

Ryan performing at Kingfest

Singer/songwriter Grainne Ryan will be hanging out with the likes of Canadian folk icon Bruce Cockburn when she performs at the Kingfest Music Celebration June 23 and 24.

Besides Mr. Cockburn, other performers at the two-day festival at Seneca College's King campus are veteran country act Prairie Oyster, Lynn Myles and Oh Suzanna.

All The Money, the Stouffville resident's latest CD, was released in late

February, after being recorded in New York City. Ms Ryan has another tour to New York City planned for July to include performances at The Rodeo Bar and The Living Room.

In the meantime, she's hosting a CD launch at Toronto's Now Lounge, at Church and Shuter streets, May 16 at 8:30 p.m.

More information on her music and art is available by visiting www.grainneryan.com

Learn leadership with horses

BY HANNELORE VOLPE
Staff Writer

Young people who want to improve their leadership skills can do so with a new program by Laura Hunter, who teaches youth to work with horses.

This is a pilot program offered with the town's leisure services department.

Ms. Hunter runs programs for special needs children and youth.

The initiative begins April 14 and runs for eight weeks, all in a riding arena. Training takes place in the Vandorf Road and Hwy. 48 area.

The course helps you increase your empathy, learn how to establish boundaries and communicate clearly by working with horses, which are herd animals and seek leadership from people working with them.

This is not a learn-to-ride


program and knowledge of horses is not a prerequisite. The horses also work in Ms Hunter's therapeutic riding program.

Once you complete the training, you will receive a leadership certificate and will potentially have a chance to volunteer and then work with the special needs program.

To register or for more information, call Micole at 640-1910, ext. 323.

NOON

10th Anniversary LEGACY 5K RUN/WALK



10•10•10•10•10•10•10•10•10•10•10

Photo courtesy/copyright tylergray.com

Pictured Front row: Peg Hudson, Karen Larsen, Heather Davidson, Back row: Laura Wilson, Jessica Larsen, Judi Funnell, Lois Marshman

EMERSON ELECTRIC HAS BEEN SUPPORTING THE LEGACY 5K SINCE DAY ONE!!

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Emerson Electric has been a strong supporter of the Hospital and especially the Legacy 5k Run/Walk for the past 10 years. For some of the girls in this photo, this will be their 10th walk.

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**RUN OR WALK FOR
MARKHAM STOUFFVILLE HOSPITAL
SUNDAY, APRIL 29**

For more information please call
905-472-7373 ext. 6606

www.legacy5k.ca

MARKHAM STOUFFVILLE HOSPITAL
MSH FOUNDATION

Proceeds will be allocated to the Maternal Child Unit and Dr. Bear Program



Event Sponsor:
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WHAT YOU NEED TO KNOW ABOUT REPLACEMENT WINDOWS

There are many reasons Canadians decide to replace their existing windows. Fogged-up glass, rotting and cracked frames, drafty and inoperable sashes are just some of the issues that top the list. Despite rising energy costs, and environmental awareness, architectural details and style are stronger motives for some. Thankfully with today's energy efficient windows consumers shouldn't have to choose style over performance.



Replacement windows and doors are now available in a wider variety of materials and finishes than ever before. Fiberglass and composite materials are the relative newcomers, but vinyl and wood products still dominate the market.

Choosing the right product is still only one of many choices the consumer must make. Many home improvement companies favor an "insert" style of installation, where the new window is fastened directly into the old window frame. This is a quicker and less expensive option because very little carpentry is involved. The preferred installation involves removing the entire window to the rough opening, and replacing everything including the interior mouldings. Older homes with large mouldings or brick and block construction may be better with the insert method.

A reputable company should be able to inform the homeowner of their options and provide solutions that perform well and add to the home's architecture. A good window is only as good as it's installation, so always check references and if possible visit completed projects.

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