far off Northern Canada. Let's not forget that each of us has something to contribute to our space in the world. Joining hands in partnership we can help keep East Gwillimbury a good place to live for everyone at every age.

For more information go to:

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

[www.centerforconsciouseldering.com](http://www.centerforconsciouseldering.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.waitingonwisdom.ca](http://www.waitingonwisdom.ca) or [lifelinescoaching.org](http://lifelinescoaching.org).

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Terry Fox Run Celebrates 35th Anniversary

**2015 Run Date: September 20th**

Terry Fox was diagnosed with osteogenic sarcoma (bone cancer) in his right leg in 1977 and had his leg amputated 15 cm (six inches) above the knee. While in hospital, Terry was so overcome by the suffering of other cancer patients that he decided to run across Canada to raise money for cancer research. He called his journey the Marathon of Hope.

Terry's *Marathon of Hope* took place in 1980 with the simple objective of informing Canadians of the importance of finding a cure for cancer. With fierce determination, he ran an average of 42 kilometres (26 miles) every day for 143 days. Terry was forced to end his run on September 1, 1980 when the cancer spread to his lungs.

By February 1, 1981, Terry's dream of raising \$1 for every Canadian was realized - the Terry Fox *Marathon of Hope* fund totaled \$24.17 million. Terry died in June 1981.

Founded in 1981 in commemoration of Terry's *Marathon of Hope* and his fight against cancer, the Terry Fox Run has evolved into the largest fundraising event in support of cancer research in the world, with events taking place in 32 countries across 4 continents annually. To date, close to \$700 million dollars has been raised in Terry's name for cancer research. To register for the Terry Fox Run, visit: [www.terryfox.org/Run/](http://www.terryfox.org/Run/)

- Source: Terry Fox Foundation

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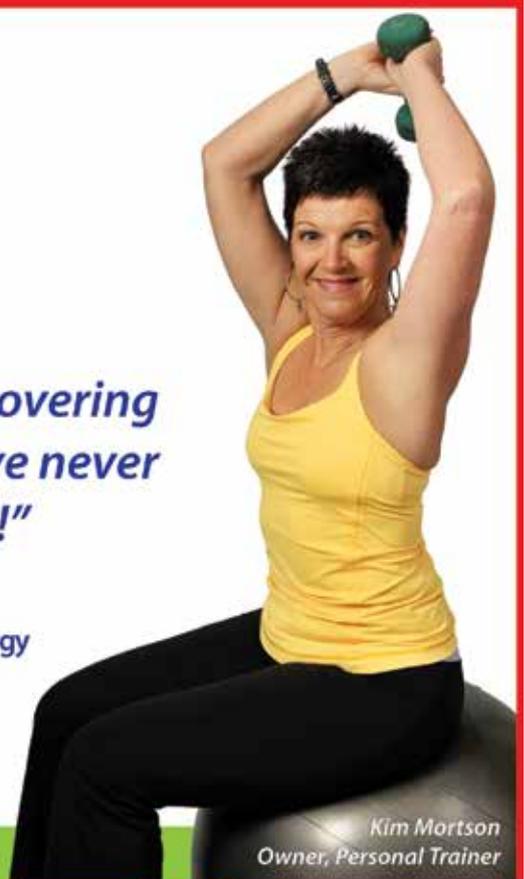
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# Identify where this photo was taken for your chance to win!

## By Blair Matthews

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

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

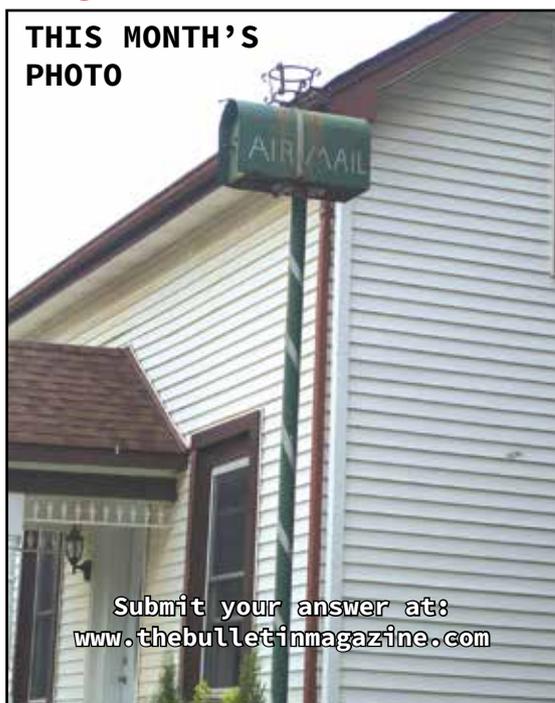
Correct answers will be put into a draw and ONE lucky person will win a prize.

This 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 October 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 cor-



rect. Only **one entry per person** per month. Winners are not eligible to win the contest again in the same calendar year.

Depending on where you live, this month's photo might be easy - or it might be a challenge. Either way, no hints here.

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

**WINNER of a \$10 Subway gift card for identifying our July/August photo: Jayme Giles from Holland Landing.**

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

LAST MONTH'S PHOTO →

The Stardust Drive-In theatre in Sharon.



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## Fall into the habit of fall home maintenance

Too many homeowners make home maintenance an annual event. They often use spring cleaning as the only excuse to get things done around the house. In reality, proper home maintenance should be done year-round – even for a brand new home. The Fall in particular offers some essential maintenance tasks that

you should consider to keep your new home healthy and ensure that your warranty rights are protected. All new homes in Ontario come with a warranty that lasts up to seven years from the date of possession and is guaranteed by Tarion Warranty Corporation. It covers almost everything inside and outside, from defects in workmanship to Ontario Building Code violations and major structural defects.

If issues arise in your home that can be attributed to the lack of proper maintenance, they won't be covered under the warranty. So to help ensure your home and your home warranty remain protected, plan on regular maintenance. With the warm weather giving away slowly to winter, here's a short checklist of key things to watch.

- Take a walk around the outside of your home and check all windows and doors for cracks around the framing. Re-caulk if you notice any cracks or separations. (Tip: for windows on second stories or above take digital photos and zoom in. It could save multiple trips up a ladder.)

- Check the weather stripping on exterior doors. Make sure they are not damaged or worn and will keep that warm air inside your home come December.

- Have your roof inspected professionally to ensure shingles, flashing and chimney caps are in place and sealed properly.

- Clear leaves from eavestroughs and downspouts and repair any cracks or seam separations with caulking. Check all downspouts for damage. (Note: If you're having a professional roofing company check the roof they can check the eaves and downspouts at the same time.)

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• Shut off your home's exterior water supply and drain exterior water lines. Leave the taps open a bit to ensure any trapped or remaining water will not freeze and damage the water supply line. (This should also be done with any irrigation systems or water features like ponds or fountains.)

• Test all smoke alarms and carbon monoxide detectors.

• Clean and test all exhaust fans (this includes dryer vents, stove vents and furnace vents).

• Check your sump-pump float and discharge line and test overall operation.

• If recommended by the manufacturer, install a protective winter cover on your air conditioning unit.

• Clean or replace your furnace filter.

• If your home has one, clean and turn off the humidifier and the Heat Recovery Ventilator (HRV).

• Have your furnace serviced in preparation for winter.

• Inspect your fireplace and chimney dampers and service or clean if necessary. (This applies to gas and wood burning fireplaces.)

• Winterize your landscape by storing outdoor furniture and covering plants.

Source: *NewsCanada.com*

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# Energy saving tips for fall home preparation

Fall is here bringing with it shorter, cooler days. For many of us, this means more time spent indoors. But what does this mean for your energy bills?

“There are some tasks to consider before the cold temperatures set in,” says Dave Walton, director of home ideas at Enercare Home Services. “Transitioning into cooler months changes your energy consumption patterns, but there are ways to keep your home comfortable while still reducing energy use and costs.”

Walton offers these tips to help improve your home’s energy efficiency:

- Keep in the heat – Check to ensure there is at least

16 inches of insulation in the attic. Anything less, homeowners should plan to get topped up. Properly insulating your home is one of the easiest and most cost effective ways to cut down on heating costs.

- Seal air leaks around windows and doors – Caulking and weather-stripping around doors, windows and exterior wall electrical outlets can help keep the warm air in during colder months.

- Upgrade your traditional hot water heater to a tankless or condensing water heater – Replacing older equipment with a high efficiency water heater can save you up to 40 per cent in energy consumption.

- Replace incandescent light bulbs with energy-saving LED or CFL bulbs – Compact fluorescent light bulbs use up to 75 per cent less energy than traditional incandescent light bulbs and can last up to 10 times longer.

- Upgrade your furnace – Replace a unit that’s older than 15 to 17 years with a high-efficiency furnace

*More tips to increase your home’s energy efficiency are available at [www.enercare.ca](http://www.enercare.ca).*

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## How to Kick the Clutter Habit

How many of us really know every item that’s sitting in our closets? Research says only 35 per cent of Canadians claim to get rid of clothing when they notice something they don’t want anymore. That means the rest of us could be letting our pack-rat tendencies get away on us!

Think beyond seasonal wardrobe changeovers; once you discover that closet cleaning has a science to it, you’ll find it’s easy to build it into a positive habit. Donating your clothing is a great way to give back to the community, while also decluttering your life.

Here are some tips to tackle your closet without the separation anxiety:

Focus: Cleaning out your entire wardrobe in one shot can be overwhelming. Instead of waiting for clothes to pile up, try focused purging. Tip out one drawer at a time, or just try shoes and boots.

*Continued on Page 31.*

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# Staging inventory worth its weight in gold



When clients hire us to stage their homes for sale, we start by providing them with a consultation as requested by their agent or they may hire us themselves.

Next, the client followed our guidelines in the consultation package (decluttering, cleaning, painting, installing some new flooring etc.) and then the house is ready for our team to stage. We prepare the inventory for the project, pack it and load it and deliver it to the client's house and begin the staging process.

The staging inventory is an upfront investment that is typically purchased through wholesalers at the Toronto Furniture/ Gift Show or through other wholesales in the GTA. The entire inventory (about 10 homes worth) is stored in a warehouse. Staging inventory is purchased by professional stagers with a lot of thought because it must be versatile, a little more generic and scaled to size to fit many styles of properties.

Most of the inventory has to appeal to the widest segment of buyers; therefore it is not common to find very trendy, bold coloured items

within someone's inventory. The carrying costs would be very high and the shelf life would be very short and outdated quickly.

Stagers who do not carry inventory rent from companies in the GTA area.

Some problems faced with this situation are that they are at the mercy of the rental companies for the availability of inventory, selection of furnishings, delivery time and price points. A stager's turnaround time to complete a job is at the mercy of others.

Some clients feel that it is cheaper to purchase new furnishings for staging purposes and then take those items to the new house.

In principle this may seem like a good idea, but when the new house is smaller, or larger or a different style all together, then it creates more of a headache than bargained for.

Instead, why not hire a professional to assist with the décor for the new home and purchase the right

pieces for the size of the rooms and be happy.

Staging inventory's main purpose is to enhance a space and show a buyer how a room will look and feel. Inventory purchased with a purpose is worth its weight in gold when the outcome is to sell properties for the highest return on investment.

*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](http://Houzz.com) - find a pro - Martin Designs.*





# Hiring a professional Realtor to sell your house is worth it

“A man who is his own lawyer has a fool for a client.”  
~Proverb

Everybody seems to think selling homes is easy and therefore we should just do it ourselves. The internet provides us with so much information that of course we can find out all we need to know to successfully list, market, and close the sale of our home.

After all, everything on the internet is correct right?

OK maybe not, but there are online brokerages and/or actual Realtors out there that will allow us to advertise our home through them for a small fee. This will accomplish the same thing right? Right, as long as when we need any help along the way, we're happy with only generic, basic level responses because they are unwilling or unable to accept the liability associated with giving us the detailed information we really need.

Well that doesn't matter anyway because we keep hearing that it's a Seller's market so our house will sell itself and we won't need much help anyway. Perhaps, but remember a "Seller's market" is basically a statistical calculation that there are more potential buyers in the market than there are homes available for sale. However it doesn't consider how motivated those buyers are and how urgent their buying timeline is.

Accordingly it doesn't automatically mean they are all so desperate that we won't have to work very hard to convince them our home is the one for them.

Regardless, typically we sell/buy only one house every 3 to 5 years. Despite ever-evolving market conditions, rules and regulations, and a whole bunch of other relevant factors that have likely changed drastically since we did this 3-5 years ago, what could possibly go wrong?

We've done all of the internet research and while we haven't actually been in the homes we are comparing ours to we've seen some pictures and read the old listings so we know what our home's price should be. Again, the pictures and listing details are guaranteed to be an objective, realistic view of the comparable homes right?

Armed with our price, we take some iPhone photos (phones these days take awesome pictures) and post our homes for sale with an online listing service. And because it makes sense to increase our home's exposure, we also seek out several other online classified sites and figure out how to post with them too. While we're at it, we find the number for the local paper and purchase ads in the appropriate section too.

Now what? Well we've done such a good job the phone starts ringing and next thing you know we have booked some showings. But we have lives outside of selling our homes so we start either limiting the showing times or simply rejecting the requests altogether. But it's a Seller's market so they'll come when we want them to, right?

Perhaps. Or perhaps they perceive our lack of cooperation to be a sign of things to come and decide to look elsewhere. But oh well...there are more Buyers where they came from.

A few weeks of this and we finally have an offer. Luckily it's from a Buyer who also doesn't see the need in working with a Realtor. Being shrewd negotiators we confidently out-manuever them but even though the agreed price is lower than we expected, the deal falls through a few days later because they don't qualify for a mortgage. Maybe we should have asked before taking their offer. Unfortunately though this offer tied our property up over a weekend and we missed out on other weekend shoppers. Who knew we could continue showing the house to other potential Buyers even with a conditional deal in place?

A few days and a bunch of showings later, we receive another offer. This time though the Buyers are represented by a Realtor. We've learned some things since the last one so we like our chances against the Realtor even though she is a top producer who has successfully negotiated literally hundreds of deals over the same time period as we've done one or two.

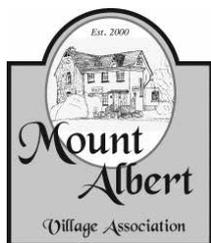
Let's just hope this offer goes through fine and the transaction actually closes without any hiccups. We trust that all Buyers are operating in the same good faith that we are and if not we'll try to anticipate and protect ourselves from anything that could go wrong...

Enter "how to perform brain surgery" in your favourite search engine and read through the reams of articles/photos/video on the topic. Now you can adequately perform the surgery on someone, right? Of course not.

Hire a full time, professional Realtor to sell your house. You'll be glad you did.

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

# Mount Albert Village Association NEWS



- The Mount Albert Downtown Revitalization team and staff at the Town of East Gwillimbury have finalized the new Mount Albert Directory. You can find a copy at one of the businesses in the downtown core.
- As previously mentioned, the Mount Albert Village Association will be cancelling their Battery Recycling Fundraiser effort. You may still find our collection buckets at the following locations; The Corner Décor & More store and the Town Offices. Those buckets will soon disappear as well. Please remember that ALL batteries should be dropped off at the Hazardous Waste Depot and NOT disposed of with your regular household garbage. If another location comes to our attention, we will post it on our website and in our newsletter.
- The Mount Albert Village Association will be holding their Annual General Meeting on Tuesday October 27th @ 7pm. It will be upstairs at the Mount Albert Community Centre. All members (resident & business) are welcome to attend. This will give you an opportunity to meet the current directors and vote on the next batch of directors. At this time 2 directors have reached the end of their 2 year term. This is also the time to renew your membership.

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

Our next meeting is:  
Tuesday, September 15 @ 7:00 pm  
Mount Albert CC (DOWNSTAIRS), 53 Main St.

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## My friend Willow

Sunday, August 2nd at around four o'clock in the afternoon I was at work. I had been there for quite a while so the weather conditions outside were completely unknown to me.

I was on cash, checking people out when the store lights flickered. I paused to look at them, but thought nothing of it. After a few moments, the lights flickered again, and then a few more times. I glanced at my co-worker and asked if they too were seeing the flickering lights. Before they could respond, the entire building's power went out all at once. Employees and customers all gasped in surprise and a few became nervous as the rumbling and grumbling of thunder sounded through the roof. With instruction from the manager, customers were escorted out of the store for safety purposes and we were to close up shop immediately.

Inside the building, I was not aware of the severity and intensity of the storm and figured it was just a summer sun-shower giving water to the thirsty earth. When I stepped outside, the pavement was damp with a few puddles scattered throughout the parking lot. My car was glazed with a coat of rainwater and the sky was a greyish, bluish tint that was actually quite beautiful to look at. I got into my vehicle and started my journey home.

As I drove through roads and highways, I started to notice branches scattered here and there along the sides of the street. The more I looked the more I realized that not only had branches broken off, but also numerous trees were lying lifeless on the ground: some split in half, some ripped from their roots and thrown across fields. This 'summer storm' did quite a number on our environ-



ment.

For the past fourteen years, I have lived in the same house. It is in the quiet country and what I like to call, basically 'on a farm.'

Besides the generous front and backyard, one of my favourite details is the enormous willow tree at the end of my driveway. The willow tree has always been there; standing strong through all seasons whether it's sweltering hot summers or bitter cold winters. It has been my family's 'protector,' looking over us and whispering reassuring messages to us in the wind. Unfortunately, this wild summer storm took quite a toll on the old willow.

When I turned into my driveway, I immediately stopped the car, eyes widening and heartbeat quickening. I was shocked to see the damage that was done to my favourite tree. It was completely split in half – part of it gone. I was sad. This element of nature that had been with me for over half my life, that had watched me grow up through good and bad times

was partially lost. The place where my friends and I played house, where we collected leaves and pinecones as pretend food, where my friend accidentally wacked me in the head with a stick was suddenly no more. My personal Harry Potter style "whomping willow" lost part of its magic on that Sunday afternoon.

One might say that it's just a tree and nature will take its own path in life but I must say otherwise.

Many secrets hidden within those branches, stories and memories embedded in the stems and leaves will forever be washed away by the aggressive summer storm.

On Sunday, August 2nd, at around four o'clock in the afternoon, Mother Nature paid my dear friend willow a visit, and took part of her with her on her journey back home. I am heartbroken, though I can't blame her; my willow tree is very charming indeed.

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



# Don't just fly, soar!

Have you ever been told not to do something, but then deliberately done it anyway? Ya well, that's my life. It's like I get some sort of joy in doing the complete opposite of what I am told to do. Although my parents have never understood the reverse psychology in which my brain works, they have learned to accept my inner "adrenaline junkie" and spontaneous decision-making. You would think that knowing this, they would take better care in using certain metaphors when giving advice. However, I'm sure they would argue that I took their advice a little bit too literally.



Before I left for Australia my parents handed me a Willow Tree figurine as a bon voyage present. We have a massive collection of these beautiful sculptures displayed in our house, but this one is by far my favourite. The little card read "Soar" and the sculpture revealed a woman releasing a little bird from her hands up towards the sky.

My Mom went through the classic spiel of how she and my dad will soon be "empty nesters," and told me that as hard as it is going to be for them to send me on my own journey, it is their pleasure to sit back and watch me fly.

As much as it meant to hear them say all of that, I couldn't help but notice that they specifically used the word "fly" right before I boarded my flight to go to a place where one of the top tourist attractions involves jumping out of a plane from 14,000 ft. above sea level. I'll admit that the "don't you dare go skydiving" was thrown in at some point during our conversation, but to me that obviously meant... "Go skydiving!"

So I did exactly that. And I must say it was the most incredible experience of my life. It was beyond excit-

ing, and the adrenaline and anticipation that came from the experience was completely mind blowing. However, I found it extremely important to look a little deeper into the reasoning behind my desire to do something so insane. Thrill-seeking is often accompanied by a sense of awe and admiration; two words in which define the character of my being.

Although I would 100% do it again, I do realize how absolutely ludicrous it is. But somehow the amazement and surprise that makes skydiving an extreme sport inspires me. There is so much more to it than falling out of a plane for a thrill. It allows you to see the world from a whole new point of view, and when doing so you learn to accept your insignificance. I was fortunate to see such unique destinations where the rainforest met the Great Barrier Reef, the mountains kissed the sky, and the horizon hugged the coast. And the new perspective that came from my experience was simply breath taking.

As much as I enjoyed the adventure, I obviously know that my parents never meant for me to do something so extreme when giving me that Willow Tree figurine. Of course I had to challenge them, but their guidance is what has given me the strength to take flight on my own, as they have always supported my wings and accepted me for who I am.

They have become eager to watch me grow into an individual, and encourage me to spread my own wings. They no longer want me to be afraid to fall, but to always have the confidence to fly. I know this because from "up top" to "down under" it has been their pleasure to watch me soar.

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



# Thumbs Up 2015

Here are the results of the 10th Annual Event!

*Photos by Blair Matthews*

**By Tina Forrester**

Congratulations to the 50 winners of the tenth annual East Gwillimbury in Blooms Front Yard Gardens Contest! It's a delight to see so many beautiful front yards that all who pass by can enjoy! This year we added a new East Gwillimbury community to our list of areas to judge and Harvest Hills residents proved to be as keen about gardening as those who have lived here for years and years.

Thank you to our eight judges. It's not an easy task to choose amongst so many lovely properties in East Gwillimbury, that's for sure! 2015 Winners EG in Blooms:

**HARVEST HILLS**

1. 71 Nature Way
2. 82 Herefordshire Crescent
3. 4 Courtland Crescent
4. 175 Wainscot Avenue





- 5. 176 Harvest Hills Boulevard
- 6. 9 Thatcher Crescent

**HOLLAND LANDING/RIVER DRIVE PARK**

- 7. 6 Brent Crescent
- 8. 54 Becket Avenue
- 9. 61 Olive Street
- 10. 438 Hill Street
- 11. 12 Stonehill Boulevard
- 12. 40 Stonehill Boulevard
- 13. 94 Thompson Drive
- 14. 114 Thompson Drive
- 15. 62 River Boulevard
- 16. 17 Peggs Crescent
- 17. 18667 Old Yonge Street (Newmarket Inn)

**QUEENSVILLE**

- 22. 23 Fieldstone Lane
- 23. 20482 Leslie Street
- 24. 20192 Leslie Street
- 25. 91 Balmoral Heights

**SHARON**

- 26. 43 Parnham Crescent
- 27. 5 Parnham Crescent
- 28. 30 Morton Avenue
- 29. 132 Jennifer Crescent
- 30. 8 Maplehrn Avenue
- 31. 15 Arthur Hall Drive
- 32. 18 White Birch Lane
- 33. 8 May Avenue
- 34. 65 May Avenue
- 35. 59 Veronica Crescent

**MOUNT ALBERT**

- 36. 53 Don Rose Boulevard
- 37. 40 Royal Oak Road
- 38. 42 Margaret Graham Cres

- 39. 77 Hammill Heights
- 40. 90 Hammill Heights
- 41. 167 King Street
- 42. 63 Kingsgate Crescent
- 43. 52 Princess Street
- 44. 7 King Street

- 45. 12 Birchard Boulevard
- 46. 70 Royal Amber Crescent
- 47. 67 Royal Amber Crescent
- 48. 22 Royal Amber Crescent
- 49. 19180 Centre Street
- 50. 29 Mill Street

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# Now is the time to plan for next year's garden!

Endless Summer: Elizabeth Baird and Moira Sanders to present a recipe demo at EG Gardeners!



With all the wonderful fruits and vegetables available from gardens and farms right now it is the ideal time to discover some new ways to use the bounty, so EG Gardeners has invited Moira Sanders and Elizabeth Baird, two cookbook authors, to share some of their favourite recipes and demonstrate them for us to taste! Elizabeth Baird has written over 25 cookbooks and is well known as the former Food Editor of Canadian Living, while Moira Sanders is author of The Harrow Fair Cookbook and The Kitchen Table Cookbook. This exciting event will take place on Tuesday, September 15th at 7:30pm at Mount Albert Community Centre on

Main Street and all are welcome. We know Moira well as she is a member of EG Gardeners and we've enjoyed some of her recipes before, and we are very honoured to have Elizabeth Baird visiting us too! This is a great opportunity to try some delicious ways to use the goodness of the garden.

You will find the list of Thumbs Up winners in this issue of the Bulletin. The judges again had a hard time choosing just fifty winning front gardens throughout East Gwillimbury as there were so many beautiful gardens. We were happy to see many of the Thumbs Up winners at our annual Celebration of Gardens on August 18th; it's so nice to congratulate them in person.

"Art in the Garden", a new category in our flower show,

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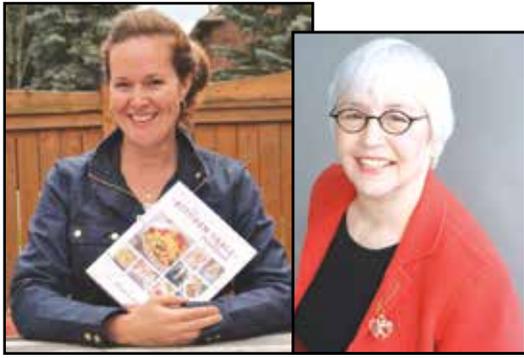


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Moira Sanders and Elizabeth Baird will be guest speakers September 15th.

saw each contestant allotted a painting by a member of the Mount Albert Group of Artists. The contestants then had to create a floral design to compliment the painting. This was a fun and challenging assignment for us and we thank the artists for participating in this interesting experiment which resulted in some quite lovely designs. There is a lot of creative talent in East Gwillimbury!

There were many outstanding entries in the flower show, the weather has co-operated with us to produce some magnificent blooms this year. We were also pleased to present Ontario Horticultural Association service pins to some of our members for their volunteer service, for periods ranging from 5 years all the way up to a 30-year pin awarded to Gail Sanderson!

Routine garden jobs this month include dead-heading (but remember to leave some seeds for the birds) and battling the weeds, including those grasses that seem to come up full grown! Powdery mildew can be a problem with humidity so it's good to know that a spray of 10% milk and 90% water is said to clear it up. Any kind of milk, 1%, 2% or 3% is fine. Spray till all the surfaces are wet and repeat after rain.

Did you keep a garden diary or some kind of log to remind you what did well in the garden this year? I always plan to but it doesn't happen. Now is the time to jot down some notes to get you started on next year's dreams. It's almost time to buy bulbs for a colourful spring garden! Many perennials can be divided now and fall is also an excellent time to plant new perennials. Isn't that a tempting thought?

The Junior Gardeners start up again at 7:00p.m. on Tuesday, September 15th at Mount Albert Community Centre. Children 6-16 are welcome.

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 <https://www.gardenontario.org/site.php/eastgwillimbury> or <https://www.facebook.com/eastgwillimburygardeners>

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

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# Deciding whether you're depressed

Depression is a painful and common emotional problem. Some may not believe this but we all suffer from depression on one level or another. Life is full of ups and downs and the downs are some form of depression. It can range from feeling down for a few weeks and often improves on its own accord, to being severe enough to require hospital treatment. Almost by definition, a depressed mind will say "trying anything is pointless, nothing can be done to help me". As I hope you will discover, this belief is far from the truth and is one of the vicious rumours depression will try to fill a person's mind with in order to keep them depressed.

Identifying common symptoms of depression has a number of advantages. It can give you a clearer idea of whether you're suffering from ups and downs, or the blues or whether you have symptoms of a recognized illness:

1. I constantly feel sad, down, depressed, or empty.
2. I have a general lack of interest in what's going on around me.
3. I've noticed a big increase or decrease in my appetite and weight.
4. I have difficulty sleeping. I'm unable to get off to sleep and/or wake early and am unable to get back to sleep.
5. I feel slow and lacking in motivation.
6. I feel guilty or worthless.
7. I find concentrating and making decisions difficult.
8. I feel that I might be better off dead.

If you tick items 1. or 2., and four others and have felt that way for at least two weeks, there's a good chance that you are suffering from depression. In this case, you may want to seek professional help from a doctor, counsellor, or therapist. Medication may not be necessary but may be helpful.

Strategies we often use to try to help ourselves feel better often make emotional problems worse. Avoiding daily tasks, and social interaction is part of depression. It can be very tempting to give in to your depressed feelings and hide away from other people and your responsibilities. However, such an avoidance can often lead to a life that is less rewarding, leave you less in control of your life, lead to financial problems mounting up,

reduce your ability to problem solve, and decrease the support you get from other people. The question you have to ask yourself is, what am I doing to try to block out painful thoughts and feelings. Enjoying a favourite TV program, for example, might be rewarding and be part of a mood lifting plan, but watching endless hours of TV to block out the world will maintain your depression.

Blocking out behaviours tend to be things you do instead of getting on with tasks that are in your best interest to address. So watching TV instead of opening mail or answering the phone may be an example of blocking out behaviour and an avoidance behaviour. Often you will engage in blocking out behaviours because your mood is so low that everything seems pointless and overwhelming. Unfortunately, the more you let things pile up the more depressed you're likely to feel. Blocking out behaviours can also include things like using drugs, alcohol, or food to help from your depressed feelings. These things may work in the short-term, but the usually lead to worsening depression the next day.

A therapist will help you set up an activity schedule which is one of the most effective psychological tools you can use to combat depression. This tool is often over-looked or under-used by both therapists and sufferers because it seems too simple, but research shows it works.

An activity schedule is a diary sheet for each day with times of the day clearly marked into hour blocks. Getting active again is a vital step in beating depression. Because depression saps motivation and promotes lethargy, your activity schedule can really help you to get on with daily tasks you may be avoiding. Once you get started using an activity schedule your motivation to do things you once enjoyed and find rewarding will often begin to return.

As I said at the beginning we all get depressed to some level or another.

Mild depression can be treated with some helpful advice. However, depression should never be left to linger because it will only get worse. Seek professional advice if you feel that your depression is getting out of hand.

*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.*

# Advocating for your health care

As people around the world celebrate Labour Day, many don't give a thought to how this long weekend came to be. Since everyone values their good health, why not let Ontario's registered nurses (RNs) shed some light on the value of this tribute to labour?

The meaning of Labour Day, they say, is part and parcel of their jobs as patient advocates.

In Canada, Labour Day has been marked on the first Monday in September since the 1880s, following a December 1872 parade in support of the Toronto Typographical Union's strike for a 58-hour work week. When 27 unions demonstrated in support of the workers, police arrested 24 union leaders for "conspiracy."

Eventually, Prime Minister Sir John A. Macdonald repealed Canada's "barbarous" anti-union laws and



Parliament passed the Trade Unions Act. Unions have been the driving force for workers' rights, health and safety laws and even the creation of the weekend ever since.

As patient advocates and union members belonging to the Ontario Nurses' Association, RNs are educated to speak out about anything that threatens their patients' health, safety and care.

Ontarians live in a province with a network of highly skilled and highly educated RNs working to provide the health care we all need.

The range of expertise and abilities are celebrated every year on Labour Day -- and simply stated, these patient advocates are invaluable in any health-care setting.

More information is available at [www.ona.org/RNs](http://www.ona.org/RNs).  
- info courtesy NewsCanada.

## Where to find reliable nutrition information

A trusted source for nutrition information can be hard to come by. With confusing food labels and a flurry of information, it can be hard to translate food science into practical eating plans.

Registered dietitians play a role to help you manage nutrition-related diseases and health conditions including, diabetes, heart disease, pregnancy, elevated blood pressure and cholesterol levels, digestive issues and food allergies.

Individuals of all ages are supported to achieve their nutrition goals such as increased energy, weight loss and overall well-being.

A dietitian must meet rigorous standards of education and is accountable to the College of Dietitians to ensure ongoing competence and quality nutrition care.

You can access the services of a registered dietitian by consulting your physician or other primary care provider. Although dietitian services

are not covered by OHIP, there are many government funded services through family health teams, community health centres, diabetes education programs, hospitals and long term care residences. Many insurance companies also offer coverage.

Free and reliable nutrition information is available at [www.eatright-toronto.ca](http://www.eatright-toronto.ca), through a direct link to registered dietitians to answer your questions.

- info courtesy NewsCanada.



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## Protect your pet with regular preventative check-ups

In Ontario, more than 2.4 million households have a pet which they view as part of the family. Despite this fact, the latest survey from the Ontario Veterinary Medical Association (OVMA) finds that almost 25% of pet owners indicate they never take their pet to see a veterinarian and almost 40% report that veterinary appointments only occur as 'reactive' in the case of illness or injury.

Pets are a lot like children, says the OVMA, since they rely on us to protect their health and wellness. Regular preventive care and visits to a health care provider helps to give them optimal health, so here, the association points out the five benefits of regular, annual check-ups for your furry friends:

**1. Vaccine protection:** There are many preventable diseases that our pets are exposed to and vaccinations are the best way to prevent them. Your veterinarian can discuss which vaccines (and at what intervals) are most appropriate for your pet.

**2. Parasite protection:** There are many parasites that can adversely affect your pet's health. Routine stool analysis can detect intestinal parasites, which can be carried for long periods of time before showing signs of illness. Early detection and treatment will lead to more favourable outcomes.

**3. Nutritional counselling:** Proper nutrition is essential for your pet's health. Obesity is the most common nutritional disease in our pet population and can have a detrimental effect on their overall health. Nutritional needs change with age and lifestyle – your veterinarian can assess these at regular check-ups.

**4. Early disease detection:** Dogs, and especially cats, are very good at hiding illness. Ailments such as dental disease, heart conditions and kidney insufficiency are examples of common conditions that may not be evident in the early stages. Annual veterinary exams provide the opportunity to not only detect and treat these diseases early, but often prevent them altogether.

**5. Behavioural advice:** The number one reason animals end up at shelters is for behavioural problems. Your veterinarian and their team can help you deal with undesirable behaviour to help maintain that important bond between you and your pet.

"Being proactive and prepared can help save lives – and avoid unexpected costs down the road," says Dr. Mark Gemmill, president of the OVMA. "Our job is to help keep your pet with you for as long as possible. With preventative, regular care, together, we can keep them healthy and happy."

More care tips are available at [www.ovma.org](http://www.ovma.org).

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Continued  
from Page 18.

**Favour:**  
When deciding whether or not to part with those perfect pastel pants, think about the last

time you wore them. If you can't put your finger on when they last saw the light of day, it's probably time someone else enjoyed them.

**Finalize:** If all your clothes disappeared, what items would you wish were right back in your closet if you could replace only a few? Once you decide which items are keepers, you'll quickly be able to spot the ones you can part with and donate. When you've made up your mind, you can head to the clothing drop boxes in your neighbourhood, like the bright red ones provided by the Canadian Diabetes Association.

For more information about the Canadian Diabetes drop box program, visit [diabetes.ca/dropbox](http://diabetes.ca/dropbox).

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