

Inspiring all girls to be strong, smart and bold.

girls inc.

A girl inspired today is a woman empowered tomorrow. If you're a girl... If you're a woman... Call us today.

Call 905-830-0776



Member of the United Way York Region

Girls Incorporated of York Region / formerly Big Sisters of York

www.girlsinc-york.org

This message brought to you as a community service of The Economist/Sun-Tribune.



CONSERVATION ZONE

Peter Love
Chief Energy Conservation
Officer of Ontario

New Year's Resolutions to Shed Extra Kilowatts

10 easy tips to save you money in 2009:

1. Schedule a home energy audit. The auditor can tell you which home energy efficient changes are eligible for provincial and federal grants. Call 1-888-668-4636 and make an appointment today.
2. Install a programmable thermostat in your home. Every degree you drop the heat reduces costs by up to five per cent.
3. Change your furnace filter regularly - dirty filters make the fan work harder. Similarly, a clogged clothes dryer lint trap uses more energy and clothes take longer to dry.
4. Inspect exposed heating ducts and where you feel warm air leaks seal the ducts with special metallic tape. This keeps heat going where you want it.
5. Turn off the lights when you're not using them. Replace old, incandescent bulbs with compact fluorescent light (CFL) bulbs. CFLs use 75 per cent less electricity and last longer.
6. Participate in Energy Conservation Week (May 17-23, 2009) and World Wildlife Fund's Earth Hour on March 28, 2009.
7. Pull the plug on your old fridge and call the Great Refrigerator Roundup (1-877-797-9473). Older refrigerators can cost four times as much to run as newer ENERGY STAR models.
8. Buy cold-water soap for doing laundry. 85 to 90 per cent of energy used by washing machines goes towards heating the water.
9. Dryers alone account for six per cent of total household energy use in Ontario - use a drying rack indoors or an outdoor clothesline if possible.
10. Install weather stripping and caulking around windows and "sweeps" that seal the bottom of your outside doors. This can cut your heating bill by ten per cent.

A special feature prepared and funded by the Conservation Bureau of Ontario
www.conservationbureau.on.ca
www.everykilowattcounts.com



CHRISTMAS AT THE FARM

Christmas at the Farm was hosted by Summit Community Church the evening of Dec. 13 at a farm at Hwy. 404 and Stouffville Road in Richmond Hill. Some 500 people from Stouffville, Richmond Hill, Aurora and Markham attended, enjoying hayrides, chili and hot drinks, crafts for children, a live music concert, and a warming bonfire. The nativity with live animals was a big hit, and children especially loved petting the sheep and goats. There was also a cow, donkey and even a camel. Aliyah Luciani (below) was one of many children who had a big smile during the fun. The church's next event will be the Wild West Fall Fest in September 2009. For more on events and the church, visit www.summitcommunity.ca or call 905-887-5193.



Having a Community Event?

The Stouffville Sun-Tribune would like to partner with you and help you get the word out about your event. This is a free service that the Stouffville Sun-Tribune is offering to it's readers.

Email event details or photos with complete information to Pam Burgess
Special Events Manager at pburgess@yrmg.com



Winter Registration

Programs taught by Skate Canada Certified Coaches

Stouffville Skating Club



Winter Sessions:

- | | |
|------------------------|--------------------|
| Precanskate (ages 3-5) | Tues. 5:30-6:00pm |
| | Thurs. 5:30-6:00pm |
| Powerskating (ages 6+) | Mon. 6:15-7:00pm |

- We also have space in the following:
- | | |
|--------------------|--------------------|
| Canskate (ages 5+) | Thurs. 6:00-6:50pm |
| | Fri. 6:10-7:00pm |

Visit www.stouffvilleskate.com for more information or call 905-642-8651

Are you a victim of impaired driving?
We're here to help.

MADD Canada
Tel.: 1-800-665-MADD



MADD
Mothers Against Drunk Driving

Les mères contre l'alcool au volant

www.madd.ca

SHARE a little MAGIC.



Big Brothers Big Sisters of York

905-895-0289
www.bbbsy.ca



A little time can make a HUGE difference in a child's life!

One of our many exciting programs is sure to fit your schedule

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