

There's still time to help the Earth, Whitchurch-Stouffville

BY HANNELORE VOLPE
Staff Writer

Cleaning up the environment in Whitchurch-Stouffville will continue after today's Earth Day.

During Pitch In Week April 21 to 27, the town is inviting residents' groups to clean up their neighbourhoods or other parts of the municipality.

The town is providing garbage bags and gloves for participants and will arrange to have garbage collected after your event.

To arrange for a clean-up, call the public works department at 905-640-1910 or 905-895-5299, ext. 306. You can also contact the leisure services department at brucehatt@townofws.com or call 905-640-1910.

The Pride and Preston Lake Community Association in the northern part of the municipality holds its annual Earth Day celebrations April 26 at 10 a.m. Residents will meet at South Shore Park on Lakeview Avenue. There will also be tree and shrub plantings in the park.

Contact the association by e-mailing prestonlake@rogers.com

Help grow our forest

Spring is officially here and what better way to celebrate than by talking a walk through the forest?

The Spring Forest Festival is April 26 from 10 a.m. to 2 p.m. at Eldred King Tract on Hwy. 48 north of Ballantrae.

Participants can walk through the forest, help plant trees and will receive a tree seedling to take home.

People are asked to bring their own gloves and shovels.

The event is one of several taking place for the 2008 Earth Week celebration.

For more information call 1-877-464-YORK or visit www.york.ca.

Decrease screen time

Get up from the TV or PC, Stouffville.

The Regional Municipality of York Public Health branch wants you to participate in the fifth Annual pause to Play: Turn Off the Screens Week from April 21 to 25.

Students and families are challenged to turn off or reduce the amount of time spent in front of television and computer screens and get active.

Canada's Physical Activity Guide for Children and Youth outlines that children should be getting a minimum of 90 minutes of moderate (brisk walking) to vigorous (running or jumping) physical activity each day.

However, according to the Canadian Fitness and Lifestyle Research Institute, 91 per cent of Canadian chil-

dren and youth are not meeting these guidelines.

The week helps families re-establish and increase physical activity and play as part of their daily lifestyle, and encourages children to exchange sedentary screen time with physical activity.

For more information call 1-800-361-5653 or go to york.ca

Attention Community Organizations:



Post your events FOR FREE!

IT'S EASY REGISTER TODAY!

go to <http://pop.yorkregion.com>

or email us:

sclark@yrmg.com

or nmoore@yrmg.com

pop.yorkregion.com

Your single source for local events

11th Annual!

2008

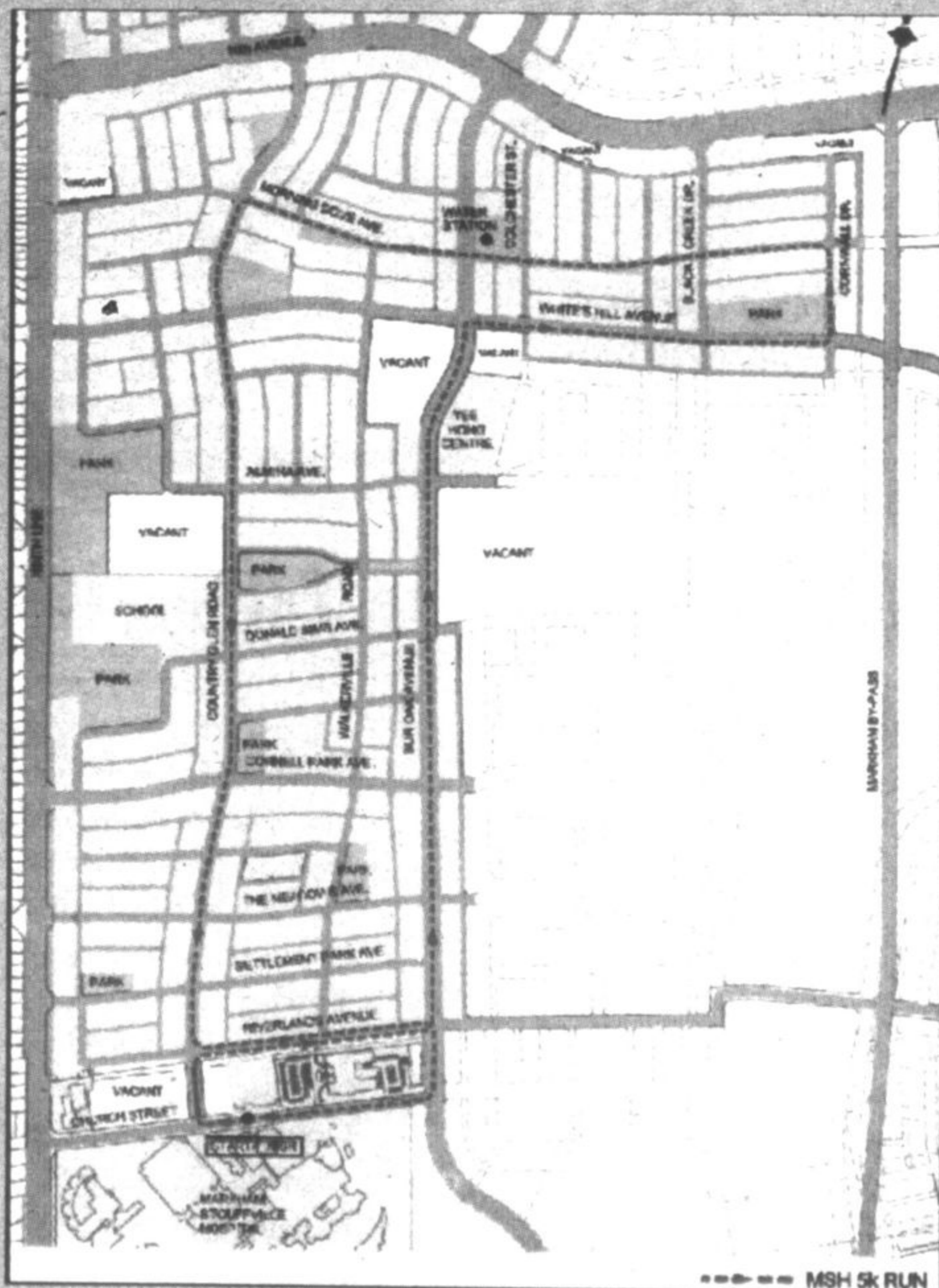
YOU make a difference!

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



JOIN US SUNDAY, APRIL 27

10:00 am Start in front of Markham Stouffville Hospital



Photos courtesy copyright tylergray.com

10 Years... \$1 Million

Funds from the 2008 Legacy 5K will help support the Maternal Child Unit & Dr. Bear program

Cornell Residents: Please note Road Closures from approx 9:45 am to 10:45 am

Register at the Markham Running Room or online www.runningroom.com

For more information 905-472-7373 ext.6606 www.legacy5k.ca



Spring Rate

\$61.50* (cart rental included Monday thru Thursday)

Opening April 18th



Open to the Public

Ballantrae Golf Club

1 The Master's South Stouffville, ON

905-640-6333

*subject to applicable taxes, availability and change without notice