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On Oct. 17, the York-Durham Aphasia Centre (YDAC) marked 25 years of helping adults living with communication disabilities to find new ways of communicating.

The celebration was held at Nineteen on the Park and included moving testimonials from clients and their families whose lives have been drastically altered by aphasia, which is typically acquired as a result of a stroke, head injury, brain tumour or neurological disease. Despite the enormous challenges they face, every speaker credited YDAC with providing hope, support and the strength to prevail in an atmosphere of kindness and caring.

The Stouffville centre was established at Parkview Village in 1989, and YDAC has since grown to include programs in Newmarket, Vaughan, Maple, Whitby and Peterborough. In 2010 YDAC joined March of Dimes Canada and now runs 16 half-day programs at all six sites.

The evening's entertainment was a celebration of creative communication and included art, poetry and superb performances by Stouffville's Bach to Blues Company and Motus O

## YDAC celebrates 25 years

Dance Company. Mike Feld and Most Excellent Productions provided sound and lighting and communication clinic coordinator Ruth Patterson did a sterling job as master of ceremonies.

Visit [marchofdimes.ca/ydac](http://marchofdimes.ca/ydac) for more information on YDAC and volunteer opportunities.



## Garden Wisdom



By Donna McMaster

Here are a couple of points to remember in the fall.

Your lawn should be cut short in late autumn. Don't think that it doesn't matter because it does. The grass on your lawn should not enter winter long enough that it will lie down under the weight of the snow. This encourages snow mould, which is a fungus and can be detrimental to new growth in the spring.

The same applies to leaves left on the lawn. Get them raked up but don't bag them and send them to a landfill somewhere. Instead, on a dry day, rake them onto your driveway and run over them repeatedly with your lawn mower. If your mower has a bag attachment all the better, but if not gather

the chopped leaves and spread them at least two inches thick all over your flower beds and vegetable gardens. This application is pure gold for the soil. Not only does it improve organic content, which in turn will help to retain moisture, but more important, a layer of chopped leaves will help to combat the freeze/thaw cycle.

In winter we prefer to have the ground freeze up and stay frozen until spring. It is the process of freezing and thawing that does the most damage in our gardens. A two inch layer of chopped leaves will keep the soil surface from warming too quickly in the spring or during a warm spell in January.

If you have more leaves than gardens, put them in your compost, or bag

and store them for use in spring. Chopped leaves make a super base for a new garden, or use them to mulch paths in your vegetable garden.

November is the wrap-up for Stouffville Garden Club with a fun pot luck dinner and our AGM to ensure we have a slate of officers for next year.

We have a lot planned for next year, starting with an excellent speaker in March. Martin Galloway brings us his wit and wisdom to launch the year. We plan a plant sale to be held at Latcham Hall the first Saturday in May, a garden tour featuring the Gardens of Stouffville the first Saturday in July and the Happy Place event to follow a little later.

We look forward to seeing many of you at some or all of these events.

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