

September 2012

East Gwillimbury's

# Bulletin

**MAGAZINE**

*Since 1998*

SEPTEMBER 2012, VOL. 14, NO. 7

## The Colourful Fall Garden

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# Kristen Lacey EVENTS

PRESENTS...

East Gwillimbury's 1<sup>st</sup> Annual Fall Wedding Show

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# Don't let spiders give you a scare this Halloween

(NC)—From watching eerie movies to wearing creepy costumes, Halloween is the time of year when we revel in 'the scare'. However, be aware that arachnophobia haunts many people year-round.

The fear of spiders is one of the most common phobias, but in reality, these creepy crawlers are often pretty harmless.

In North America, there are approximately 3,000 species of spiders, but only 10 to 20 are normally encountered inside the home. One of the most common species is the 'house spider', which is brown and measures less than 25 millimeters in length. The presence of house spiders can be discomfoting even though they do not pose a significant risk. In fact, spiders rarely bite humans, and when they do it is often because they have been startled or provoked. Most bites are less harmful than a bee sting.

Considered a housekeeping nuisance, spiders tend to leave a profusion of dusty webs. These webs serve both as dwelling places and traps for their food, which includes other insects like flies, ants and smaller spiders.

"The biggest concern if you find a spider in your home is that this means you probably have an insect infestation," says 35-year pest management veteran Bill Melville who is the quality assurance director for Orkin Canada. "Without a supply of food, spiders typically die or relocate. That's why it is important to take proactive steps to keep pests that sustain them, out of your home."

Keep these tips in mind to ensure spiders and the pests they feed on don't scare you this Halloween and beyond:

- Seal off potential entries like cracks and crevices, and spaces under doors and holes in screens.
- Cut your grass regularly and avoid planting thick vegetation around the outside of your home. If you have vegetation near your home, trim it back at least a meter away from the exterior walls.
- Adjust outside lighting to discourage insect activity. Consider using sodium vapour lights as they are less attractive to pests than fluorescent lights.
- Remove clutter, old papers and boxes from your house as these are great hiding places for spiders. Sealed, plastic bags are best for storage.
- Ensure you regularly vacuum and dust around the home. This helps remove food sources that attract spiders, and it also inhibits their ability to build webs.

If spiders continue to haunt your house, let a pest management professional show you all the 'tricks' to get rid of them.

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*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 Creative Graphics.*

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**On the cover:**

Jeannie Nicolaou, Lake Simcoe South Master Gardeners shows how colourful a fall garden is. Read the full story on page 24.



Welcome Fall!

Once again we can say goodbye to summer. Well almost – not officially until September 22.



What a spectacular summer this has been - now I'm looking forward to the cool nights for sleeping and crisp mornings. My favourite time of year. I noticed this week the maple tree in the backyard is turning colour already.

Hope you all had a fun and safe summer! Now it's back to school and work for many. Be safe on the streets and watch for young people (who may not be paying attention to their surroundings).

There's always lots happening in our house it seems. What a busy summer this has been for us... renovations (moving slowly), Sam off to school (tears will be shed!) and new ventures! So much to look forward to. I'm not going to dwell on our only daughter leaving for school, other than how proud we are of her! (I'll never finish this issue if I talk about being an empty nester and how much we will miss her at home!)

Living in East Gwillimbury for almost 20 years, we have seen many changes... the 404 extended – twice, a new GO station, Green Lane developing (I remember it being a dirt road) and many more homes.

What I appreciate the most is the 'small town' environment we still have, where you can walk from one shop to another. You can grab a sandwich that's made from scratch for you while you wait - or meet friends for coffee where you're greeted by name.

Get involved, support your local businesses (who are often owned by local residents), and enjoy these luxuries we often take for granted.

Take care,

*Christine*

P.S. My apologies for not writing a note last month... I was reminded that some of you like to read about what's happening at the Bennis'.

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# What's On

**Saturday, September 8**

**Fall Plant & Bake Sale**

East Gwillimbury Gardeners/Mt. Albert Hort Society. 8 am to noon. Sharon Temple Museum site. Excellent plants from our gardens and sweet treats. More info at 905-478-8450.

**Saturday, September 8**

**EG Trail Walk**

Cawthra-Muloch Reserve Trail  
West side of Bathurst, third lane north of Green Lane. Meet at 9 am, dressed for the weather.

**Saturday, September 8**

**EG Farmers' Market**

**Family Fest & Feast**

8 am to 1 pm at the Civic Centre  
19000 Leslie Street, Sharon  
[www.eastgwillimburyfarmersmarket.com](http://www.eastgwillimburyfarmersmarket.com)

**Saturday, September 8**

**Fall Festival @ St. James the Apostle Anglican Church**

18794 Leslie Street, Sharon. 8 am to 12 noon. Includes: baking, produce, books and garage sale. Bacon on a Bun BBQ.

**Tuesday, September 11**

**York Simcoe Naturalists Club**

**General Meeting**

7:30 pm. The speaker will be Melissa Williams from LEAF. 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](http://www.ysnaturalists.ca) or [ysnclub@yahoo.ca](mailto:ysnclub@yahoo.ca).

**Thursday, September 13**

**Mount Albert Knitting Guild**

**OPEN HOUSE**

Celebrating our first anniversary and you're invited! Bring your needles and cast on or join us for refreshments and see what we have been working on this

year! There will be a draw for a knitting basket of goodies from Gemini Fibers and The Yarn Store. 6 p.m. - 7:30 p.m.  
EG Public Library, Mount Albert Branch  
FREE: Call 905-473-2472 for information

**Friday, September 14**

**Zephyr United Church Steak & Burger Community Dinner**

Scott-Zephyr Community Hall. 5 pm - 7:30 pm continuous serve. Adults: Steak \$18, Burger \$12; Children 6-12: \$6; 5 and under: free. For info call 905-473-3627

**Friday, September 14**

**Fish Fry and Corn Roast**

Sharon-Hope United Church, 18648 Leslie Street, Sharon. Seatings: 5 pm, 6:15 pm and 7:15 pm. Adults \$16, Children (12 and under) \$8. Enjoy fresh fish, corn on the cob, roast potatoes, and all the trimmings including cold slaw, bean salad, dill pickles, garden vegetables & dessert, tea & coffee. To reserve and/or pick up tickets call the church office 905-478-2231

**Saturday, September 15**

**Fall Family Skate**

11 am to 1 pm. Come join us for a free family skate (11 am), bring a friend to hockey (10:30 am), or try synchronized skating (10 am). In person registration, hockey equipment exchange and figure skating clinic (10 am to 1 pm). [www.egskatingclub.com](http://www.egskatingclub.com). EG Sports Complex, Mount Albert Road, Sharon.

**Saturday, September 15**

**Holland Landing & Sharon Lions Annual Steak Dinner and Car Show**

Anchor Park, Holland Landing. 3 pm start. Dinner @ 5 pm - \$20 p/p. For tickets contact Paul Taylor at 905-836-1423

**Sunday, September 16**

**B.E.A.T. Cancer Ride**

(Bikers Ending All Types of Cancer)

Canadian Cancer Society.

A non-competitive, pledge based, fundraising motorcycle ride. The ride will begin and end at "Freak-n-Leather", 460 Davis Drive, Newmarket. Registration begins at 8:30 am. Fee: \$25 per rider and \$10 per passenger. Raise over \$100 and receive a free T-shirt! For information contact Karen at 905-830-0447 ext. 3833.

**Monday, September 17**

**Holland Landing Storybook House**

Mondays & Wednesdays 9:30 - 11:30 am  
A free resource centre at Holland Landing Children's Academy located in Holland Landing P.S., 16 Holland River Blvd. Storybook House is a place for play. Drop-in programs for parents/caregivers and children under 5. Staffed by experienced and trained ECEs. [www.yorkprofessional.com](http://www.yorkprofessional.com)

**Tuesday, September 18**

**Newmarket Hort. Society Meeting**

8 pm (every month, except December). \$2/Guests. Guest speakers, raffle draws and refreshments at each meeting. 905-898-2635 or [www.gardennewmarket.ca](http://www.gardennewmarket.ca)

**Tuesday, September 18**

**Mount Albert United Church**

**Community Luncheon**

11:30 a.m. to 1:00 p.m., Cost \$7.00  
Come and enjoy a delicious lunch served by our church. 41 Alice Street.

**Tuesday, September 18**

**EG Gardener's Meeting**

Guest speaker: Dugald Cameron of Garden Imports. Learn how to plant a spectacular spring garden, now, using bulbs. Baking competition and flower show. Mount Albert Community Centre, 53 Main Street. All welcome, guests \$2. For more info call Anne 905-478-8450.

# What's On

## **Tuesday, September 18** **Alzheimer Society of Toronto's Charity** **Golf Tournament**

Silver Lakes Golf and Country Club  
Lunch, 18 holes with cart, dinner, great prizes, raffle and silent auction. \$150 p/p  
Contact Tara Morse @ 416-225-8871 or tara@collacutt-travel.com

## **Thursday, September 20** **(every 3rd Thursday)** **Holland Landing Country & Western** **Jamboree**

Holland Landing Community Centre.  
7 pm to 11 pm. All are welcome.  
Jacquie or Walt at 905-473-7072 for info.

## **Thursday, September 20** **Become a Licensed Home Child Care** **Provider**

15203 Yonge Street, Aurora.  
Come to our information coffee hour and discover the advantages of operating your own licensed child care business in your home in partnership with York Professional Care & Education. RSVP to Shima at 905-841-1314 x22 or email homechildcare@ypce.com

## **Tuesday, September 20** **Keeping the Cottage**

For those who missed it in May!  
Chartered accountant Steve Walsh and lawyer Corinne Rivers discuss the practicalities and problems of keeping the cottage in the family. 6:30 - 8 pm  
Mount Albert Public Library. Call to reserve your seat. 905-473-2472.

## **Saturday, September 22** **GENTLY-USED SALE**

Queensville Holland Landing United Church. 20453 Leslie Street. Queensville  
9am to 1pm. Come out and get some extra items of almost-new clothing for men, women, children & babies.  
Good Reasonable Prices!

For further information  
Call 905-895-5556 or 905-967-0703

## **Saturday, September 22** **Mount Albert United Church** **Annual Fall Swing Golf Classic**

Mill Run Golf & Country Club - Highlands Course. 2 pm - 18 hole best ball format. \$85 includes golf, power cart, awards dinner and lots of great prizes!!! Don't miss it!! Church Maintenance & Reserve Fund. Call the church office 905-473-2562 for more info.

## **Saturday, September 22** **Wellness Conference**

York-North Chapter of the MS Society is hosting a free event for those effected by disability. 8 am to 3 pm. Newmarket High School. Keynote speaker: Justin Hines. Workshops focusing on Physical, Emotional and Financial Wellness.  
Email: mswellnessconference@gmail.com or 905-830-4950.

## **Monday, September 24** **SOUTHLAKE CINEMANIA**

Presents **BEASTS OF THE SOUTHERN WILD** – Winner at SUNDANCE, CANNES, LOS ANGELES FILM FESTIVALS. Tale of a young girl who embarks on a bizarre odyssey through flood, post-apocalyptic American South. Tickets \$10.

Sold at The Chocolate Cafe, 130 Davis Drive, Newmarket, The Holland Landing and Mount Albert libraries and at the door. One show only.  
Proceeds support literacy. Silvercity Theatre, Newmarket. Green Lane & Yonge St. Door prizes Film 7pm.

## **Saturday, September 29** **REBEL HEARTLAND 1837 EVENT**

Fairy Lake Park, Newmarket  
10 a.m.. - 4 p.m.  
Invite your family and friends to experience re-enactors, battle

reenactment, encampment, crafts people and vendors as they re-create a clash between the militia and rebels.  
Learn about Newmarket's role in this important, historic event! For more information please call (905) 953-5314, email: elmanmuseum@rogers.com or visit www.newmarket.ca.

## **Saturday, September 29** **Knights of Columbus Council 10586** **Celebrity Chef Dinner**

Doors open at 6 pm, dinner 7 pm  
St. Elizabeth Seton Parish Hall on Leslie Street, Newmarket. \$20 p/p or a table of 8 for \$140. Contact Paul Taylor for tickets at 905-836-1423.

## **September 29 & 30** **Georgina Studio Tour**

Self-guided tour through a series of communities. www.georginastudiotour.com for a complete list and map. The two-day event is your one opportunity to visit homes and studios that, for the rest of the year, are available by appointment only.

## **Sunday, September 30** **Weaving Words Storytelling Festival**

Sharon Temple. 11 am - 4 pm  
Admission \$5, children under 16 are free!  
An exciting full day festival with storytellers, musicians and performers from across the Province. For info call 905-478-2389 or www.sharontemple.ca

## **Sunday, September 30** **Newmarket Citizens' Band** **140 Years of Music Concert**

Free. 2:00 pm. Newmarket Riverwalk Commons, 200 Doug Duncan Dr. You are invited to take a musical journey through time. Balloons and cake. www.newmarketcitizensband.ca

Look on page 14 for October Events



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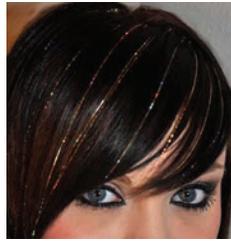
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# FALL

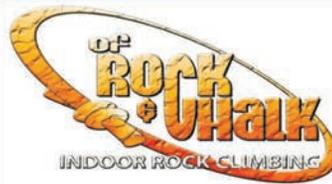
# REGISTRATION

## York North Family Resource Programs

The Family Place is a non-profit drop-in stay and play Centre for children and provides support and education for parents, grandparents and caregivers for children from birth to 6 years. Two spacious rooms with play areas, daily programs and circle times. Open September to June daily 9:30am to 2:30pm, Monday to Friday. Located in the lower level of Mount Albert Community Centre. 905-473-5929 [www.ynfrp.org](http://www.ynfrp.org)

## Sharon Co-operative Playgroup

Every Wednesday at 9:30 am. Starts September 12, goes until the last Wednesday in June. Contact Tanya Harrison 905-589-0066 or [tanyacm2b@yahoo.ca](mailto:tanyacm2b@yahoo.ca) Sharon-Hope United Church, 18648 Leslie Street, Sharon. A non-profit organization that consists of caregivers and their children (newborn-6 years) that participate in a stay and play program in a co-operative setting.



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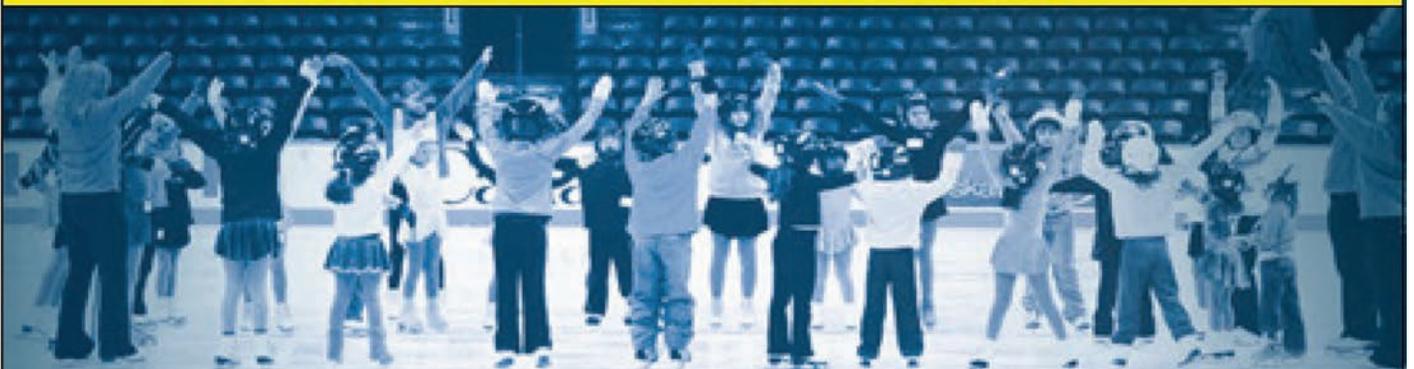
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# registration

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**Drop-In Storytime:** Join us for songs, stories & rhymes. Ages 0 - 5 yrs. Free.  
Holland Landing: Wednesdays, September 5, 12 & 19 at 10:30 a.m.  
Mount Albert: Thursdays, September 6, 13 & 20 at 10:30 a.m.  
No registration required.

**Bedtime Stories:** Get ready for bedtime with songs, stories & rhymes! Free.  
Mount Albert: Wednesdays, September 5 & 19 at 7 p.m.  
No registration required.



## Special Family Programs @ the Library in September

### Saturday, September 8

**Crafty Kids:** Craft it up at the Library! Join us for messy mornings of fun. Ages 3 – 8 yrs. (with adult). Free.  
Mount Albert: Saturday, September 8 at 10:30 am. Please register by visiting or calling your local branch.

### Saturday, September 22

**Groove & Play:** Discover the joys of music with your child. Join Ms. Jodi for singing, dancing, and musical games. Ages 2 – 6 yrs. Free.  
Mount Albert: Saturday, September 22 at 10:30 am. Please register by visiting or calling your local branch.

### Thursday, September 27

**Crafty Kids:** Craft it up at the Library! Join us for messy mornings of fun. Ages 3 – 8 yrs. (with adult). Free.  
Holland Landing: Thurs. September 27 at 10:30 am. Please register by visiting or calling your local branch.

**Fall 2012 Storytimes:** The East Gwillimbury Public Library will be offering an 8-week session of storytimes for babies, toddlers, and preschoolers, starting the week of October 9. Registration opens September 18, 2012. Details at [www.egpl.ca](http://www.egpl.ca) or call the Library at 905-836-6492.

**Parent Child Mother Goose:** This interactive program focuses on rhymes, songs, and stories, supporting language, literacy, and attachment. Ages 0 to 10 mos. (with adult).

Holland Landing Branch: Wednesdays, October 10 to December 12 from 1:30 – 3:30 p.m.

Presented by Ontario Early Years, North York, in partnership with the East Gwillimbury Public Library. Please register by calling or visiting your local branch.

**TEEN Volunteer Opportunity:** Need community service hours? Join the Teen Advisory Board! We meet every 2nd Tuesday of the month. Drop in and see what we're about.

Next meeting: September 11 at 7 p.m. at the Holland Landing Branch.

For more information, contact the Library at [info@egpl.ca](mailto:info@egpl.ca).



Please register by visiting or calling your local branch.

East Gwillimbury Public Library, Holland Landing  
Branch: 19513 Yonge St., Holland Landing. 905-836-  
6492. Mount Albert Branch: 19300 Centre St.,  
Mount Albert. 905-473-2472. Details at [www.egpl.ca](http://www.egpl.ca).

## Understanding Your Market...

By Susan Crema-Martin

Earlier this year I was asked to do a consultation in downtown Toronto. This particular property was on the market a few years ago and did not attract any buyers so the clients made a decision to rent the property for a while. This year they decided to put the property back on the market and left it vacant. The property sat on the market again for almost 2 months with one offer.

As a professional stager, it is recommended to stage vacant properties for the mere fact that most people cannot envision what the space has to offer and there is no emotional connection to the empty space. Since each geographical area has different buyers, I had to evaluate the area, determine what kind of person would be expected to live there, the age group, the price point of the property, and review other listings to see what the competition was like at the time. All of these steps are crucial to create a living environment to appeal to the broadest audience. I was faced with a number of competing units for sale therefore I had to develop a staging strategy to secure a buyer for these clients as soon as possible.

To find that perfect buyer, we picked inventory and accessories to create a very current, spacious, fresh feeling and organized space. The property was already neutralized, carpets freshly cleaned and with adequate lighting throughout. Understanding the how to market and delivering the look for a move-in ready property is key.

Success was only weeks away – this property secured a buyer in only 24 days.



Living Room - before



Living Room - after

Today, over 90% of buyers are looking for their next home on the internet before stepping out the door. Having an attractive property with great photos is a key factor in selling in today's market.



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](mailto:info@thebulletinmagazine.com)



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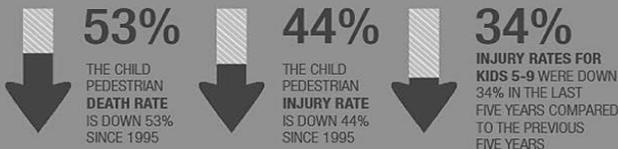
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# PEDESTRIAN SAFETY

BY THE NUMBERS

THE GOOD NEWS IS



Most at risk are **TEENS**

In the last five years, injuries among 16-19 year olds **increased 25%** over the previous five years



Could digital devices be a cause?



**75%** of 12-17 year olds owned cell phones in 2009, up from 45% in 2004



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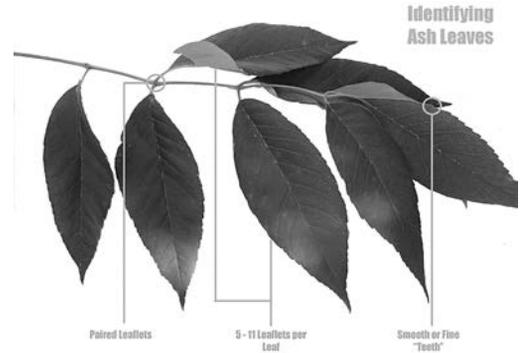
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# On Autumn and Ash

Autumn colours never fail to draw our attention to the trees in our neighbourhoods. It is also a fine opportunity to look over your own landscape to assess the size, form and health of your trees. It is easy to evaluate the maintenance that is needed to retain their optimum size and shape. Take time now to determine what culling and pruning will need to be done during the dormant season, after the leaves are gone.

It's also a good time to plan where to plant a tree for the future. This is especially important now, as thousands of Ontario's trees are facing imminent death by the Emerald Ash Borer (EAB). If you have an ash tree near your home, decide now whether you should take



steps to protect it, or to plan for a new tree to replace those that will be lost. Once infected by the EAB, there is no way to save a tree.

This borer is an invasive pest from Asia that attacks all forms of ash (*Fraxinus*), but not Mountain Ash (*Sorbus*.) It is rapidly moving across southern Ontario, into Ottawa and even Montreal. The rapid spread is primarily caused by moving firewood to cottage country or elsewhere.

Unfortunately, by the time damage or stress in a tree is evident, it is already too late to do anything except remove the infected ash and dispose of it properly. The good news is that a preventive treatment is available to protect a valued ash in your landscape. Treatment can only be applied by a certified arborist, and is best performed early in spring when ample rainfall will help ensure circulation of the chemical throughout the tree. This makes autumn a good time to consult with an arborist, and assess which trees are candidates for treatment come spring.

Even if you don't have an ash tree, think about planting a new tree to offset the 2.8 million ash that Ontario will lose over the next 15 years. Many species provide interest in the landscape over several seasons, with flowers, foliage, fall colour, and winter interest when the snow flies.

To learn how to identify ash trees and find out more about the EAB, visit [landscapeontario.com/what-is-the-emerald-ash-borer](http://landscapeontario.com/what-is-the-emerald-ash-borer). For recommendations on what to trees to plant, see [yourleaf.org](http://yourleaf.org). And Master Gardeners are always happy to answer your gardening questions.

*Lynne Marie Sullivan is a Master Gardener and EAB Ambassador. Write [yorkmastergardener@gmail.com](mailto:yorkmastergardener@gmail.com), or visit [mgoi.ca](http://mgoi.ca).*

## WHAT'S ON - OCTOBER

**Monday, October 1**

**SOUTHLAKE CINEMANIA**

**Presents *FAREWELL, MY QUEEN***

A drama from Benot Jacquot that brilliantly captures the passions, debauchery, nobility and chaos that engulfed the court of Marie Antoinette before the full-scale outbreak of the French Revolution. Tickets \$10. Sold at The Chocolate Cafe, 130 Davis Drive, Newmarket, The Holland Landing and Mount Albert Libraries and at the door. One show only. Proceeds support literacy. Silvercity Theatre, Newmarket. Green Lane & Yonge St. Door prizes Film 7pm.

**Tuesday, October 2**

**Gardening Now & Again:** Prepare your garden for winter and beyond, with Master Gardener Lynne Marie Sullivan. Call to reserve your seat. 905-836-6492. [www.egpl.ca](http://www.egpl.ca). Holland Landing Public Library. 7 - 8 pm.

**Wednesday, October 10**

**Mount Albert Bible Fellowship**

**Thanksgiving Seniors' Brunch**

53 Main Street, Community Centre. 10 am to 11:30 am. Brunch feature: "Canadian Travelogue" a devotional talk from the Bible.

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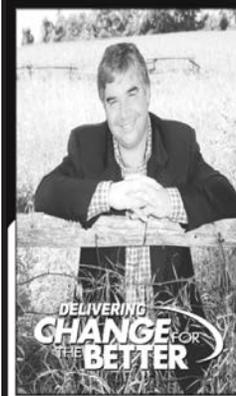
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East Gwillimbury's

# Bulletin

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## Local girls win Bronze at the Summer Games

The 2012 Ontario Summer Games were held in Toronto, August 16 to 19. Tara-Leigh Robinson from Mount Albert and Heather Dollery from Holland Landing won a bronze medal playing for the Oak Ridges Diamonds 16U Softball Team. Congratulations to the entire team!

Front Row-Victoria Zorzit-Hillo, Khalyn Levasseur, Tara-Leigh Robinson, Marianne Szajn  
Back Row-Madison Gilliland, Alexandra Anani, Lisa Szajn, Heather Dollery, Kristen Lucas, Kaylyn Shaughnessy, Morgan Carter



**Melissa Tancredi** visited the East Gwillimbury Soccer Club on Tuesday, July 3rd to sign autographs. Here is a picture of Melissa and Elise Vestergaard (Mount Albert), who cheered Melissa on during the Olympics. Congratulations Melissa and Team Canada on your Bronze Medal!!

Melissa hails from Ancaster and currently plays forward for our women's Olympic team. She currently plays in Sweden for Dalsjofors Golf. She is considered to be one of the best strikers in the world and scored the 2nd fastest goal in World Cup history (37 seconds from the start of the game against Australia). Melissa has been playing soccer since the age of four and graduated from the University of Notre Dame in 2004.

Melissa's visit was through the generous sponsorship of Newmarket Home Hardware and Premier Tech (CIL).

# Shoulder Pain?

Does your shoulder pain build up when you move it wrong or is it a sudden sharp pain shooting from your neck into your arm?

Do you have difficulty just washing your hair or even scratching your back? Have you had to give up golf because of your shoulder pain?

Nothing's worse than feeling great mentally, but physically feeling held back from life because your shoulder hurts and the pain just won't go away!

My name is Dr. Chad Morton, owner of Mount Albert Chiropractic and Wellness Centre. Over the past 10 years since we've opened the doors, I've seen countless people with shoulder pain, frozen shoulder and rotator cuff problems leave the office pain free.

## Do You Have Any of the Following Conditions?

- Frozen shoulder – one of the worst maladies known to man
- Upper back and neck pain
- Rotator cuff injuries
- Arthritis
- Bursitis
- Tendonitis
- Muscle weakness
- Sharp, radiating pain

- Numbness and tingling

## Shoulder Pain Is Not Just 'Old Age'

No question... if you are having shoulder pain then something is wrong. It's not normal aging to hurt all the time. Pain in your shoulder isn't just a 'sign of old age', if that was true all 360 joints in your body would hurt, since your whole body is the same age.

Pain is your body's warning sign telling you something is wrong. Finding the problem and fixing it has got to be a top priority!

## Have a Doctor Evaluate Your Shoulder For only \$35

Just call before **September 21** and here's what you'll get...

An in-depth consultation about your shoulder where I will listen...really listen. A complete nerve, muscle and spinal exam to find the "cause" of your problem. A full set of specialized x-rays (if necessary) to look for joint degeneration (arthritis). A thorough analysis of your exam and x-ray findings so we can fix the problem. (regularly \$135)

Why wait and let it get so bad surgery becomes your only option? Call today **905-473-2176**.



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# ABCD: ART BUILDING CHILDREN'S DREAMS IN AFRICA

By Laurie Bowers

Five years ago *The Bulletin* published an article about a volunteer trip to Africa that Frank Smith, a Mount Albert resident, made after his retirement from teaching art in high school. Frank had no idea where that brief two-week adventure would lead. This is a follow up to let you know what has developed since that article.

Bright, happy eyes and big confident smiles stare out at you from the children's faces on the ABCD website. They are the faces of the many Tanzanian children that ABCD has been helping over the last four years. Founded in 2008 by Frank and his friend Lynn Bird, ABCD is now a registered Canadian charity that operates in the Kilimanjaro Region of Tanzania. ABCD evolved from Frank's first trip to the area in 2007 when he saw that local families who wanted to keep their children in school could not afford the school fees and expenses. Frank and Lynn returned to the area the following year with a plan to have the local children create artwork based on their dreams for their futures. This artwork could then be framed, displayed and sold back in Canada. The money raised would be used to support the children's education. With the input of local villagers, 30 children were identified as most in need of financial help to stay in school. When word got out in the Kilimanjaro area that Frank was having a meeting to assist children who needed financial help to stay in school many children walked as many as 6 hours to participate. One of the children who walked the farthest was a boy named Oscar.

When Frank and Lynn first met Oscar he was 12 years old and in Grade 6. His father had died and his mother sold banana beer to make money. Oscar was a solemn boy who told Frank he missed his

Dad and was worried about his own health. ABCD took Oscar into their program. Oscar's drawing of his dream to become a tour guide was framed and sold in Canada some months later. The money raised from the sale of Oscar's art along with the 30 other children's drawings of their dreams for the future went into a joint fund that was used to cover the costs of their uniforms, school lunch, school supplies, and some personal care items. Tanzania has government funded schools and teachers but to attend these schools students must cover these extra costs on their own. The first two years that Oscar was part of ABCD he did well in school and his health improved. With support and stability in his life Oscar became more confident and by the third year



as part of ABCD his dream was to become a doctor. His marks kept improving and he was accepted into secondary school. As of this year Oscar has completed his second year government exams finishing 16 out of 167 students in his grade. Beyond his academic record is an even happier story of a confident young man of 16 who loves soccer and art. Oscar's smile is full of hope for the future and faith that he can achieve his goals with his own hard work and the support of ABCD.

Not all ABCD children can maintain the academic grades to stay in school all the way through. Some of them have dreams to start small businesses or to complete apprenticeships. As the need for different types of support has arisen ABCD has evolved to meet the challenge. Scola is a great example of ABCD's success in adapting to the needs of the children they support. In 2008 Scola was a sad and worried 14 year old living with her grandmother who sold maize and bananas to make some income. This elderly woman could not afford to send Scola to school anymore. Scola's dream was to become a tailor and she had finished Grade 7 at a vocational training school studying sewing. For ABCD, Scola drew pictures of sewing machines, patterns and dresses. With



ABCD funds available to continue in school, Scola placed third out of 13 students in her sewing class the following year. Every year during their annual visit to assess the children's needs, take on new students, provide funds for existing students and gather more art work, ABCD holds an awards ceremony at the annual Art Day celebration. In 2010 Scola was awarded an electric iron in recognition of her success in school. In 2011 when Frank and Lynn returned to Tanzania, a confident, successful Scola, who had written a song of thanks and taught the ABCD children to sing it at the awards ceremony, met them. Scola was thrilled when Frank and Lynn presented her with a sewing machine and serger with which to build her future. Scola's smile is now that of a self assured young woman who knows she has the talent and resources to achieve her goals.

The story of success by Oscar and Scola over the last four years is a wonderful illustration of how ABCD has evolved and adapted. From their goal of finding a way to keep Tanzanian kids in school Frank Smith and Lynn Bird have built a grass roots organization that is dynamic, resourceful and responsive. ABCD uses 100% of all the funds it receives specifically for the children directly towards their educational goals and well-being. There are now 55 children receiving help. In addition, ABCD is funding 3 breakfast programs in 3 primary schools which means that over 1000 primary school children are getting a hot breakfast before school. ABCD is also helping schools to open libraries and is funding a computer classroom in a vocational training school. Every year ABCD takes a small volunteer team with them to expand the scope of the work they do in the schools. ABCD's success is definitely measured in the smiles, confidence and pride of the children.

ABCD receives support in other ways besides monetary donations. For example, ABCD will gladly accept your expired garden solar lights! A social enterprise involving ABCD children is being developed whereby the small solar panels are extracted and connected to discarded water bottles to build solar powered reading lights for the children's homes. This enables the children to study at home. ABCD also accepts functioning laptops (newer than 2003), which they refurbish and donate to the schools. The local schools also treasure storybooks for primary school libraries and secondary school textbooks so, donations of these books are welcomed.

To view more stories and smiles or to make a donation to help ABCD's children, visit [www.abdreams.ca](http://www.abdreams.ca).

## Mount Albert Village Association NEWS

The Mount Albert Business Association is changing into the Mount Albert **Village** Association. The reason for the change is to increase involvement, strengthen the community, and represent everyone in the village. Membership will now be open to anyone with a connection to Mount Albert and cost only \$10. The first **Annual General Meeting** will be held on **Wednesday, October 10, 2012 at 7:30 p.m.** in the Mount Albert Community Centre. (53 Main St.) Everyone is welcome!

Join the Mount Albert email list: [www.MountAlbert.com](http://www.MountAlbert.com)



Walk, Don't Run,  
when crossing the street!

## Don't Stop Now!

By Kim Mortson

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

- 1. Reduce your stress level.** High stress levels have been linked to heart disease, stroke and high blood pressure, all major health risks! It also tends to magnify negative feelings, mess with our sleep patterns, cause unwanted weight gain and generally makes us not so nice to be around! Exercise can drastically decrease stress hormones like cortisol and increase endorphins, your body’s “feel-good” chemicals, giving your mood a natural, drug-free boost. (This is what’s commonly called a “runner’s high”). In fact, regular exercise is one of the best possible ways to reduce your stress level and feel better! (For another stress reducer, see #5) The reaction isn’t just chemical though; physically getting your mind off of a stressful situation and changing the scenery (going outside, to the gym or to a class) can instantly reduce your stress level and make you feel better.
- 2. Reduce the risk of developing more than a dozen different physical and mental diseases!** Heart disease, Diabetes, Depression and Stroke tend to spring to mind right away, but regular exercise can also reduce your risk of diseases like Arthritis, Alzheimer’s, Cancer and Dementia. (Bet you never considered that exercise also promoted better mental health!) And it doesn’t take much either; studies show that as little as 20 minutes of intense exercise 3 times a week or 30 minutes of moderate exercise 5 times a week is enough to show significant health benefits!
- 3. Be a better role model.** Kids learn so much from us; how to tie their shoes, how to brush their teeth, how to manage homework... how to eat junk food and sit on the couch. Yup, your bad habits could be teaching your kids a lesson you don’t want them to learn! Rates of childhood obesity are rising faster now than ever before. A recent study has showed that our children will have shorter life spans and suffer from more diseases than us if they don’t change their habits now. Get active with your kids after school and get them to help you prepare healthy meals in the kitchen with you. Showing them, instead of telling them how to live healthy is a great way to be a fabulous role model and keep your kids healthy!
- 4. Sleep better!** The relationship between sleep and exercise is far more complicated than people think. Many of us don’t exercise regularly because we are just too tired, but did you know that regular exercise promotes healthier sleep patterns? You heard that right, regular exercise equals better sleep! Exercise can actually help you sleep sounder and feel more alert throughout the day. Follow the “regular exercise” guidelines mentioned in point #2 and you will be sleeping better before you know it. One word of caution here though - DO NOT sacrifice sleep JUST to get more exercise in, that won’t help!



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

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



*Kim is a certified Personal Trainer, Nutrition & Well Specialist, Older Adult Fitness Pro Trainer and Cancer Exercise Specialist. Body Design offers personal training, nutrition and lifestyle coaching to assist individuals achieve their fitness and weight loss goals. [www.bodydesign.ca](http://www.bodydesign.ca)*



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# Circles: AWAY

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By Vicki Pinkerton

Have you ever been driving down a street and found yourself behind one of those big, lumbering garbage trucks? Usually you are running late and passing is not an option so you sit, watching the collector jump out, dump the bags in the back, get back in and move to the next house until he gets to a spot that he can pull over or you are able to pass. At times like that I usually resign myself to the slow drive and let my mind wander. The last time it happened, I started to multiply the bags of garbage in front of each house, by the number of homes in town and then tried to imagine what happens to all of those bags.

A few years ago, I watched a movie in which activist Julia Butterfly Hill asked the question, “When you say you are going to throw something away, where is away?” I am the type of person who can’t remember my kid’s names on a good day but I can remember that quote almost word for word. It made an impression on me. I finally decided that I wanted to find out where ‘away’ is, at least for our town.

I began to call around. With it being summer and holidays in full swing, I was lucky to be able to talk to Lindsay Milne, the Program Manager in Waste Operations and Optimization for York Region. She told me that when it comes to waste, East Gwillimbury manages the curb side collection but the region manages processing, transfer stations and markets the blue box materials. She was a terrific source of information.

There are pickups once a week. Every two weeks, non-recyclable trash is picked up and every week green or compostable and recyclables are taken. The garbage trucks we see on the road head to a transfer facility at 100 Garfield Wright Blvd., north of Davis Drive and east of Woodbine. There anything that can be is loaded onto trucks and taken to the Dongara Pellet Plant in the city of Vaughn. There, it is dehydrated, shredded, compacted and shipped to customers who use it as an alternative fuel to power their ventures. That plant can’t process bulky household items like mattresses and furniture so those items are taken to a landfill site.

Blue boxes are collected once a week. They are taken to the Garfield Wright location where they go through the material recovery facility. Recyclables are dumped onto a sorting floor and then onto conveyers where they are separated into fiber, paper, steel, aluminum and plastics. These are sorted into bunkers; baled, wrapped and shipped to the end markets. Lindsay told me, it is very important that we pay attention to what can be recycled because some things can get into the process and cause havoc. For instance, if plastic film slips through the system it can break the sorting screens adding extra costs.

The green bins are also collected once a week, brought to the waste management centre and then put on trucks



heading for Orgaworld in the London area. There it is composted and sold to farmers for use on large operations. I wondered if we could buy our own East Gwillimbury compost for our backyard gardens but we can't. We have to compost our own if we want that.

We have access to two community environmental centres, facilities that provide us with locations to drop off a variety of materials including reusable goods, recyclables and building materials. This is another option for things that don't fit neatly into the curbside program. Using it will keep those bulky items out of the landfill sites. There are also 3 to 4 hazardous waste centres for chemicals and things that can not be handled by any other program.

There is much more to garbage than I had even imagined. The town and the region are working hard to make this process easy and more efficient. We really can help cut costs for processing and help make it work by knowing what goes where. There is a lot of information out there for us to access to help with the often confusing array of choices when we approach the garbage can. If you don't have a computer, the Town office has information that can be picked up. If you do have internet access got to the East Gwillimbury website, click on Environment, and then Waste Management for more info: [http://www.eastgwillimbury.ca/Town\\_Hall/Departments/Community\\_Programs\\_Infrastructure/Waste\\_Management.htm](http://www.eastgwillimbury.ca/Town_Hall/Departments/Community_Programs_Infrastructure/Waste_Management.htm)

You can also go to the York Region site, click on <http://www.york.ca/Services/Environmental+Services/Waste+Management/Household+Waste.htm>

If you don't know where to put something, the region has added a 'bin-dicator' to the website. It is a tool that will help you determine just what to do with your styrofoam egg cartons or anything else in the baffling array of things that come into the house. <https://apps.york.ca/pw/scripts/waste/waste-search.pl?>

With scarcity of landfill sites and over packaged products it is important for us to help tame the ever growing mountain of trash. Being aware of how our municipality handles waste is a good first step in being able to control the amount of stuff that we send out to that imaginary place 'away.'



*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](http://www.questacrosscanada.com) or [lifelinescoaching.org](http://lifelinescoaching.org)*

## Recycling Facts [www.york.ca](http://www.york.ca)



- You can save enough energy to light a 100 watt light bulb for four hours by recycling one glass bottle back into a new bottle.
- Recycled plastic can be used to make plastic lumber, which is said to hold nails and screws better than wood. This durable material can last for approximately 20 years and is maintenance free. Please check with your local building department before purchasing these recycled building materials.
- The amount of energy saved from using one tonne of recycled aluminum instead of new materials can be used to power the average home for about two years.
- The Canadian Pulp and Paper Association states that approximately 71% of the fibre used in making Canadian pulp and paper now comes from recycled fibres that used to go into landfills.
- A glass bottle that is not recycled and instead sent to a landfill would take about 1 million years to break down.
- Approximately 95% of Blue Box materials go on to be recycled into new products. The reason why about 5% of the items put into the Blue Box are not recycled is because the materials are usually too contaminated with non-recyclable materials. This shows how important it is to make sure your materials are clean and recyclable in the Region before placing them into the Blue Box.

# Garden:

## The Colourful Fall Garden

By Jeannie Nicolaou, Lake Simcoe South Master Gardeners



Late fall can be the most glorious time of year in the garden.

When my passion for the garden was just beginning, I found that the colours of spring and summer thrilled me. Choosing plant combinations for the summer pots by my front door made me fall in love with gardening. It took a while, but eventually I began to notice the gifts Mother Nature provides in the fall. By fall, I mean October and November, when there is a chill in the air and we are getting ready to cocoon ourselves for the winter. It's the time of year when most gardeners "put the garden to bed" and wait for the next growing season. Discovering plants that shine in the fall can surprise even a seasoned gardener. The fiery red, orange and yellow on the same leaf of a Stewartia tree (*Stewartia pseudocamillia*) against the burgundy of a Doublefile Viburnum shrub (*Viburnum*

*plicatum tomentosa*) with the fading tawny leaves of the daylily (*Hemerocallis* sp.) make my mouth gape open in wonder.

Leaves change colour when the days get shorter; the plants start getting ready for winter. Inside the leaves, green chlorophyll disappears and the yellows and oranges start showing through. The glucose that is trapped in the leaves, encouraged by bright sunlight, makes the red and purple appear. Generally, plants grown in shade do not produce as much brilliant colour as those grown in sun.

When I design gardens, it's important for me to remember that the homeowner will look at the plants all year long so I make some choices based on fall colour combinations. Creating your own little corner of fall heaven starts with choosing an area that receives plenty of sun, and then selecting

plants that give interest in their leaf colour or flowers late in the year. There's an added bonus if you pick plants that have more than one season of interest. For example, Goldflame Spirea (*Spirea bumalda* 'Goldflame') opens its orange coloured leaves in spring, then turns green with pink flowers in summer and, finally, in the fall the leaves turn to terra cotta!

Start by choosing a tree that suits your site and space, one with autumn gold, ginger, crimson or wine tints. If you have a large property, you can't beat Sugar Maples (*Acer saccharum*) which turn yellow, orange or red. Landscapers love Autumn Blaze Red Maple (*A. freemanii*) which gives off an exciting red-hot glow late in the year. Birches (*Betula* sp.) have distinctive bark and bright honey coloured leaves in the fall. Even the smallest gardens can incorporate a vibrant little tree such as a Serviceberry



(*Amelanchier canadensis*) or an Ornamental Pear (*Pyrus calleryana*). Depending on the variety, Japanese maple (*Acer palmatum*) will turn to a rich claret, copper or amber. Plant your vivid tree near the back or centre of your design.

Next, choose shrubs that can do double duty and give you flowers early in the year. For ripe lemony peach tones, dwarf fothergilla (*Fothergilla gardenia*) is a knock out. If yellow-orange colour is wanted, choose Sumac Tiger Eyes (*Rhus typhina* 'Baitiger') or Golden Spirit Smokebush (*Cotinus coggygria* 'Ancot'). Burning bush (*Euonymus alata*) is dependable for a fiery red colour if it gets enough sun, as is Rose Glow Barberry (*Berberis thunbergii* 'Rose Glow'). Viburnums (*Viburnum* sp.) and Sweetspire (*Itea* sp.) have flowers early in the season and claret foliage in the fall. For burgundy fall colour try Oakleaf Hydrangea (*Hydrangea quercifolia*) or St. John's Wort Albany Purple (*Hypericum androsaemum* 'Albany Purple').

The finishing touch would be to

add perennials that attract autumn attention. Hosta and Daylily (*Hemerocallis* sp.) leaves die down to a beautiful transparent yellow as do Bluestar's (*Amsonia hubrichtii*) fine foliage. The seedheads of Black-eyed Susan (*Rudbeckia* sp) and russet toned sedums (*Sedum* sp.) are nice foils to stunning ornamental grasses that reach their peak in late fall. For ruby and salmon, plant Elephant Ears (*Bergenia* sp.), Virginia Creeper (*Parthenocissus quinquefolia* 'Englemannii') or Red Baron Japanese Blood Grass (*Imperata cylindrica* 'Red Baron').

An essential part of the composition is to include evergreens as a backdrop to all this brilliance. Emerald cedars (*Thuja occidentalis* 'Smaragd') or Globe Blue Spruce (*Picea pungens* 'Globosa') give an added dimension to complete a colourful fall garden.

Lake Simcoe South Master Gardeners provide free gardening advice in York Region. Send your questions to our gardening hotline at [lssmastergardeners@gmail.com](mailto:lssmastergardeners@gmail.com) Look for us at the Newmarket and Markham Farmers' Markets and the Markham Fair.

We are available for garden talks and seminars. Contact [lss.mgoi.ca](mailto:lss.mgoi.ca).

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# Hort Happenings • September 2012

By Anne Hill



East Gwillimbury Gardeners

Where did August go? The mornings have that lovely crisp feeling that says it's time to get busy dividing plants for our plant sale. On Saturday, September 8th we'll be at the Sharon Temple Museum site, beside the farmers' market, from 8 am till noon. Our plants have a good reputation; they come from our gardens so you know they will do well in this area. It's a good time to plant perennials.

Our *Celebration of Gardens* was a good evening; we were glad to see many of the Thumbs Up winners and congratulate them in person. I did discover that there was an error in the listing of winners in last month's *Bulletin*; my apologies to the homeowners at 7 and 9 Royal Cedar Court in Holland Landing.

At 7:30 pm on September 18th at Mount Albert Community Centre our guest speaker will be Dugald Cameron from Garden Imports. His topic is "How to plant a spectacular spring garden now". Plant bulbs in September and be dazzled in spring. Garden Imports is well-known for excellent and unusual bulbs so Dugald is an ideal person to talk with. That evening is also our baking competition and yes, we do eat the entries. This year the competition asks for baked goods using blueberries.

The Junior Gardeners will be making dried flower arrangements for Thanksgiving. All youngsters aged 6 – 16 are welcome. They meet at 7 pm at Mount Albert Community Centre on Main Street.

I've had a busy and exciting month with a dream-of-a-lifetime trip to Alaska. What an amazing place. The temperate rainforest (300 days of rain a year) was just a marvel of lush growth – plants, moss, fungi. The Hubbard Glacier is an awe-inspiring sight and sound as pieces break off and crash into the ocean. We had an excellent naturalist on board the ship and learned so much. Then the Ontario Horticultural Convention in Niagara-on-the-Lake brought more delights, especially a mimosa tree in bloom – something I had never seen.

Now it's back to the garden and the twitch grass which seems to have come up full-grown and already in seed. I know there are flower beds under there somewhere!

If you grow grape hyacinths (muscari) bulbs for their lovely blue spring flowers do be careful when you're weeding at this time of year. The grape hyacinth leaves come up in fall to feed the bulbs ready for spring and it's easy to mistake them for grass and pull them out. The leaves are already up in my garden.

Who are we? We are an enthusiastic and friendly group of gardeners, beginners to experienced, who welcome guests and new members. For more information, please contact 905-478-8450, email us at [mtalbert@gardenontario.org](mailto:mtalbert@gardenontario.org) or check out our website at <http://www.gardenontario.org/site.php/mountalbert>

# Financial Planning – not just for the wealthy

By Ian Hawkins

“The rich get richer and the poor get poorer”. So it seems. One difference is that the rich indulge in financial planning. This planning includes:

- Tax planning
  - o Planning an investment strategy that is tax efficient.
  - o Planning to pay the least amount of taxes that they are legally obligated to pay.
  - o Taking advantage of capital gains rather than interest income.
  - o Maximizing use of Tax Free Savings Accounts.
  - o Eliminating non-deductible debt – using debt to earn investment income.
- Retirement planning
  - o Ensuring that there will be enough to enjoy a financially secure retirement (calculating what that amount is and investing to ensure it will be there – starting early helps).
  - o Using income-splitting to minimise joint taxes.
- Estate planning
  - o Looking after your family in the event of death
  - o Funeral planning
  - o Wills and powers of attorney – remove the guesswork and squabbles
  - o Those with larger estates also consider trusts
- Reviewing and changing insurance
  - o How much is enough
  - o What type of policy
- Investment strategy
  - o What are the goals and objectives
  - o Are investments “creditor-proof”
  - o How much to save and where to invest it
  - o Budgeting – making a financial plan and sticking to it

- Debt reduction
  - o Accelerating repayment
  - o Reducing interest payments
  - o Reorganization of debts

Debt is one of the biggest problems facing Canadian families. There is a stigma attached to “being in debt”. People do not talk about it. It gets to be unmanageable through neglect and credit cards are the biggest culprits. Debt is one of the single biggest causes of marital discord but debt CAN be managed.

The secret is to sit with a planner – an independent one not tied to a financial institution or set of products – and take stock of your entire family situation. A careful analysis of your financial position now and your goals for the future can help you get rid of debt, pay less tax and build financial security.

So should YOU be doing these things? Absolutely. Can you afford to? You cannot afford to NOT do them. You will also find that your planner will more than cover any fee you pay in savings and increased wealth.

It is up to you to take the first step.

*Ian & Dorothy Hawkins own and operate Mount Albert Tax Company and Holland Landing Tax Company. They have entered into a partnership with Provincial Capital Financial Services who specialise in developing individual financial plans tailored to a client's unique needs. A specialist is available to consult with you in your home at a time convenient to you.*

# ARE YOU A BULLY, IS YOUR CHILD A BULLY?

By Raymond Mark

Some bullies come from families where everyone is angry and shouting all the time. They may think that being angry, calling names, and pushing people around is a normal way to act. Some bullies are copying what they've seen someone else do. Some have been bullied themselves. Bullies often copy what they see their parents doing to each other or to them.

Some are just looking for attention. They might think bullying is a way to be popular or a way to get what they want. Most bullies are trying to make themselves feel more important - when they pick on someone else; it makes them feel big and powerful.

Sometimes a bully knows that what he or she is doing or saying hurts other people. But other bullies may not really know how hurtful their actions can be. Most bullies don't understand or care about the feelings of others.

How do bullies select their targets?

The bully selects their target using the following criteria:

- bullies are predatory and opportunistic - you just happen to be in the wrong place at the wrong time; being good at your job, often excelling
- being popular with people
- more than anything else, the bully fears exposure of his/her inadequacy and incompetence; your presence, popularity and competence unknowingly and unwittingly fuel that fear
- being the expert and the person to whom others come for advice, either personal or professional (i.e. you get more attention than the bully)
- having a well-defined set of values which you are unwilling to compromise
- having a strong sense of integrity (bullies despise integrity, for they have none, and seem compelled to destroy anyone who has integrity)
- having at least one vulnerability that can be exploited
- being too old or too expensive (usually both)
- refusing to join an established clique
- showing independence of thought or deed
- refusing to become a corporate clone and drone

Jealousy (of relationships and perceived exclusion therefrom) and envy (of talents, abilities, circumstances or possessions) are strong motivators of bullying.

Bullies often pick on someone they think they can have power over. They might pick on kids who get upset easily or who have trouble sticking up for themselves. Getting a big reaction out of someone can make bullies feel like they have the power they want. Sometimes bullies pick on someone who is smarter than they are or different from them in some way. Sometimes bullies just pick on a kid for no reason at all.

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Remove from the boiling water and throw into a sink of cold, icy water. On a large baking sheet or tray, hold the corn straight with your hand on the smallest part and cut the kernels off. Fill small freezer bags with enough for dinners.



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## York Regional Police - Road Watch Program

Road Watch is a community driven program that provides citizens with a means to report dangerous or unlawful driver behaviour. Instances of speeding, unsafe lane changes, disobeying traffic lights and stop signs are some typical types of behaviors that qualify for a Road Watch submission.

Once a submission is received by York Regional Police, the information will be reviewed by a police officer and, if deemed appropriate, a letter sent to the owner of the vehicle outlining the date, time and location of the incident. The letter will also include important messages encouraging the owner to ensure all who drive their vehicles do so in a safe and responsible manner.

Road Watch may be used in instances where:

- No collision occurred. If the incident resulted in a collision, please call the police for further instructions;
  - The suspect driver is not known to you. If the identity of the driver is known, call the police;
  - The suspect's licence plate number was obtained. A brief description of the vehicle is also needed to validate the licence plate information;
- As accurate a description as possible of the incident should be submitted. Providing as much information as possible will help ensure that action will be taken against the suspect vehicle owner.

It is policy of York Regional Police to accept reports of incidents that occur inside and outside of York Region. If this incident occurred outside of York Region, your report will be forwarded to the local police service for the area where the incident occurred. Please note that there will be no confirmation that the occurrence is being investigated. It is recommended that for the most efficient response, the police service having jurisdiction over the area in which the occurrence took place should be contacted directly.

Online Report Criteria:

- You **MUST** have a valid email address;
  - You **MUST** provide the Vehicle's Licence Plate Number;
  - You **MUST** disable your computer's pop-up blocking software before you may proceed;
- Please Note:  
Filing a false police report is a criminal offence .  
You may be contacted by email or telephone if further information is required.

Visit [www.yrp.ca](http://www.yrp.ca) for Road Watch Program online reporting.





## ADVERTISEMENT

# Through the Hayes

My name is John Hayes and my wife Julia and I own and operate Blackwater Golf at 21889 Highway #48. Can you believe it's the end of summer already. So what's happening locally...

More trouble in Paradise!!!!!! Wow – I can't believe all the "stuff" I have heard since our last column. It's almost too tough to start. Remember, when the going gets tough, get someone tougher to fight the fight!!!!!!

Well in that vein, here's the scoop... It seems that council is having some problems with the proposed location of the Queensville University. Specifically, dealing with the suggestion (whose?) of moving the site from Queensville to Green lane (is that possible?). Only 3/5th of the council support this plan. The other two think it is not such a good idea. They point out that the sewer and water allocations identified approximately 20 years ago and the numerous tax funded studies and planning can't be changed overnight and are not applicable to Green Lane.

All in all this seems to be a no brainer and if I was a suspicious person (who me?) I'd say this looks a lot like a smoke and mirror job to divert attention from the proposed Water Reclamation (Sewage) Plant scheduled for a pristine valley upwind of all you residents in Queensville. This site, now proposed was not even on the short list in February 2012 and now suddenly, lo and behold, it's considered to be the best site. Come on now – let's locate this plant on the 404 corridor, put in the pipes now while the ground is being dug up – that's just common sense. As opposed to the newly proposed site which is in the "green space" and not in the official plan.....

I've spoken to a gentleman in Queensville, a Mr. Walter Buchanan, who has asked the Town to put his name down to present a deputation to Council—five times!!!!!! He wants the answer to two very simple questions. He has not been allowed to speak at the last four public meetings. This is not impressing me. It is, in fact, an outrage! Walter is tough, polite and determined in his quest to find out the following:

1. When did the Region of York make public its intention to change the language in East Gwillimbury's Official Plan to allow for a sewage plant in Queensville?
2. What was the public's input into this decision?

The response from the Town so far has been that staff reports in midday meetings are considered "public" - What rubbish!!!! Come on Council – own up and let Walter speak.

So just before I end this month, I would like you to know that I was thumbing through the East Gwillimbury Leisure Guide Fall and Winter 2012/2013 and on page 45 came across – guess what? The following corporate structure.....

Topping the list	Residents and Businesses
Second	Council
Third	Chief Administrative Officer
Lastly	The rest of the staff of East Gwillimbury

Just thought I would jog the Town's and Council's memory.

So..... Just answer Walter's questions. Be transparent in those answers and if, as Walter expects, the public wasn't properly informed, go back and fix it. Just plain do what's right!!!!!!!!!!!!

That's all for now - Please feel free to contact me at Blackwater Golf (905 473 5110) or [contact@blackwater-gc.ca](mailto:contact@blackwater-gc.ca)  
No rude emails please....



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