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YDAC celebrates 25 years

Durham' Aphasia Centre (YDAC) marked 25 years. Productions of helping adults living with sound and lighting and communication disabilities communication to find new ways of coordinator Ruth Patterson communicating.

The celebration was of ceremonies. held at Nineteen on the and their families whose opportunities. lives have been drastically altered by aphasia, which is typically acquired as a result of a stroke, head injury, brain tumour or disease. neurological 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.

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

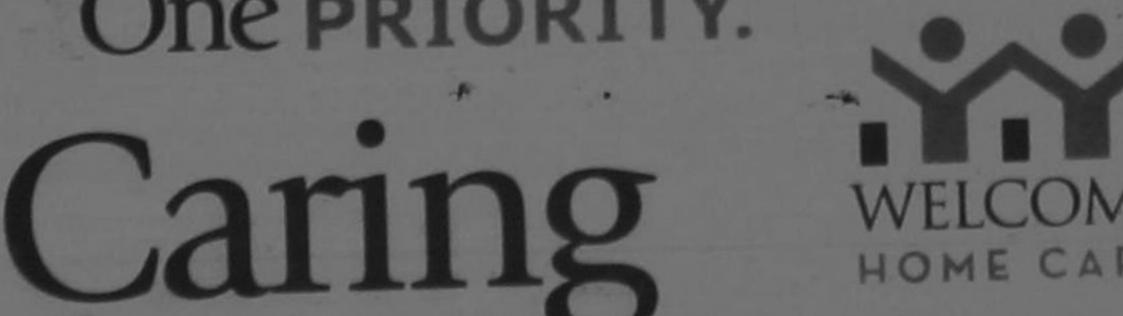
On Oct. 17, the York- Dance Company, Mike did a sterling job as master

Park and included moving ydac for more information on YDAC and volunteer



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Garden Wisdom



By Donna McMaster

Here are a couple of points to remember in the

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 mouldwhich 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

spread them at least two spring. Chopped leaves inches thick all over your flower beds and vegetable new garden, or use them 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. 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 the first Saturday in July spring or during a warm spell in January.

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

the chopped leaves and and store them for use in make a super base for a 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 In winter we prefer to 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 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.