



# The Islander

Prince Edward County

DATE: JANUARY 6, 2012

VOL. 04

## UPCOMING EVENTS

### OPEN HOUSE

Prince Edward Fitness  
& Aquatic Centre

January 8 to 14th 2012

For more information visit:

[www.pefac.ca](http://www.pefac.ca)

### Nicole Foss: 2012 Update

St. Andrew's Presbyterian Church  
King Street Picton

January 8, 2012 2:00PM

Contact: 613-393-5046

<http://transitionpec.ning.com>

### Ladies of the Canyon

The Regent Theater, Picton

January 13th @ 8:00pm

For more information contact:

[www.theregenttheatre.org](http://www.theregenttheatre.org)

### 'Wellington Dukes Home Games

Jan 6, 20, 27, 29

Feb 3, 10, 12

[www.wellingtondukes.com](http://www.wellingtondukes.com)

## HAPPY NEW YEAR!

Now the weather hasn't been all that frightful, compared to previous years, but it's always nice to dream of those sunny warm beaches down south during these wintery months.

2011 was an exciting year for Sandbank Homes with many new ideas coming across our design tables, and we're looking forward to an even more exciting year in 2012.



In 2011 we released and built our newest addition to Wellington on the Lake, "[The Villas](#)". They have had great feedback, and we're excited to introduce semi-attached versions of them into our Welbank Meadows development in Picton. We look forward to starting Phase 2 shortly in Picton.

We've also introduced a new home design "The Glenora". It is a mixture of two of our most popular designs and look forward to seeing how popular it is in 2012.

So as we enter 2012, Sandbank Homes wishes you all the best in the year to come, and would like to thank you for your continued interest in not only our homes, but Prince Edward County as well!

~Words of Wisdom~

Some pursue happiness, others create it!

[www.sandbankhomes.com](http://www.sandbankhomes.com)

## 5 TIPS FOR SNOWBIRDS BEFORE FLYING THE COOP

Ready to fly south for the winter? Choosing your destination is just part of becoming a snow-bird. Before you take flight, check out these helpful tips.

### 1. Plan to Explore

Unless you have a compelling reason for putting down roots in a specific location, take your time and explore. Keep in mind that you're switching countries and cultures, so no matter how good a place may look on paper, it might not be right for the long term.

### 2. Know How Long You Can Visit Another Country

Canadians can get 180 day tourist cards for visiting Mexico, while Canadian visitors to the U.S. don't need a visa if their stay is less than 180 days. However if you spend too much time in the U.S. you may have to file a U.S. tax return.

### 3. Know the Limits of Your Provincial Healthcare Plan

The [Canadian Snowbird Association \(CSA\)](#) has done an excellent job in evaluating each province's healthcare program and how they meet the needs of travelling Canadians. The [Canadian Travellers' Report Card](#) will outline your province's residency requirements, whether or not your province provides extended supplies of prescription drugs while travelling, and at what rate you'll be reimbursed for emergency care.

### 4. Plan for Home Security and Maintenance

One of the final steps before leaving is making sure your Canadian home will be fine while you're gone. It's a good idea to arrange for a mail forwarding service so mail won't pile up. Also it's a good idea to have someone check in on your house regularly, shovel snow, keep your yard looking decent, check light timers and ensure that all your alarm systems are active.

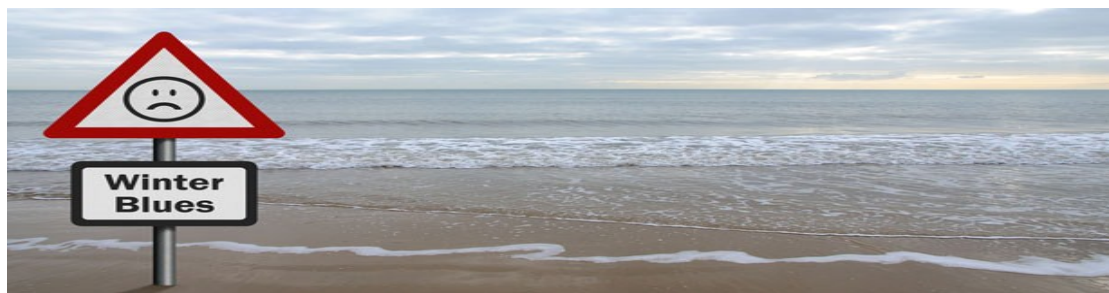
### 5. Bookmark Online Resources

The Canadian Snowbird Association is an essential resource for anyone venturing to warmer climates for the winter. Recreational Vehicle groups such as the [Escapees](#), [RV.Net](#), and the [Explorer RV Club](#) can also offer information, discounts and social opportunities.



## WINTER DRIVING

- Install four matching winter tires
- Pack an emergency kit
- Plan your trip, check road and weather conditions
- Remove all snow from your vehicle before each trip
- Give yourself extra time in bad weather
- Avoid using cruise control on slippery roads
- Travel with a fully charged cell phone
- Slow down and wear your seatbelt!



## HOW TO BEAT THE WINTER BLUES

- **Paint Your Walls:** Bright colours are sure to bring happy thoughts to mind and light colours reflect the sunlight
- **Exercise is essential year-round,** but it is especially important in the winter time because it releases serotonin in the brain. This release will give you that extra kick to beat those seasonal blues.
- **Eat the right foods.** Vitamin B and fish oils will help your body create serotonin. Make healthy carbohydrate choices that will also help your body create serotonin such as nuts, beans, lots of veggies and whole grains
- **Get out of the house.** It's easy to hibernate, but important to get out. You could also try picking up a new hobby such as knitting or crossword puzzles, or dance to keep your mind focused
- **Use herbs to boost your mood.** Herbs have a long history of helping the mind, body and spirit naturally.  
St. John's Wort is a great natural mood enhancer  
Milk Thistle helps remove toxins from the liver and also helps fight off depression  
Rose is a great aphrodisiac and can give you a nice energy surge throughout the day  
Lavender helps calm the mind and reduce stress  
Chamomile is great to drink before bed to help you get a restful night's sleep.
- Remember to smile, breathe deeply and spend time with friends and family! Happy Winter!

# WINTER ENERGY SAVING TIPS

## Conservation Helps Ontarians Manage Energy Use, Cut Costs

Energy conservation is an important part of Ontario's Long-Term Energy Plan, which has set a goal of reducing energy consumption by 7,100 MW by the year 2030. That is the equivalent of taking over 2.4 million homes off the grid.

Ontario families can help manage their energy use this winter by following some simple conservation tips:

1. **Install a Programmable Thermostat:** When properly set, a thermostat can reduce heating and cooling costs by up to 10 per cent. Set your thermostat to 20 C when you're at home and 18 C when sleeping or away.
2. **Protect against drafts:** Install weather-strip around doors, fireplace dampers, attic hatches and air conditioners. Reducing drafts can save up to 30 per cent a year on heating costs.
3. **Flip your furnace filter:** Change your furnace filter monthly. It's also a good idea to have your furnace serviced by a professional every year to ensure it is running at maximum efficiency.
4. **Go off-peak:** Take advantage of lower energy prices during off-peak hours. Run your dishwasher, washer and dryer early in the morning, in the evening or on weekends when electricity rates are lowest
5. **Unplug it:** Be sure to unplug electronic items not in use. Devices like computers, TVs, and cell phone chargers continue to consume small amounts of electricity unless they are unplugged. Try plugging these items into a power bar with a switch or timer, so you can easily turn them off when they are not needed.
6. **Lock in the heat:** Block heat from entering unused areas of your house, like a storage room or crawlspace, by closing doors. Keep closet doors shut too.
7. **Opt for efficient lighting:** When it's time to replace a light bulb, choose energy-efficiency florescent lights (CFLs LEDs) rather than incandescent lights
8. **Let the sun shine in:** During the day, keep your curtains open to draw in sunlight. Solar energy can help naturally warm your home
9. **Clean your fridge coils:** Be sure to regularly brush or vacuum your refrigerator coils to make them more energy-efficient
10. **Ditch the drip:** Make an effort to quickly repair leaky faucets. Even a small drip can waste litres of water per month and add to your water heating costs.



## COMMUNITY HAPPENINGS

### WOTL - WELLINGTON ON THE LAKE

#### JANUARY 2012

Saturday January 7th	Coffee Morning, 9:30am
Tuesday January 10th	WOLRA General Meeting
Sunday January 15th	Happy Hour 3 to 5, BYOB & Snacks
Saturday January 21	Coffee morning @ 9:30am
Sunday January 22	Sunday Opera @ 1:30pm
Sunday January 29	Happy Hour from 3-5pm : BYOB & Snacks



### PRINCE EDWARD COUNTY

## COUNTY MEN TO SCALE MT. KILIMANJARO

They've been training for more than six months because the prospect of scaling a mountain is as exciting as it is daunting.

Kemp Stewart, owner of Hillier Creek Estates and President of the Prince Edward County Chamber of Tourism and Commerce and Chris Braney, owner of Cold Creek Vineyards and CAO of the Alzheimer Society of Durham Region left today for a mission to climb Mount Kilimanjaro to raise funds for the Alzheimer Society of Prince Edward during Alzheimer's Awareness Month, January 2012

For updates, visit their Facebook page  
<http://www.facebook.com/pages/Kemp-Chris-climb-Kilimanjaro-in-support-of-Alzheimer-Society/137559836360010>

