

**NOTICE OF MEETING**

You are invited to attend a Public Meeting to be held by the Development Services Committee of the Town of Markham to consider an application by Tender Holdings Ltd. to amend By-law 108-81, as amended and By-law 304-87, as amended.

**DATE:** Tuesday, September 19, 2000  
**TIME:** 7:00 p.m.  
**PLACE:** Council Chamber  
 Anthony Roman Centre  
 101 Town Centre Boulevard  
 Markham, Ontario, L3R 9W3

**BACKGROUND**

The subject land is municipally known as 5 Old 14th Avenue and has approximately 9.16 ha (22.63 acres). The property is located at the southwest corner of Old 14th Avenue and Markham Road, as shown below. The lands are currently zoned Select Industrial and Automotive Commercial (M/AC) under By-law 108-81, as amended, and Rural Residential Two (RR2) and Rural Residential Four (RR4) under By-law 304-87, as amended.

**PROPOSAL**

The owner would like to rezone the property to permit the construction of a 23,000 m<sup>2</sup> (247,578 ft<sup>2</sup>) commercial development. This development will feature a 6,900 m<sup>2</sup> Canadian Tire store with an accessory garden centre, auto service centre and gas bar. Also, proposed for this commercial development is a 5,128 m<sup>2</sup> food store, a 4,651 m<sup>2</sup> retail store, and three smaller retail stores ranging in size from 185.8 m<sup>2</sup> to 943.2 m<sup>2</sup>. There are six restaurants (2,862.4 m<sup>2</sup>) proposed, four of which will be located at the main entrance of the plaza on Markham Road.

**PURPOSE AND EFFECT OF THE PROPOSED AMENDMENT**

The purpose and effect of the proposed amendment is to rezone the subject lands to Business Corridor under By-law 108-81, as amended to permit a garden centre, an auto centre, and an accessory gas bar.

**NOTE REGARDING ZONING BY-LAW AMENDMENT**

If a person or public body that files an appeal of a decision of the Town of Markham in respect of the proposed zoning by-law does not make oral submissions at a public meeting or make written submissions to the Town of Markham before the proposed zoning by-law is adopted, the Ontario Municipal Board may dismiss all or part of the appeal.

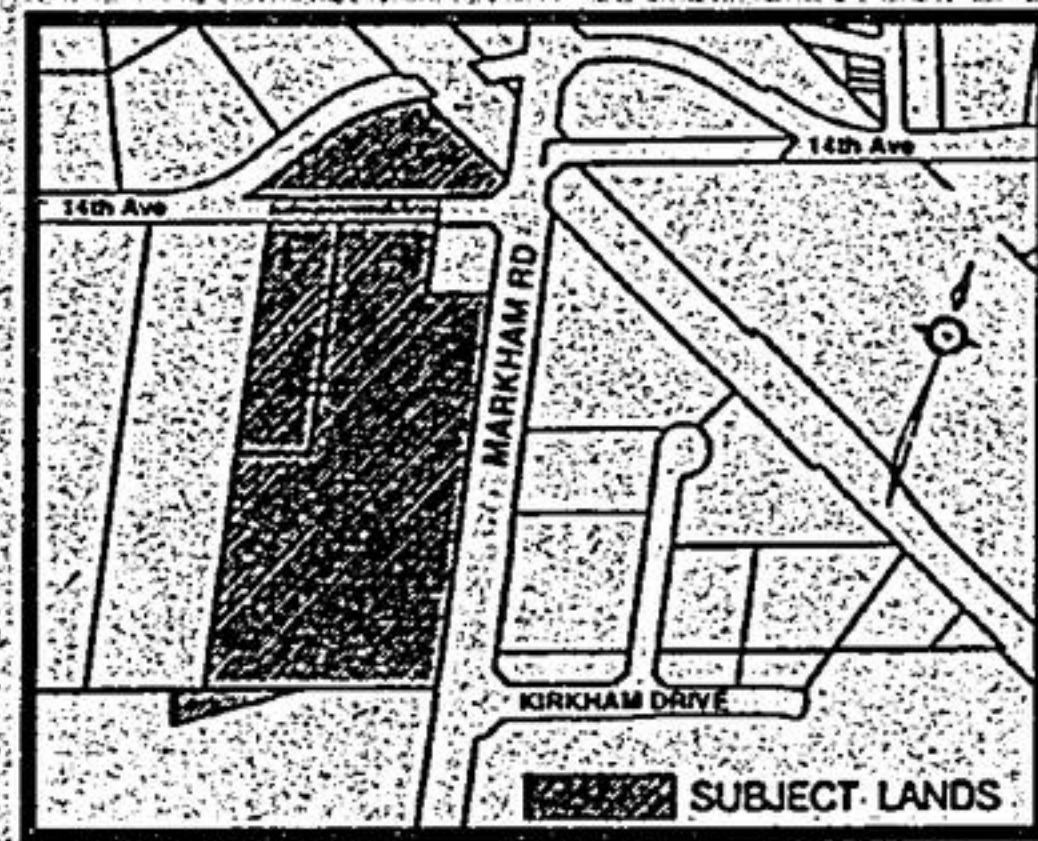
**ADDITIONAL INFORMATION**

Additional information is available from Teema Kanji of the Town's Planning Department, by calling (905) 477-7000 ext. 4480, quoting file number ZA 00-241533.

Written submissions may be mailed or personally delivered to the Clerk's Department at the address noted above by not later than 4:30 p.m. September 19, 2000.

DATED: September 16, 2000

Mary-Frances Turner  
 Commissioner of Development Services  
 Bill O'Donnell  
 Chairman Development Services Committee



**Taking charge of feelings  
 key to emotional health**

From page 20.

therapists, offers individual, group and relationship therapy based on deep emotional processing at the practice she established 14 years ago.

She describes emotional health as having a strong sense of self, being open, whole and aware of your feelings — all of which can be achieved without therapy.

"(Emotional fitness) is to be able to feel the whole range of your emotions and to be able to process troublesome feelings," said Berger, who has conducted seminars across the country and facilitated workshops focusing on personal and interpersonal development. "We can access our own natural healing power by labelling our feelings, writing them down, without being in therapy."

*'Our life is like a tapestry. Everything that happens today has threads back to the past and along the threads, we experience knots of held feelings.'*

The majority of clients entering deep emotional processing therapy are those who cannot fully understand their feelings.

"Our life is like a tapestry. Everything that happens today has threads back to the past and along the threads, we experience knots of held feelings," said Berger, who was introduced to deep emotional processing therapy by a psychiatrist helping her confront feelings surrounding the tragic loss of her brother 10 years earlier.

When traumatic experiences occur, explained Berger, people who are not allowed to feel completely carry those feelings with them

into adulthood and experience pain from their past by people who trigger the memory of the trauma.

"That's when they don't understand themselves (and start to have) panic attacks, cry or get angry and they don't know why," said Berger, who is speaking at the Newmarket public library Sept. 28 and will host a show on Rogers Cable in October to discuss her book.

"They don't understand themselves because what they're feeling is too big for the present situation."

If there is a main message in the book, Berger said it would be one of responsibility.

"People know they have to take responsibility for their actions, now they have to know to take responsibility for their feelings," said Berger.

Emotional fitness can be achieved by recognizing your "over-reactions" and "under-reactions."

Before reading *Emotional Fitness*, Women's Centre of York Region counsellor Daphne Tacon was unsure of the correlation between feeling and being emotionally healthy.

"I knew there was a connection, but I didn't know how to process my feelings and not be controlled by them," said Tacon, once Berger's client.

The book was so effective for Tacon that she made *Emotional Fitness* required reading material for the women attending the centre.

"The book is so helpful, straightforward and easy to understand, the feedback I get (from the women) is that it really resonates with them and they can identify with the case studies," she said. "The book helps us understand that we can't allow the past to dictate our present and we can do that by being able to feel feelings we weren't able to feel in the past."

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Marnie McBean, four time Olympic Medalist

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does your child have  
**LEARNING DIFFICULTIES?**

What if learning disabilities are not permanent  
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Dr. Allen Turner, D.C. will be presenting a free lecture on THURSDAY  
 SEPT. 21, 2000 from 7:30 to 9:00 pm at the Stouffville Health Centre.  
 Dr. Turner's methods have been featured on Dini Petty, The National News  
 and Canada AM.

Limited seating - must reserve your seat  
 (905) 640-4440 or www.drturner.org



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