

Since 1998

East Gwillimbury's

Bulletin

MAGAZINE

FEBRUARY 2013, VOL. 15, NO. 1



Metro Bowl Winners Receive Council Recognition

HOME DECOR • GREAT FOOD • EAST GWILLIMBURY • SPORTS

HOLLAND LANDING, SHARON, QUEENSVILLE, MOUNT ALBERT & AREA

Scout-Guide Week 2013

Semaine scouts-guides



Girl Guides
of Canada
Guides
du Canada

February is a special month for Scouts and Girl Guides worldwide. Each year both Movements celebrate February 22, the birthday of our Founder, Lord Robert Baden-Powell and his wife, the World Chief Guide, Lady Olave Baden-Powell.

About 1st Mount Albert Scout Group:

The Scout group applied for their first charter, in April of 1924. The first Scout Master was Reverend C.J. Bailey of the Mount Albert Methodist Church and he was assisted by George Buruleaur, David D. Brooks, and J.D. Rowland. They started with a Troop of 15 boys, ages 12 to 19. They were Alvin Dike, Morley Rowland, Harold DeGear, Gordon Johnson, Allan Bailey, Gordon Bailey, Earnest Davis, Frank Ross, Steward Blizzard, Thomas Blizzard, Carman Rolling, Irwin Brown, Arthur Dawson, George Allison, and Stanley Tims. You may recognize some of these boys as your Grandfather or maybe your Great Grandfather.

In 1949, Taylor Beale and Lloyd McQuaid lead the Troop for a couple of years. Then, in 1952, Alvin Dike (where have we seen this name before) and Ernie Nutt lead the Scout Troop and Len Rice lead the Cub Pack. They also formed the first Group Committee at this time with Ron Allison, George Snyder and Bill Shillinglaw. Bill later took over as a Scout Leader and was joined by Ken Yee. During this time six boys earned their Queens Scout Award, Ted Smith, Keith Harman, Bruce Shillinglaw, David Rice, Barry Timbers, and Wes Bonner.

A Ladies Auxiliary was organized in 1969, and led by Jean Willitts as President. They raised funds for refreshments, to purchase uniforms, to assist with camps and to help with badge testing.

In 1975, the Group raised money to help send Terry Crone to the World Scout Jamboree in Norway. Then in 1977 again raised money to assist sending 8 Scouts and 2 leaders to the Canadian Jamboree in Prince Edward Island. Doug Willitts, Andy Sommer,

Martin Menear, Derek Swain, Kenton Stokes, John Cupples, Jamie Slingerland, and Philip Sommer attended the Jamboree with Scout Masters Doug Johns and Bill Sanders.

In 1985, another group of boys attended the Canadian Jamboree in Guelph, lead by Jon Donawald and John Holden. This group received some wide spread recognition for being the only group to Hike to the Jamboree. They received a plaque, which was signed by the Mayor and councilors from East Gwillimbury, Newmarket, Orangeville, and Guelph, and it was also signed by the Prime Minister Brian Mulroney.

In 1995, another group of boys participated in "Scope" an exchange program with Scouts in Philadelphia. Several Scouts joined the Aurora Troop for this trip lead by Scouter Bruce Janes. They also helped host a Camp in Orangeville the following year when the Scouts from Philadelphia joined for a weeklong event.

2001 saw a Troop of nine boys, lead by Rod Lewis and John Sanderson and the Venturer Company of 7 boys, lead by Peter Young and Gordon Thompson attended the Canadian Jamboree on Prince Edward Island. Strong support from the community allowed them to charter a bus to transport all across the Confederation Bridge to PEI. They joined over 14,000 other Scouts, Venturers, and Leaders at Cabot Beach Park.

In August of 2007, the World Scouting Movement celebrated its 100th Anniversary.

Source: <http://www.mountalbertscoutgroup.com>

Check out the *Scouting Life Magazine* at <http://www.scouts.ca/ca/scouting-life>



Town of
East Gwillimbury

Family Day

East Gwillimbury Sports Complex February 18

**Cotton
Candy**

All Activities FREE!!!!

**Hot
Chocolate**

10:30am- 12:00pm

Walk around magician, Craft
Activities, Face Painting and More!

12:00pm-2:00pm

Family Skate



For more info please call
905-478-3826

body design

personal training, nutrition
& lifestyle coaching



Make this your year!

Firm &
Strengthen Your Body
Reduce Body Fat
Increase Your Energy
Improve Your Balance
Enhance Your Health

905-473-3888



www.bodydesign.ca

info@bodydesign.ca

Be Fit,

Eat Well,

Live Life



MacWilliam Farms

22645 Leslie Street, South of Ravenshoe Road



**FRESH BROWN EGGS,
MAPLE SYRUP,
JAMS, PRESERVES, CHEESE,
PORK SAUSAGES, BACON, CHICKEN
& MUCH MORE**

Everything we sell is grown on
our farms in Ontario.

APPLY NOW FOR THE 2013 CSA PROGRAM

Call for Hours

905-836-9656

www.macwilliamfarms.ca

**FIREWOOD AVAILABLE YEAR-ROUND
BUSH CORD \$300**

Contents

- 6 What's On**
List of current events for FEBRUARY
- 11/30 EG Athletes**
- 12 In the Kitchen with Moira Sanders**
Baked Apples w/Candied Ginger
- 17 Garden: Queen Emma**
Georgie Kennedy
- 18 Hort Happenings**
February News & Events
- 20 Wellness: Supplements Simplified**
Brandi McCarthy
- 22 Neighbours Helping Neighbours**
- 24 DECOR: Fresh Set of Eyes**
Susan Crema-Martin
- 26 Mt. Albert Lions - Update**
- 28 Circles: What Can You Do...**
Vicki Pinkerton

Contributors: Susan Crema-Martin, Anne Hill, Moira Sanders, Brandi McCarthy, Paul Brand, Vicki Pinkerton, Georgie Kennedy,

ON THE COVER:

Members of Council recognized the Huron Heights Warriors for their recent win of the 2012 Metro Bowl on November 27th at the Council meeting on January 21st. (photo: Christine Bennis)

Seems a little odd to wish you all a Happy New Year in February, but it's our first issue this year, and it just seems fitting... as well as Happy Anniversary to Us! We have been serving East Gwillimbury for 15 years... time flies, doesn't it.

Already half the school year over and I'm sure everyone is making plans for summer. Don't forget all the fun things that happen in Spring in our community... check out all the events and great things happening right here and even more on our website too.

Visit www.TheBulletinMagazine.com for past issues, ongoing events and check us out and follow our Facebook page too. Take care,



FEBRUARY 2013, VOL. 15, NO. 1

East Gwillimbury's Bulletin MAGAZINE

Since 1998

www.TheBulletinMagazine.com

Editor/Publisher | Christine Bennis
info@thebulletinmagazine.com
905-473-9742

Advertising Sales | Julie Smith
julie@thebulletinmagazine.com
905-473-9788

East Gwillimbury's Bulletin Magazine is published 10 times per year, by Creative Graphics, 4819 Holborn Road, Mount Albert, Ontario L0G 1M0

Acceptance of advertising does not carry with it endorsement by the publisher. Opinions expressed by its contributors does not necessarily reflect positions of The Bulletin Magazine.

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

Contents copyright 2013. All rights reserved.

Delivery via Canada Post Unaddressed Admail.

Circulation: 9,000 copies



Christine

NOTEWORTHY...

ELF DAY SUCCESS

Sharon Public School's Third Annual Elf Day was a huge success!! There were 55 vendors in attendance; an amazing basket door prize draw, and a vendor-sponsored silent auction which was a big hit. The elves were hard at work making pancakes; selling baked goodies and poinsettias; wrapping gifts and making crafts with kids. We saw over 600 patrons come to our fantastic event. Together the school raised almost \$5500!!

VOLUNTEER

2013 Special Olympic Summer Games are coming to York Region this July 11-14. The Games Organizing Committee has set a MINIMUM 16-hour commitment for all interested volunteers. Volunteers able to make this commitment will be selected for positions first. All volunteers will be asked to complete and submit the on-line application form at www.specialolympics2013games.com. Applications will be accepted until April 1, 2013. Please read all the guidelines of the application process.

POSTAL RATES

Effective January 2014 postal rates have increased. Standard letters mailed in Canada up to 30g are now 63¢, over 30g up to 50g are \$1.10. Check www.canadapost.ca for all rates.

GEORGINA WASTE TRANSFER RATES INCREASED

A fee of \$100 per tonne, with a \$10 minimum, will be charged for all yard waste brought to the transfer station by both residential and business users. Residual waste (non-recyclable waste) will also be subject to the \$100 per tonne, \$10 minimum fee. Household hazardous waste, electronics and blue box materials will continue to be accepted free of charge. Location: 20368 Warden Avenue, (north of Ravenshoe Road), Georgina.



4420 Baseline Road, RR3
Sutton West, Ont. L0E 1R0
(905) 722-3688 1 800 764 5496

Email: briggsplumbingandheating@bellnet.ca
www.briggsplumbingandheating.com

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

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

WE SPECIALIZE IN:

Water Pumps

Well Hookups

Water Conditioning

Tankless Water Heaters

Uponor Radiant Floor Heating

Gas & Oil Heating

Air Conditioning

Plumbing Installations

- New & Renovation



Your Friendly
Installers



905-722-3688

Briggs Plumbing & Heating

OVER 50 YEARS in BUSINESS

What's On

Saturday, February 9

E.G. Trail Walk

Sutton-Zephyr Rail Trail
Park on Blake Street south of
Ravenshoe Road, one block east of
Hwy 48. Meet at 9 am, dressed for the
weather.

Sunday, February 10

Writers' Community of York Region

Meeting featuring Jessica Westhead
Newmarket CC and Lions Hall, 200
Doug Duncan Dr., www.wcyork.ca

Tuesday, February 12

Annual Pancake Supper

The Anglican Church Women of St.
James the Apostle, Sharon. Parish
Hall 18794 Leslie Street. 5pm to 7pm.
Tickets \$6 adults, \$3 children under 10.
Available at the door.

Tuesday, February 12

York Simcoe Naturalists Club

General Meeting
7:30 pm. Speaker: River Drive Park
Community Centre, 20 Oak Avenue in
River Drive Park (off the Queensville
Sideroad, north of Holland Landing).
Refreshments will be served. Please
lug a mug. www.ysnaturalists.ca or
ysnclub@yahoo.ca.

Wednesday, February 13

Coping with Autism

8:00 pm. Holland Landing Branch
of East Gwillimbury Public Library.
19513 Yonge Street. Guest: Sheena
Etemadzadeh of Kerry's Place Autism
Service will outline the variety of
supports they offer to families and
individuals of any age diagnosed with
an Autism Spectrum Disorder (including
Asperger's Syndrome, PDD-DOS, etc.).
Call 905-836-6492 to register.

Thursday, February 14

**Women in Business Luncheon
Inspire, Celebrate and Educate**

Silver Lakes Golf & Conference Centre,
21114 Yonge Street. 11:30 am - 2:00
pm. For tickets contact 905-478-8447 or
www.egcoc.org

Friday, February 15

**Mt. Albert U.C. Annual Women's
Beef Supper**

Lions Hall, 5057 Mount Albert Road
4:30-7:30 pm continuous serve. All
welcome. Take out available.
Tickets: \$17 or \$7 (12 and under).
Betty 905-473-2247 or Evelyn
905-473-1997

Friday, February 15

Open Mic & Chili Night

8:00 pm. Free Will Offering
Fundraiser for Nicaragua Youth
Missions. For info 905-473-2562
Royal Oak Court, Lower Level in Mount
Albert.

Monday, February 18

**Family Day in East Gwillimbury
East Gwillimbury Sports Complex**

All activities free. 10:30 am to 2:00 pm.
Family Skate, Hot Chocolate, Cotton
Candy, Magician & more.

Tuesday, February 19

East Gwillimbury Gardener's

7:30 pm. GARDENS OF THE ISLANDS
AND THE HIGHLANDS: Donna
McMaster and Jennifer Walton.
Mount Albert Community Centre, 53
Main St. 905-478-8450 or visit [http://
www.gardenontario.org/site.php/
mountalbert](http://www.gardenontario.org/site.php/mountalbert)

Tuesday, February 19

Newmarket Horticultural Society

8:00 pm. Guest: Dianne & Gary
Westlake "Some of our Favourite

Gardening Mistakes". 905-898-2635 or
www.gardennewmarket.ca

Tuesday, February 19

Mt. Albert U.C. Community Luncheon

11:30 am to 1:00 pm. Cost \$7
41 Alice Street, Mount Albert

Wednesday, February 20

**Mount Albert Village Association's
Monthly Director's Meeting**

7pm-9pm. \$10 membership anytime.
Mount Albert Community Centre Hall
Lower Level. All Welcome!
www.mountalbert.com

Wednesday, February 20

**Be Healthy, Be Active; Hop, Skip and
Climb into Life**

Mt. Albert P.S. Parent Council hosts
guest speaker: Angus Murray, 50th
Canadian to climb Mt. Everest. For
parents and kids with displays, vendors
and sample exercise classes/activities.
6pm - 9pm, 5488 Mount Albert Rd.
RSVP at [mapsschoolcouncil@gmail.
com](mailto:mapsschoolcouncil@gmail.com)

Wednesday, February 20

Healthy Aging & Stroke Prevention

Free Workshop 1:30 - 2:30 pm.
Cedarvale Lodge, 121 Morton Ave.,
Keswick. Hosted by CHATS and Central
East Stroke Network. To register call
CHATS 1-866-677-9048 ext. 6211

Saturday, February 23

**2nd Annual Freezin' For A Reason
Polar Dip**

Join us at Innisfil Beach Park, 676
Innisfil Beach Road, for the Lake
Simcoe Conservation Foundation's
polar dip into Lake Simcoe! 1:30 pm
Proceeds will be used to support critical
environmental programs and projects in
our beautiful watershed.

What's On

Visit www.lakesimcoefoundation.ca to register, start/join a team, raise funds or donate.

Saturday, February 23

Annual Chef Dinner/H.L. Lions

Doors open at 6pm, dinner at 7pm
 Tickets \$20p/p or table of 8/\$140.
 Proceeds go to Lions Clubs Camp Kirk
 Note: this is an alcohol free event.
 Tickets call Paul Taylor at 905-836-1423
 Silent Auction and 50/50 draw.

Sunday, February 24

EG Minor Softball Registrations

East Gwillimbury Sports Complex,
 Mount Albert Road
 1:30-4:30 pm. 2013 Season
 Registration for ages 4-18. TBall to
 Midget Divisions. www.freewebs.com/egmsa

Sunday February 24th

Join Shannon Jonas (Healthier at Home) & Brie Reid (Zen Bones), on **World Yoga Day**. By donation or in spirit, helping victims of human rights violations. Please contact Shannon for details at 416-617-2523 or healthierathome@hotmail.com.

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. 930 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 3rd 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.

Now Until the End of March EG Group of Artists Show & Sale

Newmarket Theatre, 505 Pickering Cres
 1-5:30 Monday-Friday, 12-4 Saturdays
 Paintings, pen and ink work, and photography hanging in the theatre foyer. All art work is for sale, with a percentage of sales going to support the theatre.

Saturday, March 23

9th Annual Cabin Fever Reliever

Silent Auction Charity Fundraiser
 7:00 pm, \$20/ticket
 Mount Albert CC, 53 Main Street
 Full proceeds go to the programs and operational costs of The Family Place-YNFRP. www.ynfrp.org or 905-473-5929



THE GROUNDHOG FINALLY REALIZED THERE WAS NOTHING TO FEAR BUT FEAR ITSELF.



Check out
YORKSCENE.COM
 a source for
 arts, culture &
 Entertainment
 in York Region

**punctuation
 social personalities**
by Carrie Replinger

| | | |
|---|---|---|
| • <small>never starts an argument but always finishes it</small> | , <small>pauses often while speaking</small> | - <small>interrupts others with own thoughts</small> |
| ! <small>makes himself heard no matter what</small> | ? <small>asks uncomfortable questions</small> | |
| ; <small>loves bringing similar people together</small> | ... <small>often trails off on a tangent</small> | : <small>likes to introduce groups of people</small> |
| “ ” <small>tells you what everyone else says</small> | () <small>puts you away from the conversation</small> | |

which one are you?

© 2012 Carrie Replinger

Common Scams

Water Heater Scam

Aggressive and questionable door-to-door water heater sales tactics have become a growing problem throughout Ontario.

To protect against these door-to-door sales tactics, homeowners should always ask for identification and never feel pressured into signing a contract on the spot.

Homeowners who have signed a water heater rental contract with a door-to-door salesperson should know that the Ontario Consumer Protection Act allows 10 days to cancel the contract, no questions asked. That deadline extends up to a full year for those who have been misled or deceived.

Dead Air Calls

The phone is ringing but no one is there when I answer.

Your phone may have a technical problem but you may also be receiving calls from an automatic dialer that logs the time the phone is answered. A telemarketer uses the information to indicate when a person will be at your number to answer the phone.

Phone Number Spoofing

I received a call and my call display indicated a phone number 123-456-7890 or 777-777-7778 (or any other strange combination of numbers).

This is a phone number that has been programmed into the system so your call display indicates a different number than the originators. Although this does not mean the offer you are receiving is illegal, you should certainly have a “red flag” approach to any offer.

Why would a legitimate company try to obscure their identity?

Vehicle Warranty Package

If you have received an unsolicited vehicle warranty telephone offer or a card in the mail you should use the “buyer beware” philosophy. Educate your choices.

Some ideas you should think about:

Do you already have an existing warranty?

Have you checked with your car dealership?

How is the offer worded - does it make sense? Is it realistic?

Contact the Better Business Bureau.

Research on the internet. 🍁

Weidemann's Auto Service is Now Closed
Happy Retirement.

We are still here.

Gary's Service Dept

Serving Sharon, Queensville & Holland Landing

Expert automotive repairs.
All makes and models.
Let us help you!

905-898-2007



141 Toll Rd. Holland Landing ON, L9N 1G8

THE INTERNET AND How It's CHANGED

1. In 2002, 569 million people (or 9.1 per cent of Earth's population) used the Internet. Today 2.27 billion (or 33 per cent) do.
2. Ten years ago, people spent an average of 46 minutes surfing the internet per day. In 2012, that number has jumped to four hours per day.
3. Today's 18-second wait for downloading a song trumps 2002's 12.5-minute wait.
4. The three million websites of 2002 have since multiplied by 185, resulting in an approximate total of 555 million sites.
5. Friendster was the largest social media site a decade ago, with three million users. Facebook is the largest today, with 900 million users.

METAL SALES

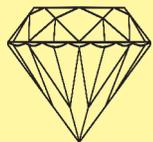
 **IMPERIAL
CUT ALLOY INC.**

• CUT TO SIZE • MASSIVE INVENTORY
• SUPERIOR SERVICE • QUICK DELIVERY
• OPEN SATURDAY (Until Noon) • PUBLIC WELCOME

224 Oriole Drive., Unit #1, Holland Landing, ON
Ph: 905-895-6431 Fax: 905-895-5101
jim@icai.ca / bob@icai.ca

Best Tweet Award goes to:
Jimmy Fallon @jimmyfallon

"A man lost his memory and used Facebook pictures to piece his life back together. Or, as most people call that, "Sunday morning."



DIAMOND CUSTOM SHUTTERS



- Free Estimates
- Buy Direct from Factory & SAVE
- Free Installation
- All Work Guaranteed
- Interior Wood Shutters
- Mobile Showroom



Specializing in
California Shutters

Call

DON ASH
Sales Manager

905.836.9241

Add custom shutters to your list of home improvements!

141 Toll Road, Holland Landing, ON L9N 1G8

www.dcshutters.com

East Gwillimbury Athletes

HOCKEY SEASON UPDATES:

On the weekend of November 30th, 2012 the East Gwillimbury Eagles Major Atoms played in the Newmarket Atom A Tournament. Even though the team struggled throughout round robin play, the team persevered, ranked second in their pool and managed to make it through to the semi-finals.

In the semis, your Eagles faced the top ranked team from the other pool, the Waterloo Wolves. The boys played hard and managed a 2-0 victory, giving them a birth in the finals against the Credit Valley Wolves.

The finals had a little bit of everything, proving to be a nail biter right to the end, with your Eagle's coming out on top 3-2. Congratulations Boys! (photo below)



Peewee AA Eagles Win Georgina Regional Silver Stick

The EGMHA Peewee AA Eagles had an exciting weekend Nov 22-25, winning the Georgina Sylvia Tremblett Memorial Regional Silver Stick tournament!

Our Eagles began the round robin Thursday by holding off a late game push from the host Georgina Blaze to take the game 3-2. On Friday, they beat the Rideau St. Laurent Kings 3-1, holding them scoreless until the last 2 seconds. Approaching their third game on Saturday, the undefeated Eagles needed a win or tie for a definite semi-final spot, while the Mississauga Terriers needed to win by two goals for a higher goals for/against average. After two tough periods, the Terriers led 3-2, with four of the goals scored on power plays. E.G. evened the score with just over three minutes left and, soon after, Mississauga pulled their goalie and scored a go-ahead goal. With their goalie again sidelined, the Terriers pushed for another goal. Instead, the Eagles put the puck in the empty net, then held the score at 4-4.

In Sunday morning's semi-final, our Eagles outplayed the Barrie Colts for a 1-0 shutout. Scoring in the final

**We count on Coaches, Parents and the Community to submit stories to feature!
Thanks for your contributions - email: info@thebulletinmagazine.com**

game vs. the Humberview Huskies began with a EG power play goal midway through the first period, that was answered by two from the Huskies in the last two minutes of period one. The Eagles then tied the game mid-second period and gained the lead in the third - a sweet hat trick for #3, Richard Whittaker! Final score 3-2.

Congratulations Eagles on winning the Regional Qualifier, and good luck in Michigan at the International Silver Stick in January!



Eagles teammates, from left to right: Goalies - Justin Brown, Michelle Kinzett. Players, front - Thomas Stover, Richard Whittaker, Erik Westlund, Tyler Robertson, Trevor Grasby, Bradley Arbour. Middle - Colin Van Houdt, Michael Aloise. Back - Ben McIlwraith, Kyle Courts, Adam Carter, Matthew Reinsma, Josh Tambos, Dylan Weaver, Jaimie Goldring. Manger - Anne Kinzett. Head Coach - Shawn Pollard. Trainer -Mark Goldring. Assist. Coach - Dave Carter.

SEE MORE ATHLETES ON PAGE 30...

DID YOU KNOW... Your body has approximately 60,000 miles of blood vessels that not only oxygenate the tissues of the body and unburden them of waste, but also act as stringent regulators of the body's environment.

Stressful miles. If you are 25 lbs. overweight, you have nearly 5,000 extra miles of blood vessels through which your heart must pump blood.

Taking a break. Your heart rests between each beat. Over a normal lifespan, your heart stands still for about 20 years.

Now that's pressure. Your blood rushes through your arteries with enough pressure to lift a column of blood 5 feet into the air.

Safety valves. When you stand up, if you didn't have valves in your veins, all the blood in your body would literally fall downward, filling up your feet and legs.

IN THE KITCHEN

WITH

MOIRA SANDERS

In the weeks and months following Christmas, it seems everyone is watching what they are eating. What I love about baked apples is they make a delicious dessert and they can be switched up to accommodate whatever food requirements might be necessary. Leave out the bread crumbs for gluten-free. Cut back on the sugar or substitute it all together with your favourite natural sweetener. Try some different nuts, add chopped dried fruit, or use ground ginger or cardamom in place of the cinnamon. Consider this recipe a suggestion and let your imagination run wild. But I really must make this point – don't skip the candied ginger. It's scrumptious!

Baked Apples w/Candied Ginger

Serves 4

- 4 Granny Smith apples
- ¼ cup butter
- ¼ cup firmly packed brown sugar
- ¼ cup sliced almonds
- 3 Tbsp finely chopped candied ginger
- 2 Tbsp oatmeal
- 2 Tbsp currants
- ½ tsp ground cinnamon
- 1 Tbsp fresh bread crumbs
- ½ cup apple juice or apple cider



Preheat the oven to 375F. Core the apples without making any holes in the bottom of the apple. Place the apples in an 8x8-inch baking dish or a medium cast-iron skillet.

Combine all of the remaining ingredients together except for the fresh bread crumbs. Divide the mixture amongst the 4 apples, filling the cavities of the apples as full as you can. Sprinkle the tops of the apples with a sprinkling of bread crumbs or a bit of extra oatmeal. Pour the apple juice or cider into the baking dish.

Bake for 20 minutes and then baste the apples with the juices that have accumulated in the pan. Return the apples to the oven and continue baking for another 20 minutes or until a knife pierces the apple easily all the way through.

Remove the apples from the oven and baste with the juices again. Serve warm or at room temperature with a scoop of vanilla ice cream or a dollop of Greek yogurt.



Moira Sanders has made a career of food which gives her inspiration for her local cooking classes, her website www.moirasanders.com, and cooking for her busy family. Moira co-wrote the ward-winning cookbook "The Harrow Fair Cookbook" published by Whitecap Books. Moira can be reached at moira@moirasanders.com.

Seven Reasons To Love Winter

Unless you're an avid skier or snowboarder, or in the snow plowing business there may not be many reasons to love winter... here are some perks that may help you enjoy the season a little more.

1. No bugs
2. No grass to cut
3. Holidays
4. Snow days
5. Hockey (It's finally back)
6. Nobody notices if you put on a few pounds
7. Spring

Here are some easy ways to get active this winter!

1. Try dog sledding
2. Go snowmobiling (if we ever get snow)
3. Hit a winter festival
4. Go skating
5. Tired Yet? Sleep in an igloo



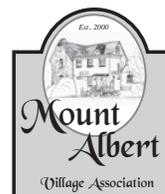
Monday, February 18:

*Family Day Aurora Arctic Adventure
East Gwillimbury Family Day Fun
Markham Museum Winterfest*

Saturday, February 23:

Port Perry Feb Fest

Mount Albert Village Association (MAVA) NEWS



Tidbits from the last couple of meetings of the village association;

- Dan Stone from Town of East Gwillimbury discussed options for Downtown Revitalization
- Members of the Downtown Revitalization Committee spoke to "Downtown Dan" in Beaverton regarding the revitalization of their village core. First steps are to complete surveys of how we perceive our village
- A member of East Gwillimbury Town Council will be present at monthly meetings to answer questions & help coordinate our efforts with the town
- Look for a re-vamped Mount Albert website in the coming months
- Watch for new signage to appear in the community
- Monthly meetings are held at the Mount Albert Community Centre on the 3rd Wednesday of the month. All are welcome. Many thanks to Mad Hatter's Bistro for squeezing us in over the past months.

The Mount Albert Village Association is open to all residents and businesses. Join anytime & be involved in our village. Our current membership stands at 41. To find out more about the various membership levels, drop in to *The Corner Décor & More* or *Mad Hatter's Bistro*.

Check the Community Calendar on the website for local events that may interest you.

Hope to see you at the next meeting -
Wednesday, February 20th @ 7pm
at the Mount Albert Community Centre (LL).
53 Main Street.
And if we don't see you -
Stay Happy, Stay Safe, Shop Local!

YOUR VILLAGE, YOUR HOME, HAVE A SAY TOO!

Join MAVA for as little as \$10/year
www.MountAlbert.com
Join our email list for news, updates and info!

Cataract surgery funding being cut in Ontario

Funding cuts negatively impacting patient care

(NC)—Over 2.5 million Canadians have cataracts, making cataract surgery one of the most commonly performed surgeries in Canada. Cataracts are cloudy areas in the lens inside the eye. They begin to slowly and gradually worsen, affecting the patient's ability to carry out everyday tasks, such as driving and reading. According to the Canadian Medical Association, an estimated 35-40 per cent of Canadians will develop cataracts by age 70.

Although more than 95 per cent of patients experience significantly improved vision after cataract surgery, recent cuts to funding in Ontario are impacting patient care, causing wait times to skyrocket and in some cases forcing hospitals to close their doors to patients who need medical treatment. In October 2012, Local Health Integration Networks (LHINs) across Ontario communicated to their local hospitals that cataract surgery volumes would be cut by 10-20 per cent, forcing some hospitals, particularly in small and rural communities, to eliminate their cataract programs entirely.

“We are concerned about the visual health of our patients if these cuts are not reversed,” said Dr. Tim Hillson of the Eye Physicians and Surgeons of Ontario. “Loss of independence for patients waiting for the procedure, most often seniors, can be severe. Individuals with vision loss due to cataracts are three times more likely to suffer from depression and four times more likely to suffer hip fractures.”

Ontarians have come to count on reliable access to cataract surgery thanks to the province's 250 cataract surgeons; a service that is now in jeopardy as a result of the cuts.

“Our aim as ophthalmologists is to continue to preserve and restore vision in Ontario,” said Dr. Hillson. “Unless the government of Ontario reverses these cuts, patients and their families will suffer needlessly from the effects of a condition that can, in many cases, be easily treated.”

More information is available online at www.epso.ca.
www.newscanada.com

What can you do?

Write or call your MPP and let them know that access to sight saving cataract surgery is important to you and your family, and ask that your MPP advocate to the Minister of Health on your behalf to reverse these cuts.

You can email the Minister of Health and personally express your dissatisfaction with cuts to cataract surgery in your area, and ask that the Minister reverse them.

**Julia Munro,
MPP York-Simcoe**

Queen's Park Office:
Room 204 North Wing
Legislative Building
Queen's Park
Toronto, ON M7A 1A8

Phone: 416-325-3392
Fax: 416-325-3466
julia.munro@pc.ola.org

OR

Constituency Office:
45 Grist Mill Road, Unit 8
Holland Landing, ON
L9N 1M7

Phone: 905-895-1555
Fax: 905-895-0337
Toll Free: 1-866-206-1373
julia.munro@pc.ola.org

NOTEWORTHY...

TRAFFIC LIGHTS

The intersection of Leslie Street and Colonel Weyling Boulevard traffic control signal will be installed on a temporary basis until Hwy. 404 is extended north and the nearby school (Sharon P.S.) is re-located to the Sharon West Development, at which time staff will re-evaluate its status.

ANOTHER SCHOOL FOR MOUNT ALBERT

The school, with a capacity for 488 students on 5.9 acres of land, is expected to open in the fall of 2014. Mount Albert Public School has been above capacity for some time, with an eight-classroom port-a-pack to accommodate some of the overflow. Mount Albert will get a new school on King Street, between Lily McKeowan Crescent and Hammil Heights.

ONLINE DIRECTORY

Do you own a business in East Gwillimbury? Free listings are available at York Local Market www.ylm.ca – simply set up an account and follow the instructions to include your listing on your local community directory.

UNITED WAY AWARD

Town of East Gwillimbury has been presented with the United Way York Region's 2012 Municipal Challenge award. The award is given to the municipality with less than 300 employees whose staff demonstrate exceptional commitment to United Way York Region through their fundraising. Town employees achieved the highest level of participation with 75 per cent participation and raising a total of \$9,704.25.

OLDER AND WISER PROGRAM

All Seniors in East Gwillimbury are eligible for a free home inspection. All safety aspects are looked at from fire and fall prevention. Request forms are available at most town recreation facilities or call the Fire Prevention Officer (905) 853 8842 ext. 102.



Successful investing begins with good advice

RRSP, RRIF, RESP, Financial & Estate Planning
Tax Reduction Strategies

Owen M. Smith, HBA, B.Sc., Investment Advisor
17345 Leslie St., Suite 100
Newmarket, Ontario L3Y 0A4

905-898-4228
email: osmith@dundeewealth.com

DUNDEEWEALTH 



Taina
Reed
Sales Representative

ROYAL LEPAGE

CELL: 905-960-2088
OFFICE: 905-836-1212
FAX: 905-967-0807
EMAIL: tainareed@royallepage.ca
WEB: www.TainaReed.com

Royal LePage York North Realty, Brokerage
Independently Owned and Operated
1111 Davis Dr. Unit 11, Newmarket ON L3Y 8X2

COUNSELLING

Individual, Couple & Family

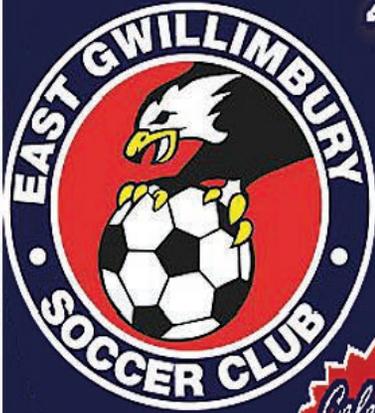
Emotional Issues • Anger Management
Mediation • Grief Counselling
Seniors Issues

Immediate Appointments Available

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

905-478-2307
or 1-800-360-5251
raymond.mark@rogers.com

www.raymondmarkcounselling.com
Read my blog @ www.raymondmark.wordpress.com



2013 Online Registration

OPEN

Mini Mites thru Tykes

\$130.00 Co-ed

U8 - U10

\$140.00 Boys and Girls Divisions

U12 - U14

\$150.00 Boys and Girls Divisions

U15 - U16

\$160.00 Boys and Girls Divisions

U18

\$180.00 Girls Division

Senior Recreational Men's and Women's A & B Division \$200



To register online or to find out about walk in registration visit

www.egsc.ca

Follow us on Facebook

info@egsc.ca or call 905-898-7278



WE ♥ SUMMER CAMP

Just a little reminder...

Book early for Summer Camp 2013 and \$AVE!

Join us for our 28th summer

To find out all the savings and camp info visit www.harrogatehills.com

Looking forward to seeing you this summer!

Harrogate Hills Riding School • 905-473-3867
18786 McCowan Road, Mount Albert, ON L0G 1M0

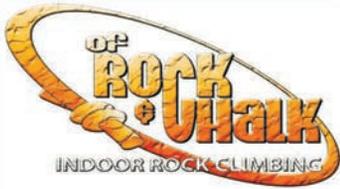


HARROGATE HILLS

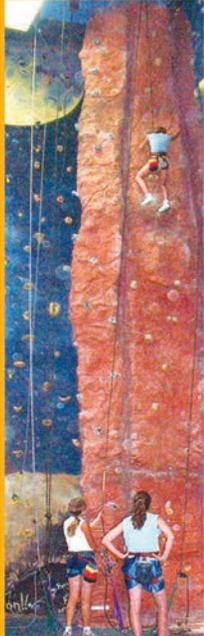
www.harrogatehills.com

www.facebook.com/harrogatehills

REGISTER NOW



INDOOR ROCK CLIMBING



MARCH BREAK CAMP 11th - 15th

Our camp incorporates multiple activities including; rock climbing, circus school, trampoline, reptilia zoo, swimming, mini golf, go karting, bowling, martial arts, in play, movies, pony farm and petting zoo and much more...

We also offer:

School programs, youth groups, corporate groups, adult lessons, after school lessons, birthday parties, memberships and more

905-895-7625
482 Ontario Street, Newmarket
www.rockandchalk.com



Town of
East Gwillimbury

Looking for something

fun to do over March Break?

March 11- March 15, 2013 East Gwillimbury Sports Complex

March Madness Ages 5-12 years

March Madness Kinder-Kids Ages 3-5 years (1/2 day program)

Sign up for one or more days

Monday Spectacular Science Lab

Tuesday Super Power Day

Wednesday Sports and Adventure

Thursday Gnarly Nature & Wild Animals

Friday Pirates Go to Sea



For fees, hours and registration details please visit:

www.eastgwillimbury.ca or call 905-478-3826

Exotic Garden Companion

Crinum augustum 'Queen Emma'

By Georgie Kennedy

Lake Simcoe South Master Gardeners

True confessions. Some of you dear readers may have detected a tropical slant to the subjects I choose to explore in the cold months. It's time to acknowledge that your suspicions are correct. My husband and I spend the winters under the Jamaican sun, at our family home in a quiet bay on the sparkling turquoise Caribbean Sea. When we renovated the house four years ago there was almost nothing to call a garden on the rocky, windswept property. With plenty of help, we planted truckloads of trees, shrubs, vines, ferns and flowers in the hope that one day it would be a fertile, luxuriant paradise. That day has arrived. Since we prefer natural over manicured gardens, we allow branches to hang over walkways and low flowering plants to creep over edges. The curved driveway is lined with mighty silver Bismarck palms (*Bismarckia nobilis*), bright pink Oleander (*Nerium oleander*) and fuchsia Bougainvillea. Paths wind past red Hibiscus *rosa-sinensis* and Purple Fountain Grass (*Pennisetum setaceum* 'Rubrum'), Banana (*Musa acuminata*), Bird of Paradise (*Strelitzia reginae*) and even Date palms (*Phoenix dactylifera*) and Coconut palms (*Cocos nucifera*) that survive in the sand.



Crinum in full bloom
Continued on pg. 19

Hort Happenings • February 2013

By Anne Hill

Isn't it great to be past the shortest day of the year and know that spring is on the way? The few warm days in January were such a treat – but not so good for the gardens. With no snow cover to hold in the cold the plants are so susceptible to damage from repeated thawing and freezing. In my garden the snowdrops are almost open and the daffodil leaves are well up; they won't come to any harm even if they get a whole lot more snow. Various other early spring plants are showing themselves, too.



East Gwillimbury Gardeners

After our mid-winter break East Gwillimbury Gardeners (Mount Albert Garden and Horticultural Society) starts up again on Tuesday February 19th. Join us for a virtual visit to the Gardens of the Islands and Highlands of Scotland with Jennifer Walton and Donna McMaster. The meeting starts at 7:30 pm and we are always delighted to welcome guests and new members. Come early and enjoy chatting with other gardeners over a cup of coffee or tea and some delicious goodies. Whether you are an experienced or brand-new gardener we'd love to meet you.

The Junior Gardeners (ages 6 – 16) also have their first meeting of the year on February 19th; they meet at 7 p.m. They will be planting up beautiful spring bulbs to take home and share with their families. Both the junior and adult meetings are held at Mount Albert Community Centre, 53 Main Street.

For a great taste of spring, I recommend "Get the Jump on Spring" on Saturday, February 23rd from 10 a.m. to 4 p.m. at the Toronto Botanical Garden (Lawrence Avenue at Leslie Street in Toronto). There is a wide variety of workshops and presentations planned, along with a floral design competition. It's a great opportunity to find out more about various gardening and environmental organizations and pick up a lot of information. Admission and parking are free but a donation of \$2 will get you entered in a prize draw. All the information you need is at www.torontobotanicalgarden.ca/news/jump-on-spring

Do you start plants from seed? The seed catalogues are available now and they're great to browse through even if you are just dreaming of what you'd like to add to the garden this year. This is the time to make plans, when we can see the "bones" of the garden.

For more information about anything in this article or our excellent line-up of speakers for 2013, call 905-478-8450 or visit our website at www.gardenontario.org/site.php/mountalbert

17th Annual - Canada Blooms / March 15-24

The Magic of Spring

"Ah, Spring! The most awaited for season. After our long Canadian winters, we look forward to the warmth of the sun, and clear days. We shed our layers, feel active, and light hearted. With Spring comes revival, rejuvenation, romanticism, growth, hope, beauty, colour, and gardening, at last! Come explore and celebrate The Magic of Spring at Canada Blooms in March!"

— Colomba Fuller

Canada Blooms Artistic Director

Queen Emma (pg. 17) continued:

Impressions of plant exploration in Jamaica: the spicy whiff of a torn allspice leaf (*Pimenta officinalis*); brushing the fronds of delicate Areca palms (*Dyopsis lutescens*); the buzz of hummingbirds dipping for the nectar of red firecracker flowers (*Russelia equisetiformis*); the whistling, hissing and croaking of crickets, tree frogs and lizards after dark; the fresh scent of rain on red earth. There's something magical in the soil that seems to make certain plants grow at an unbelievable pace. I have witnessed the *Moringa oleifera* (formerly known in the family as The Flowers Tree) and the variegated Fig (*Ficus*) grow from seedlings to gigantic shade trees in under two years. Yes, there is tiny slow growing vegetation on the island, but I would like to introduce you to a favourite companion, the mammoth 'Queen Emma.'

After the landscape makeover, there were still plenty of bare spots where only soil showed. My fellow plant addicts will appreciate the problem this presented. When I asked for recommendations from others similarly affected, I discovered Tropical Garden Plant Nursery, two miles up a twisting country road from bustling, hot Montego Bay. There in the cool shade of their riverside location, among the Bromeliads and palms, I found the massively exotic *Crinum asiaticum*, otherwise known as Crinum Lily, Giant Crinum, Poison Bulb, and, locally here in Jamaica, Coco Rose. The usually variety sports white flowers. Our enormous cultivar is a rare exotic gem known as *Crinum augustum* 'Queen Emma,' named to honour the wife of Kamehameha IV, King of Hawaii from 1855 to 1863. Her humanitarian works included the promotion of education and efforts to eradicate leprosy. From the base of its abundant bouquet of four to five foot leaves, this garden delight regularly sends up single red-burgundy stems of the same length. These stems gradually produce large bulbous tips that eventually burst open with a host of spidery white and purple sweet smelling flowers.

On my second visit, I brought my husband. He fell in love too, so we brought it home for only \$18 Canadian. We acclimatized 'Queen Emma' in a shady spot before deciding where best to plant our novelty showcase feature. Through research, we learned it is salt and sun tolerant. We noticed that the smooth, touchable leaves would bend easily so we realized it needed protection from strong winds. In time, we chose the most sheltered location we could find, just below our bedroom balcony, a perfect morning vision. Crinum Lily is a conversation piece; every local visitor wants to grow one, so we gladly share its offspring. Since we purchased it from Maria and Bala, it has shot up to six or seven feet tall; at its base are normally about ten to twenty sprouting Crinum. We take these babies to our potting area where they quickly transform into teenagers ready for distribution.

I love this plant because the leaves are striking even when it is not blooming. When I observe the appearance of a new stem, I'm on daily patrol in anticipation of the dramatic explosion of glamorous flowers. On your next travel to equatorial climes, perhaps you will encounter and recognize Crinum Lily during a garden tour. Remember to send my greetings.



Lake Simcoe South Master Gardeners offer a year-round garden helpline providing individualized gardening advice at no charge in York Region. Anytime you have a gardening question, please contact us at lssmastergardeners@gmail.com. Visit <http://www.lss.mgoi.ca>



AJ Jakubowska (Ms.) & Eun-Kyung Lee (Ms.)

16945 Leslie Street, Unit 19
Newmarket, Ontario L3Y 9A2

Tel: 905.898.8500

Enquiries: Carolyn Pearson admin@jakubowska.ca
www.ontariofamilylawblog.blogspot.ca

~Downtown expertise at a relaxed Newmarket location.

Supplements Simplified

With the New Year upon us most of us start seriously thinking about diet and exercise and “getting back on track”. The overindulgences and lack of exercise that the holiday’s bring can be a recipe for disaster! Each New Year I write about how to get back to an exercise program (or get on one to begin with), ways to clean up your diet and generally feel better. But this year I wanted to tackle one other area of “New Year’s Resolutions” that I get a lot of questions about; Supplements.

As a Registered Holistic Nutritionist, my first choice in “treatment” is always whole foods and exercise. Nothing can ever replace a good diet when it comes to proper nutrition, but there are a few supplements that I think everyone can benefit from, regardless of how good your diet is. Here are my top 3 supplement recommendations along with my REAL food versions in case you want to strive for perfection!!

Fish Oil - Fish oil is an excellent source of EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). These are the amazing anti-inflammatory Omega3 fats your hear so much about in the media! Diets deficient in this essential fat are at higher risk for inflammatory conditions such as heart disease and arthritis. A deficiency in these fats can also contribute to skin problems, brittle hair and nails, lowered immunity and poor healing and recovery.



How do I get it in food? EPA and DHA are most commonly found in the fats of wild caught fatty fish such as salmon, sardines and herring. Farm raised salmon also have these fatty acids, but in significantly less amounts. Aim to eat a minimum of 3-5 servings of wild fish every week to get an adequate supply of Omega3 fatty acids. Forget the apple, a can of sardines a day may really be what keeps the doctor away!

How do I take it as a supplement? There are TONS of fish oil supplements on the market, but here’s what you’re looking for; You want to get a combined amount of EPA and DHA of about 1000mg per serving. (It can be 750 and EPA and 250 of DHA or any other amount, just aim for 1000mg combined) Read the side of the bottle to see how much EPA and DHA is provided in each serving. The more expensive a fish oil is, likely it is higher per serving of these two ingredients meaning you need to take less to get the same amount of active ingredients. From there it’s up to you which brand you prefer to buy. It can be found in both liquid (cheaper) and capsule form. Both are just fine. (Take it with food to prevent any possible aftertaste)

Probiotics - Did you know that 70% of your immune system resides in your digestive system? Yup, the small intestine is basically your “health meter”. If it gets sick, so do you. A poor ratio of good bacteria to bad bacteria in the gut can cause a host of health problems; from the common cold to high cholesterol and anything in between, you name it! Our body is great at keeping the balance between good guys and bad guys, but things like illness, alcohol, sugar, stress and lack of sleep can damage this delicate system (That was the holiday’s in a nutshell wasn’t it??). Replenishing your bodies good bacteria through probiotic supplementation is about the best way to help out your immune system and promote better health!

How do I get it in food? We have all heard yogurt is a good source, but it can be pretty low on the amount of bacteria you actually get. Most of us are deficient to start with so yogurt doesn’t do a great job at replenishing.

Look for a minimum amount in the tens of millions to ensure you are getting a decent dose (Most good brands will list the amount of good bacteria in the product, if it's not there you can bet it's pretty low). Fermented foods are another fabulous source of healthy bacteria (Think homemade sauerkraut....yum!!) Avoid breads and baked goods and non-refrigerated items that claim to be a source of probiotics. Most probiotics need a moist cool environment to survive so these products are usually just a lot of hype and not worth your money.

How do I take a supplement? Look for a brand that is refrigerated and likely has a minimum of one Billion (Yes, I said Billion) active bacteria. If you have any type of digestive troubles, it may be worth getting advice from a Registered Nutritionist or Naturopathic doctor to really determine the best dose for you.

Vitamin D - This vitamin is important for the development of healthy bones and teeth, but that's not all. It has been shown to help with everything from exercise recovery and fat loss to improved immunity and bone health! Unfortunately for us, one of the best sources of Vitamin D is from the sun, which in Canada....well, we kind of lack. Some doctors estimate as high as 80% of all Canadians are Vitamin D deficient. It's an inexpensive, easy to take vitamin that I think we could all use a little more of!

How do I get it in food? A variety of different fish have a decent amount of Vitamin D as do egg yolks (But not the whites). This vitamin is fat soluble, meaning it needs fat to absorb, and we are also able to store it up so we don't always need a constant source. The best possible source of Vitamin D however is sunlight! Our bodies convert energy from the sun into usable Vitamin D to make all sorts of wonderful things! It is one of the most important vitamins in our bodies. Most people only need a 5-15 minutes a day of exposure (without sunscreen!) to get what they need, this can be pretty difficult in the winter months though, which is why this supplement is so widely recommended.

How do I take a supplement? You would have to be living in a cave to not have seen the "D Drops" ads on television by now, but in case you have been in a cave (in which case you REALLY need some vitamin D!), you can buy Vitamin D in a liquid form at just about any health food or drug store. You can also buy it in tablets if it's easier. The general recommendation is between 400 and 1000 IU's daily. Talk to a natural health professional if you want a dosage recommendation more tailored to you.



By Brandi McCarthy, RHN. Brandi is a Registered Nutritionist and certified Personal Trainer at Body Design. Body Design offers personal training, nutrition and lifestyle coaching to assist individuals achieve their fitness and weight loss goals. www.bodydesign.ca

MOUNT ALBERT TAX COMPANY
HOLLAND LANDING TAX COMPANY
"The low cost provider of professional tax services"



ACCOUNTING & INCOME TAX
 905.473.6522 · 289.319.0506
 www.t42.ca

Ian Hawkins

Next to the Post Office, Mount Albert
 Gristmill Plaza, Holland Landing
 1.866.355.5759 • f. 289.803.0041 • c. 416.528.9639



- Armour Stone
- Flag Stone
- Pools
- Aggregates
- Landscaping
- Ponds
- Excavating
- Retaining Walls

905.473.2453
 reedslandscaping.net

THE PET NANNY

Need pet sitting services?
Contact Lynda Annall

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

Neighbours Helping Neighbours



NeighbourhoodNetwork
Building Better Communities Together

When it comes to our emotional well-being, nothing does the heart as much good as helping others.

A lot of local residents want to lend a helping hand by volunteering their time but don't know where to start. And a large number of local charities need volunteers but have trouble finding them.

The solution: Neighbourhood Network, a Magna for Community initiative that provides opportunities to engage volunteers with local charities and community groups.

Since getting off the ground five years ago, this volunteer-focused organization has helped connect thousands of local residents with charities and not-for-profit organizations that serve people in need throughout our community. Neighbourhood Network currently has approximately 4,000 volunteers and more than 200 partner organizations in Newmarket, Aurora and East Gwillimbury. Health-related and social service organizations comprise the majority of Neighbourhood Network's partners, and include groups such as The Family Place in Mount Albert and Blue Door Shelters that help fulfill important needs with support services in the community.

Neighbourhood Network also runs a number of annual programs that mobilize volunteers for the benefit of the community. One of these is the Snow Removal Program, which is aimed at helping low-income seniors and persons with disabilities. The program matches volunteer snow shovellers with nearby eligible residents in Newmarket & Aurora. Many of the elderly residents helped by Neighbourhood Network's volunteers rely on the service – especially during winter storms, when they can become trapped in their homes because they are unable to clear their sidewalks and driveways and may need to get out to see a doctor or other health care professional.

Another volunteer program is our Annual Tree Planting Day. With the help of the Lake Simcoe Region Conservation Authority and the towns of Aurora, Newmarket and East Gwillimbury, Neighbourhood Network dispatches an army of over 200 volunteers, including students from local high schools and active residents and families, who combined plant close to 2,000 trees and shrubs along river banks and in environmentally-sensitive areas throughout the community.

The program's objective: to shore up river banks and enhance the water quality in the streams and wetlands of the East Holland River by re-establishing environmentally-beneficial native tree species. According to the Lake Simcoe Region Conservation Authority, the trees and shrubs help improve water quality by filtering and absorbing contaminants, providing habitat for wildlife and shade for aquatic species, and preventing stream bank erosion. The next Neighbourhood Tree Planting Day is slated to take place once again this year on Saturday, April 27th as part of National Volunteer Week activities happening across the country.

Neighbourhood Network is also putting out a call for volunteers to lace up and either walk, run or jog in the upcoming Nature's Emporium Run or Walk for Southlake. The run is taking place on April 28th, 2013 at the Aurora Community Centre. Now in its 12th year, the event, which raises funds for Southlake Regional Health Centre, attracts more than 1400 runners and walkers!

Want to volunteer or become a Neighbourhood Network partner organization?
Visit www.neighbourhoodnetwork.org or call 905-726-3737.



FEBRUARY IS HEART MONTH.

By making a donation, you'll be helping us fund life-saving research.

.....
PUT YOUR HEART INTO IT.™
MAKE A DIFFERENCE.



HEART &
STROKE
FOUNDATION

Finding answers. For life.

Visit heartandstroke.ca/HELP
or call 1-888-HSF-INFO

This is a

**WELCOME
WAGON**
SINCE 1930



New Home • Getting Married? • Having a Baby?

LET US WELCOME YOU!

Kim Hughes 905-473-2627
or welcomewagon@rogers.com

MOUNTALBERTLANDSCAPING.COM

JASON SHAW

30 Years Experience in
Landscape
Construction and Maintenance



905-473-7273

**MARTIN
DESIGNS**

"Home Staging With A Vision"

Susan Crema-Martin, CCSP

Telephone: 905-717-7865

Fax: 905-589-0717

susan@martindesigns.ca

www.martindesigns.ca



**BEACON
RENOVATIONS**

Your Guiding Light to Home Renovations

- Renovations
- Decks and Fences
- Basements
- Plumbing
- Bathrooms
- Electrical
- Flooring
- Soffit, Siding, Fascia
- Roofing
- Handy Man jobs
- Kitchens Installations

Toll Free 1-855-332-9997

Servicing York Region

Immediate response to all calls 7 days a week



RE/MAX®

Omega Realty (1988) Ltd., Brokerage
Independently Owned & Operated

Guy Stramaglia

&

Bruce Trim, Brokers

HALL
of
FAME
1990

1140 Stellar Drive
Newmarket, Ontario L3Y 7B7

Toronto Line: (416) 798-7365

(905) **898-1211**

Fresh Set of Eyes - Sold in a Day

By Susan Crema-Martin



This January has seen an onslaught of new HGTV programs including one by the Scott Brothers, called *Buying and Selling with The Property Guys*. This new show has integrated Home Staging as part of their new episodes to show homeowners how their clients' homes are transformed and sold quicker and for more money.

My latest client started thinking about selling her home by hiring a landscaper last fall and began packing up closets. She realized more needed to be done, but did not have a plan. She called me, and once I completed and explained the consultation recommendations, she knew where she needed to invest her time, realizing what was going to bring her value when her house hit the market. She said, "You helped me set goals; reinforced all my work and gave me the power to do more thereby helping me to move forward."

Sellers want quick and inexpensive solutions to upgrade their property and in many instances this is quite possible. Painting is one of the least expensive means to a more marketable property. Nairn Freemann, owner of one of New York's leading home staging companies, CSP trainer and colleague says that, "ninety percent of the population cannot visualize! They base their judgements solely on what they see and how they feel."



Typical teen bedroom (left) and after a fresh coat of paint and accessories, a bright bedroom!



Buyers are demanding more value and are not as interested in paying top dollar for a property that requires a lot of work. According to Shark Tank's Barbara Corcoran, for every \$1 a home seller does not invest in work that needs to be done, a buyer will deduct at least \$3. Many of today's buyers are searching for a turnkey property and do not have the expertise or time to carry out renovations. One week I received a call from my client and she was thrilled with the outcome of this room, she said, "I finished painting the back room, it looks amazing! I picked up a few more things on the list and I am progressing well, I will keep you posted, thanks for giving me so much inspiration and energy".



Wallpapered spare room (left) and after a fresh coat of paint and accessories, a cheery room!



The initial consultation was in October. This property went on the market January 9th. It received 6 viewings and 2 offers on the 1st day and closed within 2 days for the full asking price with no conditions.

Statistics: *HomeGain (www.homegain.com) results for staging over the last three years shows exponential growth-from a 169% ROI (return on investment) in 2008 to a staggering 586% in 2010. With the advent of TV shows sellers are more informed than ever and HomeGain's latest stat April 2012 the showcasing component alone stacks up at 196% ROI.*



Susan Crema-Martin is a Certified Master Canadian Staging Professional – CCSP Mentor. If you have a question for Susan, send your questions to: info@thebulletinmagazine.com

ENTER

FOR A CHANCE TO WIN

**Cable Park
Season Pass
Gear & Swag**

from our generous sponsors
(Approximate retail value \$600)

**EG's
Get'n
GNARLY**

Name the Wake Park CONTEST

Contest Rules & INFO @

www.namethepark.weebly.com



Follow
[facebook.com/
egwakepark](https://www.facebook.com/egwakepark)



Follow @
egwakepark



Follow @
egwakepark13



Contest Closes Friday, February 15, 2013

egwakepark@gmail.com

905-868-5647

Opening Spring 2013

Supported by



Canada

MOUNT ALBERT & DISTRICT LIONS CLUB: Update



The Mount Albert and District Lions Club would like to thank the sponsors of the annual Santa Claus Parade: Smalley's Produce, Mount Albert Children's Academy, James Campbell Insurance, Skwarchuk Funeral Homes, Mount Albert Girl Guides, Mount Albert Boy Scouts, Skelton Truck Lines Ltd., Ontario Sawdust Supplies, Mount Albert Public School, East Gwillimbury's Bulletin Magazine, Al Dorman Insurance, Mount Albert Family Place, Mount Albert Home Hardware Building Centre, Zephyr Peat Land Harvesting, Kytech Machine Works, those who participated in the parade, those who donated to the food drive and any others who helped in any way.

Thank you to the Hillside Church for allowing us to use their parking lot as well as serving hot chocolate and allowing parade participants to use their washrooms.

A special thanks goes to our Santa who came all the way from his home in the North Pole and his helpers, Katarina and Madelenie. Also Cindy-Lou Jardine for her help in marshalling the parade.

It is this continued support that makes the parade possible.

This year awards were presented to:

- East Gwillimbury Community Police Centre for Best Float (pictured)
- Bible Fellowship for Best Community Float
- York Professional Care & Education Children's Academy for Best Youth Entry
- Huron Heights Warriors for Best Walking Entry

Thanks to our judges, who as usual had a difficult time deciding on the winners. Once again the Lions would like to thank all those involved who made this year's parade so very special.



PHOTO: Christine Benns

Paul Brand
President, Mt. Albert and District Lions Club



Mount Albert Lions Club Cheque Presentation

On December 18th the Mount Albert Lions Club presented a cheque to the Town of East Gwillimbury for a sun shelter by the splash pad at the Ross Family Complex. Partnering on community projects such as these are a great benefit to the entire EG community.

In photo from left: Councillor Tara Roy-DiClemente, Councillor Cathy Morton, Mary Brand, Paul Brand, Mayor Virginia Hackson, Councillor Marlene Johnston, Councillor John Eaton, and Harry Van de Ven

Queensville P.S. supported the Holiday Heroes Giving Tree Campaign. The 'goods' were picked up in December by Sinton Bus Lines. Photo of students from l to r: Cameron F., Aiden P., Hannah D. and Anna E-K.



it's on everyone's lips

Sheer and glossy. Bold and long-lasting. Whatever you're looking for in lip colour, Mary Kay has the formula and the latest shades for beautiful lips. Call me to try them free!

Carolyn Watt
905-473-9306
www.marykay.ca/cwatt

MARY KAY®

MOUNT ALBERT VETERINARY HOSPITAL

Dr. "Bob" Prendergast
Full Service Animal Hospital

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

Grooming by Denise

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

905-473-2400

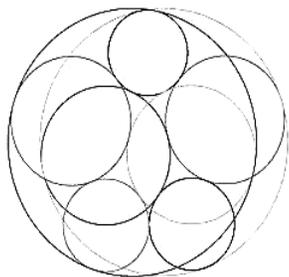
Dawn Michelle Doner
SALES REPRESENTATIVE
Dawn_m_doner@live.com

Bus: (905) 895-5972
1-877-895-5972
Fax: (905) 895-3030
Dir: (905) 960-5928

KELLER WILLIAMS.
REALTY CENTRES BROKERAGE
INDEPENDENTLY OWNED AND OPERATED

16945 Leslie St., Units 27 - 29
Newmarket, ON L3Y 9A2

AN INDEPENDENT MEMBER BROKER



Circles

What Can You Do For Your Community?

As I get older and I would like to think, somewhat wiser, I have come to understand that in my life and dealings with the world, I do take a somewhat ME centred approach to things. I don't consider myself a selfish person. I want to believe that I am compassionate and care about others but in reality it IS all about me. I want/need the people, places and things I contact daily to 'work' for me. This is why I have my home set up in a way that is convenient for me and why I choose my friends and the communities in which I participate.

I define communities as networks or circles we belong to that support us. The more common ones are family, friends, associations we belong to and places we live. People today also consider their online networks to be communities too. All of these circles link us to others who nurture and care for us in some way. We belong to these circles because they work for us and we get a lot from membership.

This year, I started to think about how it all works. Lets take a place of residence for instance, I talked recently to a couple who just moved to East Gwillimbury. They chose it partially because of its location in relation to where they both work. They also looked at the type of place they wanted to live. They could have chosen other towns but in the end they liked the people they met here. They found a place with lots to offer and with values they shared. They moved in and have not been disappointed.

When we join a circle we do because it looks like a place we will like. We settle in and are welcomed but then comes the work. No community can sustain itself without the participation of its members. When I had small children, I volunteered for every organization they touched and put my energy into many places. These days my participation is much more limited. I wondered how others supported their circles. I put out a call for members of different communities to let me know how they are contributing.

Sue Bowen Mckee, a community resilience builder from Holland Landing, told me that she considers York Region her main community. She also belongs to several sub-communities within the area including a drum circle, a business support group, the local business owners association and her neighbourhood in Holland Landing. Her children bring her their circles through their schooling and activities. She gets involved wherever she is, championing local shopping and building resiliency in town. Sue enjoys the benefits of membership and believes a great community is built by strong participation.

Virginia Hackson is our current mayor; she considers her main community to be East Gwillimbury. As residents, we can't go too long without seeing something that Virginia is involved in. She told me, "While I love my role as Mayor of this town, there are times that I like to be just a community member, resident in my neighbourhood, without a political hat on." In that position she has an opportunity to follow instead of lead, learning more about others and the rural neighbourhood on her concession road. In 2013 she will be looking for more opportunities in that area.

I also spoke to Christine Bennis, the publisher of this magazine. She told me that she participates in many ways, not just through her work with the Bulletin but with various community groups. She is involved in the Mount Albert Village Association, the East Gwillimbury Police Centre, is active in her daughter's life and starting a new family business. She added to the discussion by saying, "my dilemma is, how far can we stretch ourselves and how much should one person take on?" She didn't have a solid answer for that question but said the way she judges



The Holland Landing Lions Club

Invites you to learn more about Lions Clubs International

The World Largest Service Organization

Learn how you can help those less fortunate than ourselves

Not only in our community but through out the world

Join us on Thursday Feb. 28, 2013 at the

Holland Landing Community Center

From 7:00 pm to 9:00 pm

SKWARCHUK FUNERAL HOMES

W.B. SKWARCHUK LIMITED



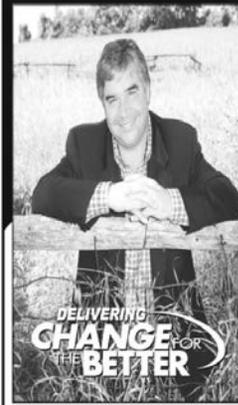
DIRECTORS

| | |
|----------------|----------------|
| BILL SKWARCHUK | JILL SKWARCHUK |
| BILL LANGFORD | JOE LUNDY |
| RICK PEDDER | JOHN KATZ |

P.O. Box 318,
30 Simcoe Rd.,
Bradford, Ont.
L3Z 2A9
(905) 775-3335

www.skwarchukfuneralhome.com
1-800-209-4803
FAX (905) 775-8534

19153 Centre St.,
Mt. Albert,
Ontario
L0G 1M0
(905) 895-8062



PETER VAN LOAN MP
YORK-SIMCOE

Tel: 905-898-1600
Fax: 905-898-4600
Toll Free: 1-877-Peter-4-U
Email: vanlop1@parl.gc.ca

45 Crist Mill Road, Unit 10,
Holland Landing, Ontario, L9N 1M7

for herself is whether there is a balance in her life. Is there time for family, friends and personal things that she likes to do? If the answer is yes, then she carries on.

In light of the conversations I had, I still think it's all about me and probably all about you too. Some of us find balance in our lives simply by going to work and home again while being there for our families. Some of us need more. Christine told me that she loves the work she does within the community. Although I didn't ask her, I suspect that she and everyone else who does volunteer work finds that the paybacks come in many forms. There is the education you get when you volunteer, the new things you learn. There is also the thrill of watching something of yours take root and bloom. We all get stronger when we see the fruits of our labour.

We are all distinct individuals supported in many ways by the circles of community that show us who we are and lift us out of the ordinary. No matter who I am or think I am, participation in community means that it is not all about 'me.' That being said, I realize that it is time to step up to the plate just a little more in 2013. What about you?



Vicki Pinkerton is a writer, life coach and community animator who is curious about many things. When she is not traveling she lives in a circle of family and pets on a concession road just outside of Mount Albert.

You can help? Where do you see community? What makes it work? Let me know. Email info@thebulletinmagazine.com and put Circles in the subject line.



East Gwillimbury Athletes

Awesome Start to 2013

East Gwillimbury Minor Bantam AE wins Silver at AMHA Tourney

They began the tournament with a win against Newmarket 3-1 and then tied Milton 4-4 to follow with a loss against Aurora 0-4. In the semi-finals they won against Milton 2-1.

In the championship game, we played against Aurora. The game was intense from start to finish. The whole team came together as one and they tied Aurora 3-3. The game went into overtime and EG Minor Bantam AE won Silver.



Congratulations to all the players:
Goalies - Johnny & Michael,
Front Row - Zach S., Zach D., Daniel, Joey
Back Row- Jake, Danny, Jamie, Ty, Andrew C., Alex, Travis, Manny & Andrew Y.
Special thanks to our coach Mark, assistant coach Dave, trainer Randy and manager Steve.

EG Novice Eagles Undefeated in Nobleking Challenge Cup

Zachary Nicolas scored the winning goal to land the East Gwillimbury Eagles a 3-2 victory over the Aurora Tigers in the novice single-A championship game Sunday at the Nobleking Challenge Cup in King City.

After sweeping through 4 round robin games, the Eagles started out the finals on Sunday with the 1st goal by Adam Johnson, but Aurora scored to tie it up in the 1st period. Brayden Padley, assisted by Noah Dimitriadis, scored at the top of the second period for the Eagles and Aurora tied it up again with only seconds left to the second period. Going into the third period tied at 2 - 2, Zachary Nicolas scored and the Eagles hard work kept Aurora from scoring.



The Eagles also claimed wins over Aurora Tigers (5-3), Markham Waxers (2-0), Nobleking Knights (3-2) and Bradford Bulldogs (5-0) in round robin play. 2 shut outs by goalie Kyle Leggo, hard work and determination from the entire team secured the victory for the Eagles! Way to go!



ADVERTISEMENT

Through the Hayes

My name is John Hayes and my wife Julia and I own and operate Blackwater Golf on Highway #48. How are you coping with this year's weather? Me? I am just looking forward to opening the course and getting back to another lovely summer....

So what's new. Well, the latest report out of the grand puhbahs on their previously rosy view of the 2013 economic news is that now it is not quite as rosy. It seems that growth, jobs and our standard of living are under a lot of negative pressure. How could this be? We, who live in the land of a prorogued government, should be riding in the sweet spot. After all, we've got natural resources, a well-educated workforce, strong financial sector etc etc..... Soooooo – how come?

Hey, just an idea – let me throw it at you. Let's say, just for argument's sake that we had an enlightened government that:

- Puts an economic effort into developing the intellectual currency from our top-rated universities and turns this into research and then sponsors world class new industries in Ontario. In short, fosters start-ups, pushes some coin into this kind of research and development.
- Puts the government backs into pushing our exports.... We are a trading nation don't you know? We look to our government for support.
- Breaks up cartels that control and limits our progress. Some examples? Sure. How about the beer store. Government owned? – No (betcha thought it was!!!) In actual fact it is privately owned by three foreign mega breweries and do you think they support our craft and locally owned brewers. Do they have our best interests at heart? Just call me cynical. Hey, and how about them oil companies. Do you think they are being totally honest about having some real competition and that justifies their outrageous prices -? Right!!!! and I am sure you will also agree that we are getting a phenomenal bang for our buck from the electrical power companies.
- Stops dumping cash into E- health and Ornge, and high priced (1,000,000 plus) consultants to OPG

Just imagine the impact - you get the picture.....

On the local front – it's great to hear that our local council is pushing forth with a university pitch.....er..... scuse me... I noticed that Queensville wasn't mentioned. They have approved \$300,000 to \$400,000 to put out a proposal from our staff. This, after talking about it and examining it in detail for over 25 years - doesn't seem like too much – does it? Hmmmm, Just what is the cash going to be spent on? The staff is paid anyway. Or maybe – just maybe, it's for more consultants – Hey guys and gals – perhaps we can get in on the act!!!!

Finally, I am glad to report that one member of council has put forth an idea that I have been advocating for years – namely an open mike in council meetings. This is great news, vote on it and pass it.... Public direct input is long past due in East Gwillimbury.

Oh, in case you want to read more about some of the above – here's the info.....

Toronto Star's January 18th article on Ornge – it's so outrageous that you'll laff through your tears.....

The Financial Post's January 17th article from Parker Gallant and Mr. Martin Cohn's opinion on January 8th. Both on Jobs and Prosperity.

Martin Cohn's article in *Financial Post* on the Beer Store (before Christmas) Happy Reading.....

Thank God we have a free press.....

Well – that's it for now. Please feel free to contact me at Blackwater Golf (905) 473 5110 or contact@blackwater-gc.ca – no rude emails for I can't forward them.....



**Selling? Don't wait for
everyone else to
list their home also!**

**List with Lee NOW
and get ahead of the
busy Spring market**



Lee Lander
BROKER

Direct **289.231.0937**

Office **1.877.895.5972**

www.LeeLander.com



KELLER WILLIAMS®

REALTY CENTRES

BROKERAGE, INDEPENDENTLY OWNED AND OPERATED

Not intended to solicit buyers/sellers currently under contract

