

## Markham Farmers' Market *returns.*

Saturday, May 13, 8 am



©Keith Thirgood & Helen Walter, Capstone Communications Group



Members of the Markham Concert Band serenade the audience during the Many Faces of Markham concert on April 9.

Photo by Stephanie Lake



Gone to the Dogs! New Photo Contest...

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The News of MAIN STREET

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Can summer be far behind?

## The Markham Farmers' Market is back in time for Mothers' Day

by Keith Thirgood

Saturday, May 13, 8 am, for the seventh year, Robinson Street west of Markham Main Street comes alive with the fresh food and friendly faces of the Markham Farmers' Market. On opening day, you'll find local nurseries and The Master Gardeners' to give you tips to get your spring garden off on the right foot. There will be farm fresh produce and home-baked breads, pastries, pies, butter tarts and cakes, as well as

eggs, cheese, honey and jams.

To further whet your appetite, the Market Grill has expanded its menu. The Grill not only serves delectable omelettes and peameal-on-a-bun, they've developed a line of tasty, heart-healthy sandwiches. From 8 am until 1 pm, you can enjoy a great meal while you browse the Market. If you're looking for organic and gluten-free items, the Market offers produce and pastry choices for you as well.

Adding to the Market's award winning food line-up you'll find hand-made soaps, crafts and jewellery.

The Market is a great place to bring your family, meet your friends and enjoy a cup of coffee while listening to great music. On opening day, the Rob Christian Jazz Trio will be providing entertainment. There's no better place in Markham on a Saturday morning than Markham Farmers' Market!



©Keith Thirgood & Helen Walter, Capstone Communications Group



### Thank you for your continued support!

**Lui TEMELKOVSKI**  
Member of Parliament for Oak Ridges-Markham

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## Our Historic Main Street

# Getting Main Street back means the Vision is in sight

**By Elizabeth Plashkes  
Main Street Markham  
Committee**

On March 30, at a special meeting of Markham Council, jurisdiction of Main Street Markham Village was transferred back to the Town of Markham from the province. From now on, community (not provincial) standards will be applied as changes are made in this area. Heavy truck traffic will soon be regulated off the street and regional commuter traffic redirected to the new Markham Bypass. Finally, the Main Street Vision for the Millennium may be realized.

In late 1998, a collaboration of community organizations, Town staff and local councillors presented the "Main Street Vision for the Millennium" to Council. The Vision spoke compellingly about a Main Street that might come to pass as the millennium turned. The words were shaped by months of public meetings where everyone was welcomed to participate in creating community.

The Vision document evokes a Main Street that is alluring and tranquil, safe for walking, cycling and pushing baby strollers. The "Visionaries" foresaw a Main Street enhanced by vibrant public spaces, elegant street furniture, complementary signage and light fixtures. The Vision saw the very structure of Main Street changing - from four lanes of busy through traffic to two lanes of local traffic. In some places, generous boulevards stretch the distance from front porch to moving cars. In others, landscape elements called bump-outs calm the traffic and define on-street parking, while creating safe spaces for pedestrians and a haven for new trees that form a canopy over the street.

By 1999, Council had unanimously endorsed the Vision. Later, after a year of community consultations, the Main Street Markham Streetscape and Traffic Management Study brought the Vision into focus, with detailed recommendations and drawings. Council endorsed the study's conclusions in late 2003.

Some of the Vision's off-street initiatives are in place. A reconstructed Tannery Pond affords new opportunities to enjoy area walking trails. Some street furniture has been replaced each year and new heritage signage has gone up. The Church and Joseph Street Parkettes are delightful new public spaces. The Train Station was fully

restored and functions both as a GO Transit station and community meeting rooms.

Next steps? The transfer of jurisdiction of Main Street Markham is a critical step in realizing the Vision and implementing the Streetscape and Traffic Management plan. An environmental assessment of the entire length of Main Street is required

by law and has been ordered. The process, which encourages public participation, will be complete in about a year.

Meanwhile, let's recognize the ongoing support of Markham Council and the excellent work of staff that are committed to a Vision of Main Street that is looking very good right now.



Main Street art by: Bruni Nielsen

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# What's New: In Markham Village



## Congratulations... Tim Clark's Flowers turns 40!



During the month of May Tim Clark's Flowers is celebrating its 40th Anniversary. This family owned and operated business, started in 1966, is celebrating this milestone all month long. Tim Clark's, started by Tim and Peg Clark, has been in the same location and had the same

name since it began. It has also been a member of FTD during these past 40 years. "We have worked very hard to make it a great store again," says owner and head designer Amy Pialagitis. Amy and her husband Wil bought the store in 2002 and immediately started to turn it back into the family business that it once was. "I called Tim to ask if we could continue to use his name for the store and he was absolutely delighted that we wanted to keep the tradition alive" Amy says. Amy also speaks with Peg on a regular basis when she orders flowers and plants for her friends in town. "We continue to receive compliments on how the store is just like it was when Tim was here," says Wil.

Amy and Wil contribute in the community and have worked with Evergreen Hospice, the Markhaven Foundation, Markham-Stouffville Hospital, as well as many schools. "We just want to contribute in whatever small way we can - it's our community too, we live and shop here" says Amy. Amy, Wil and their team, look forward to continually serving you and the community in this family tradition. Tim Clark's Flowers is located at 97 Main Street North, right across from the old Town Hall. 905-294-2651 [www.timclarksflowers.com](http://www.timclarksflowers.com).



## Welcome... Stuart Carroll Quality Meats

Drop by and visit our beautifully renovated shop with customer service that can't be beat!

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Enhance your BBQ experience this summer with Stuart Carroll Quality Meats!

Open Tuesday through Sunday. 120 Main Street 905-294-1550.



## Welcome... Vespa Markham is now open!

Vespa Markham is an authorized Vespa dealer carrying Vespa, Piaggio and Derbi scooters, ranging from 50cc to 500cc. It is a spectacular 'boutique' showcasing 13 exciting models, over 30 scooters, accessories and designer and scooter clothing.

Vespa Markham also has a licensed scooter technician for full servicing capabilities on new, used and vintage scooters. Come into our showroom for an up-close and personal look at the great scooter icons of Italian style and elegance. See you soon!

39 Main Street (905) 201-6255 [info@vespamarkham.com](mailto:info@vespamarkham.com)



## Michelle's Corner..



## Village Activities for All

Spring is just around the corner and marks the start of the various activities and events in Markham Village.

The Markham Farmers' Market kicks off the fun in May and runs each Saturday until October. In June the street comes alive with the Markham Village Music Festival and Taste of Markham, in August we see the Markham Jazz Festival and Doors Open Markham and in September the Olden Days and Antique Cars Festival.

These various events bring our community together in celebration and remind us what a great place Markham is to live, work and to enjoy.

Sadly, the Parade planned for May 6th by the organizers of the Great Markham Rodeo has been cancelled. But Markham can look forward to an event packed Rodeo on May 27th at the Markham Fairgrounds. The stores on Main Street Markham have stocked up on Cowboy hats and t-shirts to get

you in the spirit and don't forget to pick up your tickets from the Main Street Merchants as well.

I look forward to an exciting and action packed season and hope to see you around!

If you have any comments, questions or letters to the editor please send them to me at [markhamvillage@on.aibn.com](mailto:markhamvillage@on.aibn.com)

## Markham Calendar of Events

### April

- 21 Markham's 20 Minute Makeover Community Cleanup
- 21 First Day of Ridvan
- 21 Holy Friday - Eastern
- 22 Earth Day
- 22 Spring Compost Giveaway Event
- 23 Pascha - Eastern
- 24 France Ooh la la! Fashion Show - Angus Glen Golf Club. Contact Evergreen Hospice 905.472.5015
- 24-30 Pitch-In Canada Week
- 25 Summer Recreation Guide Delivery

### May

- 2 Markham Theatre's 2006 - 2007 Season Brochure available
- 6 Bits and Pieces Sale - Markham Guild of Village Crafts 11 Church St. 294-7421.
- 7 5K Hike for Hospice - Markville Secondary School. Contact Evergreen Hospice 905.472.5015
- 7 Cornell Family Fun Day - features silent auction & scavenger hunt - 12 to 4 pm Tickets are \$5 and Info: 905-201-9663.
- 7-13 Youth Week

- 7-13 Emergency Preparedness Week
- 13 Wesak
- 13 Markham Village Farmer's Market Opens (every Saturday 8:00 a.m. to 1:00 p.m. until October 7th)
- 14 Mother's Day
- 16 Census Day
- 16 Summer Recreation Program Registration begins 6:30 a.m.
- 17 Varley Gallery - Art Auction
- 21 Varley Gallery Artists' Odysseys: The Arctic
- 22 Victoria Day

- 22 Varley Gallery - Activities
- 22 Markham Museum - International Museums Day & Season Launch
- 22 No waste, recycling or green bin collection today. Consult your collection schedule.
- 23 International Museum Day
- 24 Aquatic Registration Begins 6:30 a.m.
- 29 Aquatic Registration Begins 6:30 a.m.

**E-mail us your listings:** [markhamvillage@on.aibn.com](mailto:markhamvillage@on.aibn.com)  
Or call: 905-472-2462

## Markham Village Voice

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# The truth about quitting smoking and gaining weight

by York Region Health Services

There are a number of considerations a smoker contemplates when deciding to quit. Weight gain is a common concern. But not all smokers gain weight when they quit smoking and even if you gain the average 5-7 extra pounds, the health benefits of quitting far out number the health risks associated with smoking tobacco products. According to Health Canada, the adverse health effects of smoking or being subjected to second-hand smoke from a package of cigarettes a day is equivalent to carrying 60 or more extra pounds of body weight.

After quitting smoking additional weight gain can be attributed to a number of factors. Food smells and tastes are often enhanced and may entice one to eat more food, more often. Craving nicotine is a common symptom among people in the beginning stages of their quest to quit smoking. This can cause feelings of agitation or restlessness. People often turn to food to curb these feelings of restlessness. Nicotine is an artificial metabolism booster and upon quitting the metabolism slows down, making it easier to gain weight. However, there are many simple things you can do to help manage weight gain after quitting smoking.

### Eat regular healthy meals and snacks throughout the day

Include a variety of whole grains, vegetables, fruits, lower-fat milk products, leaner meats and meat alternatives into your diet. Try not to skip meals because it

may cause you to crave nicotine or overeat later in the day. Keep your refrigerator at home and work stocked with healthy snacks like vegetables, fresh fruit and fat-free yogurt. Other healthy snacks include low-fat whole grain crackers, low-fat granola bars, low-fat popcorn, trail mix and dried fruit.

### Watch your fluids

Consuming 6-8 glasses of fluid each day will help to flush the nicotine out of your system. Water is the best option but low sodium vegetable juice, 100% fruit juice, low-fat milk and soups are good alternatives. When you are trying to quit smoking it is a good idea to stay away from beverages containing caffeine or alcohol. Caffeine may enhance your feelings of restlessness and alcohol can trigger a nicotine craving.

### Increase your physical activity

Increasing your exercise amount to 30 minutes a day 2-3 weeks before you stop smoking and continuing to do so during this lifestyle change will help manage unwanted weight gain. Starting to increase exercise before you quit smoking will create a routine and help you stay focused on one task at a time.

Smoking prevalence in Ontario has declined in all age groups over the past two decades, to a provincial average of 20%. Approximately 34% of smokers in Canada are contemplating quitting. Although it takes on average 3.2 attempts to successfully quit smoking, every attempt is a step towards a healthier future.



If you are interested in quitting, below are some additional resources available to help you accomplish your goal:

### Resources

- ✓ Call the Smokers Helpline, toll free at 1-877-513-5333
- ✓ Call Health Connection for a list of Community Quit Smoking clinics and support groups in York Region.

For more information on this or other health-related questions, contact York Region Health Services Health Connection at 1-800-361-5653 or visit [www.york.ca](http://www.york.ca).

## A Corner of Our History....



### Unique Row Once Housed Speight Wagon Company Workers

By Florence Kwan

At the south end of "downtown" Markham Village is a group of three Second Empire style row houses built around 1890. Today, these unique, two-storey brick row houses are in commercial use while preserving a large part of their original appearance.

Village Lot Number 6, the site where these row houses were constructed, originally belonged to John Park of Stouffville. The land was given to him by his father, James Park, for only one dollar. The houses are believed to have been built between 1887 and 1892, after John Park sold the property to David Barkey for \$650.

The most recognizable feature of these row houses is the mansard roof with its bellcast curved front. Mansard roofs, used locally from the 1870s to the early 1890s, came in various designs, whether straight, convex, concave or a combination of all three. They were often clad with multicoloured slates or patterned wood shingles. In high style examples, there was usually an obvious central frontispiece that extended upward to form an eminent tower. In this case, the roof over the bay windows projects forward in a way that suggests a tower-like feature.



As a fine example of late nineteenth century development, the Main Street row houses have tall, narrow, flat-headed windows on the ground floor and arched windows in the dormers. The entrance door of each unit once had a glazed, rectangular transom light over top.

These elegant row houses were built for some of the workers who needed immediate housing in the growing industries and services in Markham Village. The Speight Wagon Company was one of the industries that may have prompted the construction of the homes as it required lodging for some of the 125 workers that were employed there.

The Speight Wagon Company was a prominent local industry established by James Speight. A part of the Speight Works included a planing mill and a sash and door shop. The business prospered throughout the 1880s with an annual profit of around \$150,000. However, upon the development of the railway, profits began to slow and eventually, business slumped altogether. By 1917, the owners were left with no option but to terminate operations.

After the downfall of the Speight Wagon Company, the row houses property exchanged hands several times. They were used solely for residential purposes until the mid 1970s, when the property was leased by Green Gables Books for commercial purposes. Since then, the three row houses have continued as



**Above left:** (colour picture) At the south end of "downtown" Markham Village is a group of three Second Empire style row houses built around 1890. They were originally used to house workers for the Speight Wagon Company. An old Speight advertisement is shown **above** (reproduced from Markham District Historic Society records).

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# Cool Shops Phase II



The Markham Energy Conservation office has launched a *Cool Shops Phase II* - pilot project in 2006 to help small businesses and retailers in Markham replace all their incandescent lighting with energy efficient compact fluorescent lights (CFLs). This program, funded by PowerStream Inc., is to help small to medium size retailers reduce their energy consumption, save money on utility bills, and to be conscious of the small things that can be done to become an energy efficient retailer.

To date, 11 businesses participated in the pilot project and a total of 319 CFLs have been installed. The combined savings from replacing the incandescent bulbs with CFLs amounts to 53,061 kWh which translates into an annual cost savings of \$5,306.13.



Upon completion of the pilot project, MECO will be offering this program to retail shops across Markham. Compact fluorescent light bulbs (CFLs) are up to 75% more efficient and can last up to 10 times longer than a conventional incandescent light bulb. The Town of Markham and Powerstream Inc. are actively encouraging Markham retailers and residents to be leaders in energy conservation. For more information, please contact [meco@markham.ca](mailto:meco@markham.ca).



Markham Village B.I.A.

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See DOG PHOTO CONTEST page 8

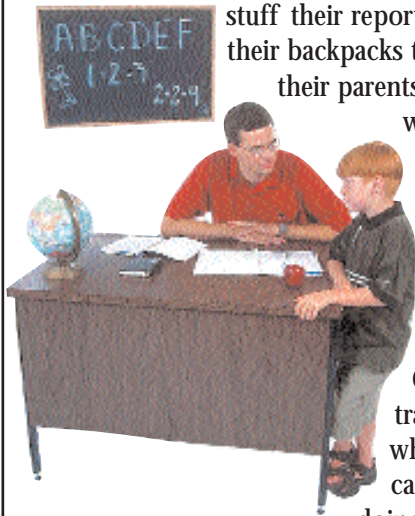


# How to Handle a Poor Report Card

Tips for helping your children when they are struggling to get good grades

By: Patrick Cortesi, Centre Director  
Sylvan Learning Center

It's that time of the school year again - report card time. While many students will come home with good grades, others would rather stuff their report cards deep into their backpacks than show them to their parents. As parents, you want your child to do well in school, so what do you do when your child's report card isn't as good as it should be?



Children get frustrated and upset when their report cards show they are doing poorly.

Understanding your child's ability and determining if your expectations are too high will allow both you and your child to set appropriate goals before report cards are distributed.

The following tips are offered to parents on how to deal with a poor report card:

1. Communicate with your child. Don't wait until report cards are issued to talk with your child about school and grades. Talk with her every night and ask how she is doing in school and what subjects she finds challenging.

2. Set goals for improvement with your child. If your child is currently a C student -- then setting a goal of getting all A's may not be reasonable. However, creating an improvement goal for each subject will help her work toward an attainable level for each class.

3. Seek outside help. Some children may need additional attention that can't be provided in school. Speak with your child's teacher about tutoring or supplemental education providers to help your child work toward better grades in school.

Patrick Cortesi is the Centre Director at the Markham Sylvan Learning Center, Main Street Markham.

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## Voices of the Arts...

# Youth in the Arts: A Profile of Julian Meli

By Julie Christian

This is the second, in a series of profiles of 'Youth in the Arts'. We will try to bring to our readers a sample of some of the many gifted and hard working young people who participate in the arts and live and/or attend school in Markham.

**Julian Meli**

Julian Meli, a grade eleven student at

Brother Andre Catholic High School (BA) in Markham has won a logo design contest sponsored by St. Patrick's Catholic Church. The beautiful logo (pictured here) will replace St. Patrick's older logo. The logo was selected by a vote of church members. There were approximately 15-20 entries.

Julian has always been creative and attends Communications Technology

classes at BA. He is involved with an ongoing project to showcase the classes work through a website. That site can be visited at: <http://batechnology.net>

Julian is also very interested in Film as an art form and plans to pursue Film Studies after high school.



## Many Faces of Markham Concert

April 9

Left:

Catherine Yiu dancing at Many Faces Concert.

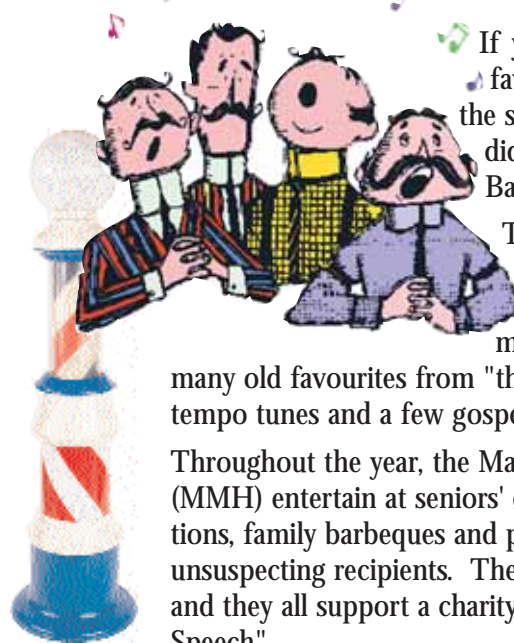
Right:

Sir Richard W. Scott Public School perform an African Drums medley.

Photos by Stephanie Lake



## The Markham Men of Harmony



If you've ever hummed along to a favourite tune or enjoy singing in the shower, then you could be a candidate for membership in the Barbershop Harmony Society.

The Markham Men of Harmony have been singing together for the past thirty years, with a musical selection that includes

many old favourites from "the good old days", some up tempo tunes and a few gospel numbers.

Throughout the year, the Markham Men of Harmony (MMH) entertain at seniors' centres, hospital corporate functions, family barbeques and perform "singing Valentines" to unsuspecting recipients. There are 36 Chapters in Ontario and they all support a charity called "Harmonize for Speech".

This charity assists children and young adults who suffer with speech impediments. Thus, the motto of MMH is, "We Sing That They Shall Speak". Donations are always welcomed.

So if you enjoy singing and entertaining, or just want to socialize and put your personal problems on hold for a couple of hours a week, drop by for a visit and meet some of the nicest people around, Barbershoppers. The MMH meet every Tuesday at 7.30 p.m., upstairs at the old Markham Community Centre, Hwy. no 7, at Hwy. 48.

Remember... "Singing is life, the rest is just details"

**In Harmony:** call

Peter Evans, 905-471-7284,

Des Goodley, 416-438-5254 or

Cec McBeth, 905-477-2057.

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# Spring Cleaning Made Easy



by Kathy Dennis

As the warm weather approaches, it's time to start thinking about the annual tradition of spring cleaning. Are you ready to clean, but overwhelmed by the clutter that has accumulated over the winter? Don't despair, here are some easy ways to tidy up and get back on track.

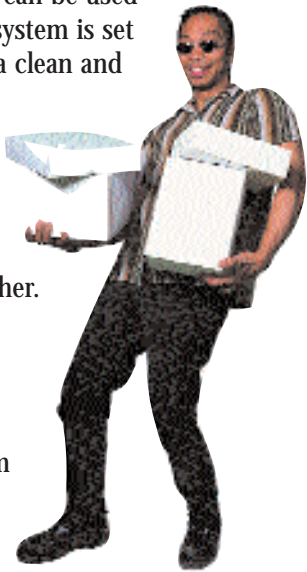
1) **Gather your supplies.** Collect everything you'll need in order to get the job done: cleaning supplies, garbage bags, containers for sorting items, work gloves.

2) **Pick a place to start.** You don't have to clean the whole house at once. Select a room to start in and complete it before moving on to the next room. If tackling the whole room is too daunting, break it down into smaller projects or work for a pre-determined amount of time.

3) **Sort your items.** As you sort through your items consider questions such as: Does it belong in this room? Do I use this item regularly? Is it a duplicate? Does it need repair? If something belongs in another room, move it there and you can find a home for it when you clean that room. For items that you don't use regularly consider holding a garage sale or giving them to charity. If it's broken but repairable, fix it; if not get rid of it. To make this process easier, set up a system of boxes labelled "Keep", "Toss" and "Giveaway" and place items in the appropriate box as you come across them.

4) **Set up a system** for storing the items you want to keep. Hanging files can help you keep track of the mail, and plastic bins can be used for children's toys. Once a system is set up it's easier to keep the area clean and clutter-free.

5) **Get the whole family involved.** Many hands make light work, and then you'll all be able to enjoy the nice weather together.



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## Markham Community Blooms...

### Tulip Celebrates Ontario Horticultural Association's 100th Anniversary

by Lynn Bean and Helen Walter

In a few weeks, as you walk along Main Street Markham and around the intersection of Main Street and Hwy 7, take a moment to admire the beds of breathtakingly deep purple Centennial Tulips in front of the Post Office and the Markham Village Community Centre. (At time of writing, new shoots have been spotted just poking their heads through the warming soil.)



The bulbs were planted last fall in celebration of the Ontario Horticultural Association (OHA)'s 100th anniversary. In the spirit of Communities in Bloom, a partnership bloomed between the Town of Markham, the Markham Village BIA, the Markham Main Street Committee and the Markham Garden and Horticultural Society, the Thornhill Horticultural Society and Canada Post.

In March 2006, Canada Post issued four 51-cent stamps to celebrate the best of Canadian gardens as well as the 100th anniversary of the OHA.

The OHA is an umbrella organization for horticultural societies all over Ontario, including our own, with over 40,000 members who share a deep love of gardening, a commitment to preserving and restoring Ontario's natural environment and making the communities they live in beautiful, sustainable and livable.

As part of its 100th Anniversary celebration in August of this year, the OHA chose the lovely purple Centennial Tulip as a representation of persistence, loyalty and longevity; attributes valued highly by gardeners everywhere.

To learn more about the OHA's meetings, publications, workshops and seminars, visit their website at [www.gardenontario.org](http://www.gardenontario.org) or come to one of the Markham Garden Society's meetings at the Senior's Activity Centre at 22 Water Street, 8:00

pm on the 4th Monday of the month (February to June, August to November)

Or contact them at:  
MarkhamGarden@hotmail.com



### Breakfast Club launched



The Markham Interact Club of Father Michael McGiveny had a very successful launch of their Breakfast Club on April 4.

John Webster our own Town Crier announced the opening ceremony at 7:30 AM. Mr. Joseph Servidio V.P. welcomed dignitaries from the Separate School Board, Mr. Stephen Chait - Economic Development - Town of Markham, Members of the Markham-Unionville Rotary Club that sponsored this junior Rotary Club, Joan Hayward - Rotary District Governor, Peter Vanek - Youth in Rotary Director and Mayor Don Cousens, who has been especially supportive of volunteerism & this particular program.

There were about 250 students that attended and were treated to a very tasty & nutritious breakfast. This will be a weekly effort provided by the Interact Club for their fellow student, through Interact fundraising efforts.

Story by Wally Buczkowski, Director of Vocational Services, Markham-Unionville Rotary Club

Photo by Merlin the Magician a.k.a. Mark Chan

## The Markham Village Voice

# - Dog Photo Contest



Markham is filled with cute dogs and we want you to send in your favourite dog photo! **Deadline for photo submissions is June 1, 2006.** Winners will be contacted by phone and asked to

attend "Doggy Day" at the Markham Farmers' Market on Saturday June 10, 2006 to accept their prizes.

The Judges, Sponsors and Prizes will be outlined in the June 1st issue of the Village Voice. Winning photos will be published in the July issue of the Village Voice.

#### Rules and regulations:

- ◆ Email photos to us in a .jpg or gif format. Files size not to exceed 2 megs.
- ◆ Please send picture as an attachment and not within the email itself. Yahoo accounts cannot be accepted because the image is embedded not attached.
- ◆ You must be the photographer of the photo you are submitting or have the photographer's permission for copyright purposes.
- ◆ One photo per person.
- ◆ Photos should have just dogs as subjects, no people or other animals
- ◆ Photos should not have writing/print on them.
- ◆ No altered or touched photos please. No borders or added graphics.
- ◆ NO photos of dogs in danger, sick, injured, on chains or fighting. Photos of dogs bearing teeth will not be accepted (even if in play).
- ◆ Submit your entry from the email address you would like confirmation sent.



- ◆ Your email should include the following information:
  - ▶ "Photo Contest" in subject line
  - ▶ One photo not to exceed 2 megs
  - ▶ Dogs name
  - ▶ Dogs breed
  - ▶ Dogs size (small, medium, large )
  - ▶ Your name, full address, phone #



- ◆ We may need to crop, lighten or resize photos, if we use them.
- ◆ We reserve the right to refuse any photo.
- ◆ By submitting your photo you are allowing the Markham Village Voice and the Markham Village BIA to publish this photo.
- ◆ Although email is most preferred, if you must send an actual snapshot please make sure it is very clear and mail to 132 Robinson St. Markham ON L3P 5H5. Photo will not be returned.
- ◆ Photo tips:
  - ▶ Clear, not blurry.
  - ▶ Avoid dark photos, dog should be clearly visible.
  - ▶ Try to avoid people and other animals in the background.
  - ▶ Set your camera to a quarter size setting in order to keep the photo to 2 megs. In this way you can shoot at high quality yet keep size down for e-mailing.

Please email your photo to:

[markhamvillage@on.aibn.com](mailto:markhamvillage@on.aibn.com)

Deadline for submissions - June 1, 2006.

**GOOD LUCK!**

