

Since 1998

East Gwillimbury's

Bulletin

MAGAZINE

MAY 2013, VOL. 15, NO. 4



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Water Safety Week

An average of 400 Canadians drown each year. While the ability to swim is important, swimming skills alone aren't always enough to save a life. Learning water safety is key to preventing an emergency in or on the water, and also teaches what to do if you find yourself in an emergency situation.

Only 46 per cent of children know how to swim.

For 51 per cent of Canadians, 'not allowing children under 10 to access the pool area is their only strategy to prevent injuries related to backyard pools. This relies too much on verbal commands.

11 per cent of Canadian respondents who own a pool indicate they are doing nothing to prevent access to the pool for children under 10.

Research shows that the vast majority (85%) of water-related fatalities are male. However, everyone should be cautious around the water.

June 3-8, 2013, is Water Safety Week, an annual campaign to educate Canadians on how to stay safe around water and prevent drowning incidents.

Avoid water-related injuries:

- Boat smart! Always wear your life jacket or personal flotation device;
- Water and alcohol don't mix. Don't drink while swimming or boating;
- Ensure home pools are fenced (not just around the property) and the gate access is fitted with a self-closing and self-latching mechanism;
- Supervision of children is the key, whether at home or on vacation. If you head to a cottage by a lake, or even your local pool, adult supervision is the best protection for children – even those who can swim;

To learn more about safety and Red Cross training, call 1-888-307-7997, visit <http://www.redcross.ca/>, or stop by your local Red Cross office.



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Contributors: Tina Forrester, Ian Hawkins, Susan Crema-Martin, Raymond Mark, Vicki Pinkerton, Moira Sanders, Susan Boyne-Bird, Brandi McCarthy, Jen Mark

ON THE COVER:

Thanks to our young Holland River Clean Up Crew that took part in the town wide clean up initiative our community will be much cleaner. The crew cleaned up on their PA day Friday, April 19th. They did some good work and gathered up alot of garbage left in Holland River ravine area.

Their names are: (L to R)

Keagan Arbour, Maddie Wagstaff, Aidan Parke, Sam Lewis, Sean Wilson, William Trombley, Maggie O'Flaherty, Ella Wilson, Jacob Trombley (back), Bradley Arbour (front)

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Author reading with Andrew Westoll

His first book *The Riverbones* relates to his research work as a primatologist while living in the jungle of Suriname studying monkeys for a year. "For one whole year, I was like the male version of Jane Goodall, minus the physical endurance, scientific breakthroughs, and universal acclaim." The book tells of his adventure years later when he returns to retrace his steps and to further explore this fascinating and little known country in South America.

His most recent book, *The Chimps of Fauna Sanctuary*, became a national bestseller. In it he tells the true story of his time with a remarkable group of Chimpanzees recovering at an animal sanctuary near Montreal after suffering years of invasive procedures while being used as test subjects in medical research labs. The book won the Charles Taylor Prize for Literary Non-Fiction, was shortlisted for the BC National Award and was named Book of the Year by the Globe and Mail, Amazon.ca, Quill and Quire and CTV's Canada AM.

His feature writing appears in publications such as *The Walrus*, *Explore*, and *Canadian Geographic*. He is a Gold National Magazine Award winner. His work is anthologized in *Cabin Fever: The Best New Canadian Non-Fiction*.

Join us on **Tuesday, June 4** at 7:30 pm at the Civic Centre on Leslie St. in Sharon. Tickets are \$10 (\$8 for members) which includes a reception.

Tickets will be available at the Holland Landing and Mount Albert branches.

Contact info: eglibraryfriends@gmail.com
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Come out and support Canadian Bobsled team members, James McNaughton and Bill Thomas, as they work to compete for Team Canada at the 2014 Winter Olympics in Sochi, Russia. Proceeds from this golf event will go to cover the costs of their training and equipment.

Date:	Saturday, May 25, 2013
Time:	Registration 11:30am Shotgun start 1:30pm sharp
Fee:	\$150 - Range, Golf, Cart, Dinner \$50 - Dinner Only
RSVP:	By May 11, 2013 First 144 to pay will play!

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What's On

Every Saturday

East Gwillimbury Farmers' Market

Opening Day - Plant Giveaway
8 am to 1 pm. Civic Centre, Sharon.

Saturday, May 11

East Gwillimbury Trail Walk

Mount Albert Trail (Shannon Park)
10:00 am. Ross Family Complex
parking lot.

Saturday, May 11

Cool Country Cruisin'

Car Show every Saturday night 6 pm till
dusk (weather permitting) at the Civic
Centre in Sharon.

Saturday, May 11

Car Wash Fundraiser

9 am – 2 pm
5488 Mount Albert Road, Mount Albert
All funds raised will support graduation
activities for the Grade 8 graduating class
RAIN DATE: Sat. May 25th
Donations and support from Mount
Albert Home Hardware and Mount Albert
Firefighters. Put some teenagers to work
– come by and let them wash your car or
your mom's car for Mother's Day.

Saturday, May 11

Plant and Yard Sale at Christ Church,
Holland Landing, 9 a.m. to 1 p.m. Drinks
and food available.

Tuesday, May 14

York Simcoe Naturalists Club

Annual General Meeting 7:30 pm.
Speaker: Kate Siena - Turtle Trauma
Centre. River Drive Park Community
Centre, 20 Oak Avenue in River Drive
Park (off the Queensville Sideroad, north
of Holland Landing). Please lug a mug.
www.facebook.com/yorksimcoenaturalists
or ysnclub@yahoo.ca

Wednesday, May 15

**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

May 16, 17 & 18 (Thursday to Sunday)

Mount Albert United Church

Spring Garage Sale. 9am start
Foodland Parking Lot, Hwy #48

Tuesday, May 21

East Gwillimbury Gardener's

7:30 pm. Edna Caldwell, Growing
Roses in a New Era. Everyone is
welcome to our meetings, visitors pay
\$2. Mount Albert Community Centre,
53 Main St. 905-478-8450 or visit
<http://www.gardenontario.org/site.php/mountalbert>

Tuesday, May 21

Newmarket Horticultural Society

8:00 pm. Speaker: Kevin Mengers
"Under the Influence of Trees".
Newmarket Community Centre. 200
Doug Duncan Drive. 905-898-2635 or
www.gardennewmarket.ca

Tuesday, May 21

Community Luncheon, 11:30 am -
1:00pm, Mount Albert United Church
Basement. Proceeds to Florence's
Kitchen.

Wednesday, May 22

Keeping the Cottage Seminar with Steve
Walsh and guest speakers. Call 905-836-
6492 to reserve your seat. Holland Land
Branch, EG Public Library. 6:30-8:00 pm

Friday, May 24

The Black Family Concert presented by
Christ Church, Peter St., Holland Landing,
7:00 p.m. The Black Family siblings - aged
five to twenty-one play fiddle, along with
guitar, piano, mandolin, accordion and
Irish Bodhran. Tickets are Adults \$20.00
and Children 12 and under \$10.00.

For tickets or further info call
905-836-7360 or 905-775-3911

Saturday May 25

Plant & Bake Sale

10 a.m. – noon
Mount Albert Community Centre, 53 Main
Street. Great plants, great prices, sweet
treats. Plants sell out fast! For more
information call 905-478-8450 or visit our
website: www.gardenontario.org/site.php/mountalbert

Saturday, May 25

Annual Yard Sale

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

Saturday, May 25

Sharon Art Show & Sale

10:00 AM to 5:00 PM. Admission
by Donation to the Sharon Temple
Open to the public. Welcome to all lovers
of art. Sharon Temple National Historical
Site and Museum, 18974 Leslie Street
Professional and emerging artists
showcasing and selling original artwork.
Website: www.sharonartshow.com

Saturday May 25

Garage Sale Fundraiser

8-Noon. Rain/Shine. 134 Main Street,
South, Newmarket. Something for
everyone. Cash only. If you have

What's On

something you would like to donate, please contact us. For more information call (905) 953-5314.

Friday, May 31 & Saturday June 1

M. A. Sports Day Fair Baking Competition

Friday 5-7pm and Saturday 7:30-9am: Drop off entries at the M. A. Community Centre. Items will be judged Saturday 10-11am. Baking items will be auctioned off on the main stage at 1pm to raise funds for M. A. Sports Day. For kids and adults! Cash prizes & ribbons! Showcase your talents! www.mountalbertsportsday.com for information on the categories and rules.

Friday, May 31 & Saturday June 1

M. A. Sports Day Fair Flower Show Competition

Friday 5-7pm and Saturday 7:30-9am: Drop off entries at the M. A. Community Centre. Items will be judged Saturday 10-11am. This contest is open to ALL enthusiastic gardeners of the community - kids & adults! Cash prizes & ribbons! www.mountalbertsportsday.com for information on the categories and rules.

Every Monday and Wednesday Holland Landing Storybook House

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

Tuesdays & Saturdays Until June 25

Ltd. Cycling Spring Training Camps
NCCP certified training coach Paul

Cooney offers a program to introduce a fun, positive and affordable grassroots youth cycling program. For info contact paulcooneyltd@yahoo.ca

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.

Sharon Co-Operative Playgroup

\$4 Drop-in fee, with monthly/annual fees available. 18648 Leslie Street, Sharon
Wednesday mornings from 9:30 - 11:30 am - September - June. A fun playgroup for children ages 0 - 6, offering crafts, sensory, free play, gross motor, story time and more. A great way to connect with other families in the community.
905-895-4088

JUNE WHAT'S ON

Sunday, June 2

Annual Plant Sale - Newmarket H.S.
Newmarket Community Centre, 200 Doug Duncan Drive. 1:00 pm SHARP. Annual fundraiser offers a wide variety of plants. Arrive early for best selection!

Saturday, June 8

Rail Yard Wake Park Water Safety Day
11 am to 2 pm Everyone welcome
Canadian Red Cross information, PFD fitting demos, handouts, meet (mascot)

Buckles and more! East of Hwy 48 on Queensville Sideroad.
www.railyardwakepark.com

Wednesday, June 26

Motorcycle Safety and Awareness Presentation

7 pm to 8:30 pm. Holland Landing Community Centre. Open to the first 75 people. Contact PC Mansholt at 905-830-0303 ext 2945 or 689@yrp.ca to reserve your spot. All riders and motorists are welcome. Sponsored by the EG Community Policing Centre Volunteers.



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EAST GWILLIMBURY WOMEN'S SHOW

Tangles Hair Salon & Spa hosted the 4th Annual East Gwillimbury Women's Show on April 13th. This year's show proved to be the best show yet with over 50 vendors and 500 guests attending! The sponsors, vendors, volunteers, large silent auction, raffle and 50/50 draw all contributed to over \$16,000 that was raised. Vendors who participated in the show are given the chance to market themselves face to face with local women. Southlake has benefited from over \$40,500.00 that the show has raised, this has been used to purchase vital equipment in the cancer center.

This year's show funds will purchase: A radiation head & neck board. This device is used to provide sturdy support during radiation treatment for cancer in the upper thorax, the head and neck areas.

And the winners were
 Lisa C. was the VERY lucky winner of a \$1,000. Makeover grand door prize! Other winners included Jane who won a beautiful gazebo and Lisa K. who won over \$240 in the 50/50 draw.

The intention of the first show, held in 2009, was to offer other local businesses a platform to showcase their products and/or services while at the same time giving something back for the greater good of the community. Sharon was a young 19 year old woman starting her own business, Tangles Hair Salon & Spa, she quickly learned the value of the community and making connections with local businesses. Fast forwarding to 10 years, she grateful for the opportunities and services available in East Gwillimbury, including a top hospital such as Southlake.

A message from the organizer "Sharon Bates"
I believe that everybody can do something to give back to the community and for me it's the Women's Show. The show is a real win-win situation for everyone involved. Guests of the show get to learn about what business's and services available, receive free samples and try out products. In addition the first 300 guests take home a gift bag full of goodies. I truly thank everyone involved in this year's show it was AMAZING to see the community come together and the \$16,000 we were able to raise for our local cancer center.

To keep up to date with all the information about the show go to www.egwomensshow.com or follow us on facebook

PHOTO: SHARON BATES (3rd from left) and the Tangles Team at the show!

Run/Walk for Southlake



Team EG participated in the Nature's Emporium Run or Walk for Southlake on Sunday, April 28th, along with 1300 participants. The 15 members of Team EG included members of Council (Mayor Hackson, Councillor Eaton, & Councillor Roy-DiClemente), senior town staff, Library staff, members of EG's Emergency Services, their families, and enthusiastic residents. Team EG was competing in the Municipal Challenge to raise the most funds of all the municipalities served by Southlake. Thanks to the generosity of the community, over \$7400 was raised!

Late Season Hockey NEWS



Just a note on the hockey season for the EAGLES LL2 bantam hockey team.

These boys clinched the A side consolation championship on March 26th in Thornton. They won with a score of 4 - 0. This was the 2nd shutout for Jacob Jakma in the series. The boys all played exceptionally well in this last game. This was a terrific wind-up of a marvellous season for this team. They ended with two 2nd place finishes & one win in tournaments this season.





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Odds and Ends By Ian Hawkins

Now you see it; now you don't. Last time I wrote about refundable tax credits. I might have left the impression that these are only worth something to the better off. Not so. True, the disability tax credit can provide up to some \$1,500 in tax savings if you have the income that attracts that sort of tax BUT the eligible dependant and caregiver programs do not. These programs are no use to the poor and no use to the middle class and up. They serve a very narrow section of the population.

As noted last month, refundable tax credits do nothing for you if you pay no tax. Some of them do nothing for you if you have taxable income! The Caregiver Amount tax credit ceases to be effective if the person being cared for has a net income (line 236) of \$19,435. The amount for an eligible dependant stops if the dependant has a net income of \$10,822 or more. As OAS is now some \$6,500 that only leaves a few thousand in CPP and the program is nixed. If you were thinking of combining eligible dependant and caregiver amounts the income test is \$12,822. Tuition for College or University students. The only way to get this into a tax return is by using the official tax receipt [T2202A, TL11A or TL11C]. These documents are nearly always made available to students through the internet and their student account. The student must download the form. Many students have too little taxable income to use the tuition amount so (especially when mum or dad pays the tuition) a portion of the tuition can be transferred to parents (or grandparents) but the student must sign the back of the form agreeing to the transfer. CRA frequently asks to see the tuition receipt so make sure you have it properly completed.

Notice of Assessment. This is an important document. Make sure you keep it. The NOA shows:

1. Your RRSP limit for the following year. It is important to be aware of this limit and to ensure you do not over-contribute. CRA can levy taxes against over-contributions. Look at the bottom of the form and see if there is an amount under "B".
2. RRSP contributions required under Home Buyer or Lifelong Learning withdrawals.
3. Unused tuition amounts carried forward.
4. Carried forward unused capital losses which could be applied in reduction of current year capital gains.
5. Changes made by CRA to your T1 return during assessment. You only have 90 days from the date of the assessment to appeal such changes.

For all the above reasons it is essential that you bring your last year's NOA to your tax preparer when you bring in your current year taxes. You should also check your own NOA back to your copy of the tax return to ensure the return has been assessed as submitted. If not get in to see your tax preparer as soon as possible.

Ian and Dorothy Hawkins own Mount Albert Tax Company located next to the post office in Mount Albert and the Holland Landing Tax Company located in the Grist Mill plaza on Mount Albert Road in Holland Landing.



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With the Mount Albert Sports Day Fair coming up, I'm looking forward to making a batch of these beauties so my kids can enter the decorated cupcake contest. Last year there were lots of very creative entries and I'm hoping to see even more this year. For the decorated cupcake categories (kids and adults), you can use homemade cupcakes or ones made from a mix - the cupcakes are judged on appearances only. Each entry must contain three decorated cupcakes on a strong paper plate or base. This is my riff on a delicious cupcake recipe from *At Home with Magnolia* by Allysia Torey, the woman who allegedly started the cupcake craze in the '90s. Why not make cupcakes that are beautiful AND delicious?!

And while we're at it, don't forget the other categories for the baking contest, too. This is East Gwillimbury's chance to show off our baking skills and win cash prizes at the same time! See all of the information at www.mountalbertsportsday.com.

Orange Vanilla Cupcakes
Makes 2 dozen.

2 $\frac{3}{4}$ cup all-purpose flour
1 Tbsp baking powder
1 tsp fine sea salt
1 cup butter, at room temperature
Zest of 1 orange
4 eggs, at room temperature
1 cup orange juice
1 tsp pure vanilla extract

Icing:
3 Tbsp all-purpose flour
1 cup whole milk
1 cup butter, at room temperature
1 cup granulated sugar
1 tsp pure vanilla extract

Preheat the oven to 350 F. Line two 12-cup muffin pans with paper muffin cups.

Combine the flour, baking powder, and salt. Set aside.

Beat the butter in the bowl of a stand mixer fitted with the paddle attachment until smooth. Add the sugar and orange zest and beat until fluffy, about 3 minutes. Add the eggs one at a time, beating well after each addition. Add the vanilla to the orange juice.

Add the flour mixture to the egg mixture in three parts, alternating with the orange juice and vanilla, ending with the flour. After each addition, beat until the ingredients are incorporated but do not overbeat.

Fill each of the cupcake liners about $\frac{3}{4}$'s full. Bake for about 22-25 minutes, or until a knife inserted in the middle comes out clean. Cool

the cupcakes in the tins for about 10 minutes and then remove to a wire rack and cool completely before icing.

For the icing: Whisk the flour into the milk until smooth. Place over medium heat and cook, stirring constantly until the mixture becomes very thick and begins to bubble, 8-10 minutes. Cover with a piece of waxed paper or parchment paper placed directly on the surface and cool to room temperature, about 30 minutes.

Once the flour/milk mixture has come to room temperature, beat the butter and sugar together in the bowl of a stand mixer fitted with the paddle attachment for about 3 minutes. Add the vanilla. Slowly add the flour/milk mixture to the butter and continue beating till smooth. Add a drop or two of your favourite food colouring, if desired.



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.

Is a Home Inspection Worth It?

By Susan Crema-Martin

Home inspections are relatively new compared to the overall real estate industry. Should you have a Home Inspection – the answer would be a big yes according to George Mino, owner and operator of GWM Home Inspections Inc. for the past nine years. George attests to the fact that the only way to understand about a home's condition, livability and safety is to have it inspected.

Home inspections are very comprehensive. The exterior examination covers all areas from the roof to the foundation wall, exterior walls including the condition of the siding, doors, window, C.O. proofing in the garage, grading, decks, plumbing and electrical.

The interior of a property is just as important. When I was speaking with George he commented on some of the areas that he looks at, for example, "we inspect the furnace, plumbing system, electrical distribution system as well as floors, ceiling, staircases, windows, doors, interior foundation walls and the attic.

Safety is a big part of the inspection and at GWM we are very much aware of the safety codes and advise of any issues that may be apparent. I request that my client attend and shadow me so can explain what my findings are during the inspection. In doing this, I find that it is a valuable part of the exercise and can answer any additional questions the client may have. When the full report is completed, the client has all the necessary information to make a final decision."

For your own benefit, please ensure that you do your due diligence and fully understand the costs involved with repairs or upgrading the property you are buying. You'll be glad you did.

If you are thinking of moving or you just want peace of mind, call a home inspector.



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



Neighbourhood Network's annual tree planting event took place on Saturday, April 27th, at locations around Aurora, Newmarket & East Gwillimbury. The EG site was along the north shore of the Holland River west of the bridge. Members of Council (Mayor Hackson, Councillor Eaton & Councillor Roy-DiClemente) were joined by town staff, community volunteers, and the Holland Landing Boy Scouts in planting almost 1000 cedar, nannyberry and willow trees. The trees will help to prevent shoreline erosion, and will help to filter run-off and provide shade along the edge of the river.



Hort Happenings MAY 2013

By Tina Forrester

Sunshine, lollipops, and...I forget. Is it rainbows or roses? No matter, really. What does matter is it's finally May - that magical month when we gardeners can confidently work in our gardens without fear of accidentally walking on (or uprooting) a perennial we've forgotten about. At last we can don our oldest clothes, grab our gardening tools and play in the dirt.



Of course, most of us have already been out in our gardens looking for signs of plant life, admiring blossoms on our spring bulbs and shrubs, cleaning up last year's debris, and perhaps dividing plants to move to different spots in our gardens.

AND some of us are digging up plants for the East Gwillimbury Gardeners (a.k.a. Mount Albert Garden & Horticultural Society) spring plant sale. The sale (Saturday May 25 from 10am to noon at the Mount Albert Community Centre, 53 Main Street) is a major fundraiser for us but also a way for us to share our garden enthusiasm and knowledge. In addition to plants from our own gardens, we sell perennials from a local grower, plants you can be sure are hardy and will survive in your gardens.

At the sale, each plant will be labeled with its name and will be found on tables under a sign indicating whether the plant grows best in sun or shade. Another condition you will need to consider is whether you have dry or moist soil. If this sounds complicated or overwhelming to you, club members and Master Gardeners can help you choose. Admission is FREE. And as a bonus - a delicious, tempting one at that! - our plant sale also includes a bake sale, treats you'll find hard to resist.

Something else you want to miss is our next meeting (Tuesday, May 21, 7:30 at the Mount Albert Community Centre). Did you know growing roses has become easier over the past few years? Some things DO get better with time and Edna Caldwell - known for growing fabulous roses - will share her secrets at our next meeting. Admission is \$2 for non-members.

And don't forget to visit our flower show at the Mount Albert Sports Day and Spring Fair on Saturday, June 1st from 11am to noon. In fact, why not enter? At this show, anyone can show their houseplants, blossoms or floral designs - not just members of the East Gwillimbury Gardeners. The prizes are generous! There are ten categories for adults and four for youths. You can submit your entries Friday night from 7 to 7:30 or Saturday morning between 8 and 8:45. For the complete schedule check out our Facebook page at www.facebook.com/eastgwillimburygardeners. We will be inside the Mount Albert Community Centre.

We look forward to seeing you at our meeting on roses (May 21), our plant and bake sale (May 25) and our Sports Day flower show (June 1).

Happy gardening!

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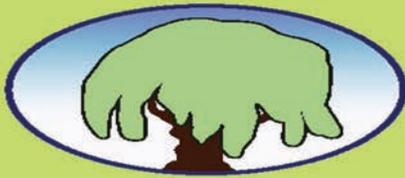
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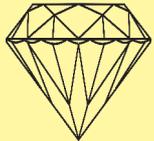


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You're A Superstar

By Raymond Mark

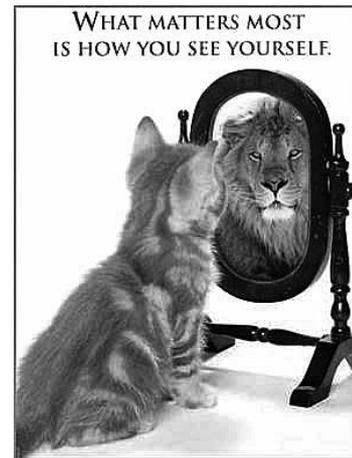
If we can turn, on occasion, to pop culture we find glimpses of positive self-talk - a building block to increasing self-esteem. For example, the song "You're A Superstar" by Canadian group Love Inc. makes us think of baseball, hockey and other sports and entertainment icons. However, you are the superstar and "like any other night got your name in lights, "You're A Superstar". Remember all those dreams of your favourite superstar. Now, no problem, you are starting your own star. We are also reminded to "reach for the sky. Hold your head up high... You're eyes will make you see." You say you didn't know this, well surprise, surprise, just look in the mirror and you will see a superstar looking back at you. It is all about feeling good about yourself, liking yourself. As Rev. Jesse Jackson exhorted a crowd of followers, "I am somebody! I am somebody! I am somebody!". The mind will generally come to accept what you tell it if we repeat it often enough.

Heady stuff, yes, but think of how special you are to yourself and if you feel that, you will be special to others also. Positive self-talk is especially important for teenage girls today. Since they put themselves down on a regular basis, it is teenage girls. As Robbie Williams formerly of the group Take That, says "you've got to believe in something that you are doing 100% if you are going to get there. And you have to believe in yourself".

Here's another shot of self-esteem by the artist Billie, "we can do what we want to do, we can do anything, free to believe what we want to be, just tell yourself you can do it!"

And again the Backstreet Boys in their song "Roll With It", repeat the same refrain "when you try your best but you get nowhere, don't give in, because the times will come again.... When others criticize every move you make and you've had as much as you're going to take, don't you worry, soon enough things will change. When it seems as though no one understands you"... "You've got to roll with it... Everything will be fine, it's going to be all right, just don't put yourself down."

Here is the secret, you have to counter every negative feeling with a positive statement. It is called positive self-talk. When you feel blue try to remember the good times when you were at the top of your game. So when you're feeling down on yourself, look into the mirror and remember, "You're A Superstar".



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It's not healthy for you... but fine for your kids??

Let me start by saying that I am likely going to offend someone in this article - I know it. I'm not apologizing for it, just warning you. Talking about parenting can be a bit of a rough subject, but this article comes from a good place. I genuinely want to help you make your kids healthier.....so please, don't shoot the messenger!

Let me ask you, have you ever bought something as a "treat" for your kids even though you would never eat it yourself because you know it's not good for you?

If the answer is yes, you NEED to read on. If this post "hits home" and makes you a little angry, that's a good thing. Maybe it will be the catalyst that effects change. I can live with that.

Seriously?

I can't begin to tell you how many conversations I have had with parents who are trying to make healthy lifestyle changes that start a little something like this:

Parent "We're really trying to eat healthy, we're eating lots of fruits and veggies and we don't buy very many treats at all....well, except for the kids."

Me "What do you mean, except for the kids?"

Parent "Oh, you know, they like their treats, but I don't eat that crap, I have great will-power, it's just for them."

Me "So you recognize that those "treats" are crap and you won't eat them because they offer no benefit to your health and may in fact contribute to weight gain and degenerative diseases?"

Parent "Oh yes, I stay clear away from the kids treats"

Me "Then WHY ON EARTH are you feeding them to your kids!!"

Now frustrated and annoyed Parent "Well they are just kids, they need their treats. All their friends get them, I don't want them to feel deprived." blah, blah, blah...

Seriously. I have actually had this very conversation...a few times actually. If all your kids' friends decided that jumping off bridges is the thing to do, would you let them? Yes, this is how ridiculous you sound!!

Our Children's Expected Lifespan is shorter than ours.

Did you know that this is the first time in recorded history that our children are expected to have a shorter life span than us? In plain language that means that they are projected to be sicker and die sooner than we will. Children are being diagnosed with Type 2 Diabetes as young as seven now, they are having health complications including high cholesterol and arterial damage previously only seen in adults! In fact, a study published in the New England Journal of Medicine in 2005 said that "obesity is already shortening average life spans by a greater rate than accidents, homicides and suicides combined." That's insane!

Everyone says they want the best for their kids, but take one look around a public school lunchroom and it's pretty obvious we're not doing all that well on the follow through. Advertisers and marketing campaigns have a HUGE hand in promoting unhealthy snacks, but ultimately we make the final choice. We buy the unhealthy product that the big companies are selling, we pack it in the school lunches and in doing so, we perpetuate the obesity crisis.

Why are so many parents giving in to the power of advertising and social pressures? Why are so many children obese? Did we really get so busy that we just stopped caring what we are feeding our children or is that we just don't know any better? I think it's a bit of both.

You're parents, so "parent".

Let's get something straight right away. I don't believe that there is a single parent out there that doesn't recognize that fried

food, candy and cookies are not healthy choices. So that's not an excuse. There are some "grey" areas for sure, but these are obvious unhealthy choices recognizable to just about all of us. If you recognize a food as being "unhealthy" for you, guess what, it's unhealthy for your kids too. So what is the excuse? When I ask clients why they choose to feed a particular "junk food" to their kids the usually stumble around for a valid answer, a justification for their lapse in judgement regarding their child's health. When I ask parents to simply stop giving the offending food to their kids the excuses really start to fly!

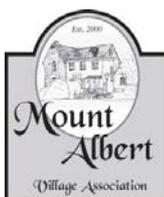
"You try taking it away from them! They'll throw a fit!", or "all their friends have treats so it's really not fair to them", or my favourite, "It's just not worth the fight!".

It's not worth the fight? Really, that's what you're going with? You're telling me that you are too lazy to get your kids to eat healthy? You're a parent right?

You need to start putting your foot down and saying "no" when it's going to benefit your kids. I see countless parents at the grocery store with their cart filled with processed sugary crap that has been marketed specifically to children and it just makes me want to scream. You simply need to STOP buying this crap. Don't put it in your cart, don't bring it home. It's not easy; you will have a battle on your hands. You will likely have to deal with a few tantrums, a couple of "I hate you's" and maybe even a hunger strike - trust me, they won't starve. Stick it out, be strong, be a parent. If you have a child who is addicted to sugar, you absolutely owe it to them to break the habit and teach them healthy choices now so that they can grow up to be a healthy adult. Childhood obesity is the number one indicator of future health complications. You can not be the "friend" here, you're parents, so

continued on page 29

Mount Albert Village Association (MAVA) NEWS



The members of MAVA are excited to share some of their ideas for activities and events for the year.

> MAVA Battery Recycling – Drop off your alkaline batteries at one of the following MAVA business locations: The Corner Decor & More, Mad Hatter's Bistro & Catering, MSVA Business Centre, the Mount Albert Public Library and The Prince Albert Pub.

> MAVA Community Yard Sale – Saturday, June 15th – Be part of the Village and hold your yard sale along with other residents. To be included on the Yard Sale map, please send your address to info@mountalbert.com – Subject: Yard Sale.

> We are also looking into holding a Fall Dance, theatre or movie in the park and creating a new Mount Albert brochure.

A Bit about Mount Albert > Have you ever wondered about the water trickling out of that pipe at the corner of King & Albert Street? It's a communal spring, which is quite sulfurous and has a slight milky colour. It's been trickling for the past 25 years.

We are happy to announce our current membership is still growing. The Mount Albert Village Association is open to all residents and businesses. There are 3 levels of annual membership; \$10 – perfect for the resident, \$50 & \$100 – geared towards businesses. To find out which suits your business needs, or for more details contact: membership@mountalbert.com or drop in The Corner Décor & More and/or Mad Hatter's Bistro on Centre Street.

If you have a local event that you would like added to the website's Community Calendar, please let us know at least a month prior, web@mountalbert.com

Hope to see you at the next meeting -
Wednesday, May 15th @ 7 pm
at the Mount Albert Community Centre (upstairs)
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Top Ten Reasons to Volunteer



NeighbourhoodNetwork
Building Better Communities Together

The last week of April was National Volunteer Week –a time when we promoted volunteerism and recognized and celebrated individuals in our community who contribute their time to improve the lives of others.

Even though National Volunteer Week is over we are still encouraging you to consider volunteering. Here are 10 reasons why:

10. Do What You Enjoy

Are you a soccer fanatic? Then why not put some of that passion and expertise to good use as a youth soccer volunteer. Are you concerned about the environment? At this time of the year our communities are featuring clean up litter days. Volunteering isn't a chore when you're doing something you really enjoy and care about.

9. Discover Your Community

Whether you're new to the community or a long-time resident, volunteering is one of the best ways to learn more about your town and the many needs within your community.

8. Spice Up Your Routine

Add a bit of zest and gusto to your routine by volunteering for different charities and organizations. In the winter, provide emergency food, clothing and shelter to the homeless among us at Newmarket's Inn From the Cold. Or join the Literacy Council of York-Simcoe and help an adult learn how to read. There are countless ways you can help one of the hundreds of nonprofit groups in the local communities and East Gwillimbury.

7. Keep That Promise You Made To Yourself

Remember that New Year's commitment to volunteer more often? That vow to lend a helping hand to someone less fortunate? Now's the perfect time to fulfill the pledge you made to yourself.

6. Make New Friends

Volunteering is a contact sport. By becoming a volunteer, you'll meet fellow residents just like you – action-oriented individuals who are talented, caring and concerned about

their community. And you'll strike up new friendships that could last a lifetime.

5. Make Your Family and Friends Proud

The best way to show your children what a model citizen should act like is by becoming one yourself. People look up to individuals who have the compassion and drive to help others.

4. Share Your Talents

Volunteering is the perfect way for you to share your skills, talents and experience. Become a Big Brother. Join Operation Springboard and help a young person who's had a brush with the law get back on track. Roll up your sleeves and help build a Habitat for Humanity home for a neighbour in need.

3. Develop New Skills

Volunteering allows you to beef up your resume, explore new career possibilities, expand your network of contacts and develop valuable skills that could be used to land a new job or get a promotion.

2. Get Off the Couch!

Okay ...so the Blue Jays are back in town, but your favourite show is in reruns and warmer weather is just around the corner. Get out of the house and do something productive and positive!

And the #1 reason to become a volunteer....

1. Feel Good About Yourself!

Nothing beats the sense of satisfaction that comes from knowing you helped make someone feel better or contributed to making our community a better place in which to live. Your volunteer assistance might not be a big deal to you, but it could mean the world to someone else.

To get an idea of some of the many volunteer opportunities in the community go to (www.neighbourhoodnetwork.org)



Susan Boyne-Bird is a Mount Albert resident and is East Gwillimbury's ambassador for Neighbourhood Network. If you are interested in exploring volunteer opportunities or if you're a non profit organization who would like to partner with Neighbourhood Network, you can get in touch with me at 905.473.9617 or at stboyne@sympatico.ca.



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Marlene Johnston
East Gwillimbury Councillor

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Does Chiropractic Really Work?

Chiropractic is the third largest primary health care field (after medicine and dentistry) and has been used to help everyone from tiny babies to the elderly. Many top athletes and icons like Tiger Woods, Usain Bolt, Tony Robbins, Wayne Gretzky, Napoleon Hill, and William Shatner praise chiropractic.

Although chiropractic works great for back pain, at our office we've helped patients with a wide range of problems.

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- Health Overhauls

In addition to that, here's what some of the top medical researchers had to say about chiropractic...

"Manipulation [chiropractic adjustments], with or without exercise, improved symptoms more than medical care did after both 3 and 12 months." -- *British Medical Journal*

"Chiropractor's manipulation of the spine was more helpful than any of the following: traction, massage, biofeedback, acupuncture, injection of steroids into the spine and back corsets, and ultrasound." -- *Stanley Bigos, MD, Professor of Orthopedic Surgery*

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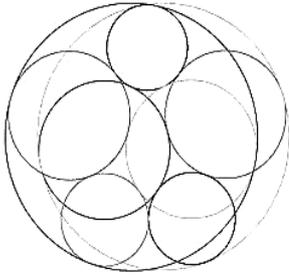
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Circles

Time Flies or Maybe it Doesn't

I'm writing this stalled on a runway at Leguardia Airport in New York. Sitting staring out at the traffic jam of big jets, bumper to bumper in front of me, I don't wonder at the frustration in the captain's voice as he sighs, "I'm turning off the seat belt signs and lifting the restrictions on cell phones and electronic devices. We'll be here for at least 20 more minutes. Welcome to rush hour at Leguardia." For a guy who spends his days in the wide open sky, this kind of congestion, has to be the worst part of the day.

Watching the lined up planes parked on the runway gets me thinking about time. Early this morning, standing in the unmoving and growing customs line, the minutes were flying by. I looked at my watch once and the next time, we were no more than three feet from our earlier position and yet our boarding time at a far away gate, was rushing relentlessly closer. We made it with minutes to spare. That was just a few short hours ago and now, watching the unmoving New York skyline, time has inched to a stop. A quick look at my watch shows me that the minute hand has barely moved, actually the second hand hasn't moved either.

What is it about time? It is a man made construct built to keep us all going in the right direction. It is supposedly there for our benefit, but I'm not so sure. Watch your cat or dog for an extended period and you will notice that they live in a 'no time zone.' They don't stress about anything except dinner and they don't need a watch to alert them to that event, they just know.

In May 2011 I attended a ten day silent meditation retreat. There were no cell phones, computers, watches, books or writing materials allowed and no chit chat to keep the participants occupied. It was a time to be mindful of our inner and outer worlds. The centre, tucked into a beautiful woods, was far from the road and the only sounds were the breezes in the trees and the birds. That ten days was quite literally the longest ten days of my life. Think back to a time when you were on the first day of your vacation. Can you recall how the days stretched in front of you, endless, waiting to be filled? Then suddenly, without warning, it was time to go home with so many things left undone. This was not that kind of week. I arrived nervous, having never done anything like it before. Could I meditate for days? I had tried for twenty minutes once but my skin began to itch. Not for me, I thought giving up, and yet there I was.

The first night was fine, nine more days to go. Half way through the next morning I noticed it. Time didn't behave the way it should. It slowed. Minutes extended and then I became aware of the seconds. Each one had a beginning a middle and an end. Who experiences seconds in this frantic world? Most of the time, hours, days and sometimes months or even years just slip by.

When I say that ten days was the longest ten days of my life, I mean that I experienced every second. Sometimes it was life expanding, sometimes it seemed like time was standing still. There were times that it seemed endless and I didn't like it at all. Some of it was physically uncomfortable.

Today as I lean over my airplane table, the flight has long since taken off, in fact we are almost at

Thank you to the community for your kindness and support of Danielle's Journey against brain cancer

On March 13, 2013 Danielle, age 20, baby of the family, was diagnosed with stage 4 brain cancer. A month ago she was an enthusiastic 1st year Nursing student, aspiring to work within the burn unit and eventually become a Practitioner; her dreams now vanished. And though never a Nurse, Danielle has touched many lives. Each day, and prior to this occurrence, she teaches us the values of life, self-confidence, strength, courage, love and passion.

It began when Danielle was experiencing severe headaches for approximately 3 weeks which prompted her to visit a local hospital. The following day she had emergency surgery to remove a large mass from the center of her brain. The surgery impaired her cognitive skills and gave her paralysis of the right side; now she is confined to a wheelchair. She was scheduled for release and admittance to a long term care facility for rehabilitation post-surgery, but that same day it was shockingly revealed that she has a rare and extremely aggressive brain tumor, leaving the outcome of Danielle's Journey less favourable; forever our lives changed. Danielle is now undergoing treatment of chemotherapy and radiation at Sunnybrook Hospital.

On April 28th a benefit was held in celebration of Danielle's life. The support of the community was overwhelming. We would like to thank the community, volunteers and sponsors for their support and generous donations; to be used for Danielle's medical care and quality of life. Funds not used for Danielle's health benefits will be donated to brain cancer research. We are blessed to have received such kind words, love and prayers for our baby girl and we will be forever grateful.

If you wish to join Danielle in her ongoing journey against brain cancer please visit our website:
<http://www.gofundme.com/2g6zkw>



*With love from the bottom
of our hearts,
Danielle & Family;
Mother, Deborah and
sisters, Jaime and
Lindsay Lankin*

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our destination. The long delay in leaving disappeared when I started to write. Isn't that often the way? Time passes unnoticed when you are in the zone, doing something you enjoy.

Last week I attended the birthday party of two of my grandsons, one turned 2 and the other 4. I looked at their mother, rosy cheeked, helping them blow out their candles on one choo choo train cake and one batman cake, and I remembered nestling her close to me as an infant. From that perspective the time that it took for her to grow up and have children who are growing up way too fast, was less than the time it took to complete that ten day retreat.



Is there no middle ground? No way to hold the experiences we want tight, slow time down to a thick syrup and sink slowly through it? Then again, if I had been able to choose, I might have sped up the long nights of walking the floor, the years worrying about teens and the mothering woes that are never easy. Come to think of it, maybe I did. Where did those moments go?

I think there is no easy answer to the time question. If we are too busy we miss things. When we are tied to trials and stress, the hours seem to linger and leave us lost in their wake. I suppose that if I have learned anything from my retreat, it was just to notice. Notice time passing, the things that we usually miss from the cranky cry of a baby to the soft cooing of doves outside. Notice when luck pursues you and when it misses you completely. Watch the New York skyline in the distance and appreciate the extra time spent with a friend. Keeping our eyes open does seem to slow things down just a bit and stretch the moments so we can pull the juice from them. I think we lose track when we are too busy to notice time passing.

That being said, I wonder what would change if all of us tried to deal with every day by breathing in every breath and being grateful for every second, especially the long ones? How would it change our lives, the lives of those who know and love us and our communities? It's never too late to become time's friend and who knows what the consequences might be?



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

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Did you know...

- a hummingbird's heart beats at over a 1,000 times a minute
- the average lifespan of a squirrel is 9 years
- a group of frogs is called an army
- lion's can't roar until the age of 2
- cars were first started with ignition keys in 1949
- your foot and your forearm are the same length
- 'Babe' was played by over 50 pigs

parent.

It's OK, my kids not overweight.

Ah, the worst excuse yet. "My kids are fine, they aren't overweight." Yet.

Does whether or not your child is obese actually matter? No, it doesn't. Children are pretty resilient. Their metabolisms may be keeping up with them just fine right now, but what about later? Keep in mind, just because someone isn't overweight does not mean that they are healthy.

Feeding kids junk is about perpetuating poor health and developing bad habits, not just about being overweight. Our children are not learning healthy habits in school anymore. Our physical education classes have dwindled to less than a bare minimum, home economics classes went the way of the dinosaurs and unfortunately many of the lessons being taught at home are not filling the void left by our school systems. The vast majority of parents I talk to don't really cook. They order out because they are too busy. If children aren't learning how to cook in school and their parents aren't teaching them to cook at home, what are they going to do when they get out in the real world and have to fend for themselves? Order take out? Unfortunately, yes.

Reality Check

So what do we do? How do we fix this before it's completely out of control? We have to work hard at this; we owe it to the next generation.

In the kid world, change is best affected with slow and steady strikes. If you completely turn their world upside down you may make things harder for yourself in the long run. Reality is, we live in a world coated with sugar. We have birthday cakes and pizza lunches at school (that's a rant all by itself...). Start with some baby steps and involve your kids in the process. Kids know when the wool is being pulled over their eyes. Here are a few ideas to get you started making healthy changes with your kids:

First things first, sit down with your children and talk to them. Tell them you are going to make some changes. Let them know that they may not like them at first

but you are doing this for them. You are the parent and you know what's best for them. Let them be active in the changes, give them some options. I usually suggest having each child pick one "treat" that they don't want to give up and agree to let them have it a set number of times each week (this will be very different for everyone). Let's be clear, I'm not anti-treat occasionally, it just can't be a daily thing.

Ask your kids to make a list of their favourite fruits, vegetables and meats/poultry/fish and try to include a serving of each every single day in their lunch and dinner. If they picked the food choice they are far more likely to eat it. Your kid only likes carrots? Well, they will be eating a lots of carrots then! Trust me, their tastes will expand.

Try setting a "treat day". One day of the week that they can have whatever they like. They may stuff themselves on junk food but you can almost bet they will feel awful later. Point that out to them. Kids are smart; they will recognize that eating too much junk makes them feel bad. Eventually those "treat days" may be filled with healthier options, just give it time and let them be active participants in the change.

Don't take your kids with you to the grocery store. I know this a tough one, but try whenever possible to leave them at home when you are trying to make these changes. If they are not there, they can't pick crap off the shelves and beg and cry for it. No parent likes a public battle, you have enough things to deal with. If you do have to take them to the grocery store with you, set some strong parameters before you go. They can buy their one "treat" - that's it. Decide what that treat is before even entering the store and then stick with your guns. Be strong!

When you are in the grocery store with the kids, stick the outside aisles. All the food you'll ever need is there anyhow; fruit, veggies, meat and fish, eggs and milk.... careful in the bakery section. If you need something that is down one of the "danger" aisles, try and put it off until they are not with you. You've heard the expression "out of

sight, out of mind", it works. Try not to take your kids anywhere near the junk food aisles and you'll save yourself the argument. (Sorry about the candy at the cash registers....the grocery stores know what they are doing there....)

Involve your kids in meal prep and cooking. I can't stress this enough. When kids are involved in the meal prep they are more likely to enjoy the meal, it gives them a voice, it makes them an active participant in their health. More importantly you will be teaching your kids a valuable lesson in how to cook. When I was a kid I often sat on a stool watching my grandmother bake or my Mom making dinner. Each time I watched, I learned a little more. Before you know it your kids will have the basics under their belt and won't have to rely on dialling a phone for dinner! If you don't know how to cook, you need to learn. This is a basic life skill that every person should know (you Dad's out there too!). Take a fun cooking class, in fact, take it with your kids! It will be something you can do together!

Lastly - pick your battles wisely. Make small changes, involve your kids and stick it out. One step at a time. It will be tough at first, but I bet that 2 months from now, 2 years from now the changes will pay off. When they grow up understanding how (and why) to eat healthy, having the life skills that they need to prepare home cooked meals, your work will have paid off in dividends.

I once had a client tell me that after making some healthy changes around the house her 10 year old daughter came home from school and announced excitedly that she learned in school what "organic" meant in Latin; "Gross and Tasteless"! Yup, kids can be rough. Stick it out!

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 Sports Day 5km Run/Walk • June 1, 2013

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If you live in the town of East Gwillimbury, you know this time of year well. The farmers' fields are starting to get set and plowed. Gardens are beginning to look red, yellow, and blue. Street hockey is out in full force and people are running or cycling all over the place. East Gwillimbury is a fabulous place to raise a family, grow up, and grow old.

For eighty eight years, the Mount Albert Sports Day Weekend Fair has been putting on a softball tournament, soap box derby, and ATV pull. Clowns and a midway have been making people smile for what seems like forever. Baby contests, beauty contests, and baking contests have driven participants to produce their best! Local bands play on stage to a welcoming crowd on beautiful nights.

And now for more than a decade there has been the 5km run/walk. We have witnessed families participate together, mothers pushing a baby stroller through their first race as a parent, and dogs crossing the finish line with their owners in tow. We have seen grandparents in their eighties finish the walk with a smile on their face and brothers cross the finish line hand in hand. Groups and co-workers have participated as a team and bonded in the experience.

Whatever the reason, we have seen smile after smile cross the finish line on Main Street for years. Through thunder storms, heat waves, and light breezes the runners and walkers in East Gwillimbury show their support with their running shoes. We love to see former residents come back and run the race, new residents experience the town in a brand new way, and those from surrounding areas get a chance to see East Gwillimbury.

The race is June 1st at 8:30am! This year you'll notice that the start/finish line will be together, we will be introducing technical t-shirts, and using full chip timing. Children in East Gwillimbury are encouraged to come out and represent their school in the School Challenge. So come for the race, and stay for the fair!

For information about the race (including road closures) visit www.mountalbertsportsday5k.ca

For information about the fair (including registration for events and vendors)

visit www.mountalbertsportsday.com

Jen Mark – Race Director

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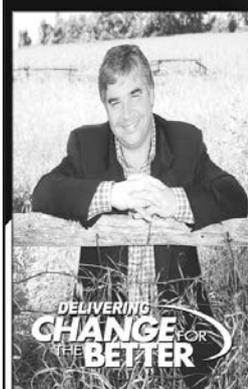
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Through the Hayes

Finally it looks as though we have broken the back of what was a long harsh winter. My name is John Hayes and my wife Julia and I own and operate Blackwater Golf on Highway #48. By the time you read this, the course should be open and we would love to welcome you here. Don't forget to take advantage of our special "seniors" deal – Nine holes for Nine Dollars before Nine AM for those 55 and over.

I would like to apologize to any of you who may have written to me and did not receive any acknowledgment or response. Apparently, our website developed a glitch sometime at the end of last year and stopped forwarding email. This has now been identified and fixed – so if you have written – would you please accept apologies and resend.

OK that's done so onto the nitty gritty.....

Things are getting real weird out there. It's even making my old cynical eyes open wide with disbelief. Can you believe that the Town of Markham is cutting back on School Crossing Guards in an effort to save money? How laudable – right? Well, yes – sort of. Further investigations reveals that their own sunshine list grows (public officials that earn over \$100,000 per year) – doesn't seem right somehow. Thank goodness this isn't happening in East Gwillimbury. (PS) did you get your 2 1/2% merit raise?

Meanwhile, Deb Mathews, our Provincial Health Minister crows about the improvements being made in healthcare services even while laying off therapists and post hospital caregivers. I would have thought that less therapists and caregivers must equate to lower levels of care.....

The Liberal's Green Energy Plan to invest in renewable energy through generous financial subsidies is systematically destroying what is left of our dwindling manufacturing base. It is now cheaper for them to use surplus Ontario energy in the USA Border States than to give the beleaguered Ontario customers a break. Why, sometimes they even pay the States to use OUR generated electrical power while charging us full price, delivery, debt repayment and HST to light our homes. Now try and explain that one. Just somehow doesn't seem fair to me.

This disconnect continues even in Paradise (East Gwillimbury)..... This wacky scenario of going forth to snare a Queensville University (which, by the way won't be in Queensville even though the land has already been donated to the Town) makes me shake my head in disbelief. Especially when you consider that East Gwillimbury doesn't even host a high school. However I understand that the Town has hired yet another consulting firm to put forth yet another proposal to Council on May 6th, 2013. I am assuming that this proposal is to promote East Gwillimbury as THE place to put this new university. Heck, don't you think that after 25 years or more of studying and proposing, East Gwillimbury staff would be able to complete this in house. We really do have smart and competent staff at Sillyhall – I know, I have met many of them. Oh well, I guess that "consultants" are probably people too.

Did you read that starting next year the Region of York plans to close the 2nd Concession for fourteen months to install sewers, widen the road and build bridges for the unwanted UYSS (Upper York Sewage System). Unfortunately, the engineering miscalculations on the 404 extension have delayed its completion until after (who really knows when) the 2nd Concession is closed and dug up. I am not sure all of the commuters who use the East Gwillimbury North/South routes will be pleased with the resulting increased traffic on Leslie, Woodbine and Yonge Street. The fact that Doane Road is no longer a complete East/West road should really jam up the traffic..... I don't understand why the Mayor and Council are not screaming their objections to the Region. However, the unhappy voters will most likely make their dissatisfaction known.

Yes, it's weird out there.....

Finally, just for fun, please look up the news on gold and silver prices. Demand exceeded supply and the price fell. Talk about the reversal of the Laws of Economics.

Yep, it's really weird out there!

Well that's it for this month folks. Keep smiling. Please feel free to contact me at Blackwater Golf (905) 473-5110 or contact@blackwater-gc.ca. No rude emails please or I can't forward them.

Lee Lander

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