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#### Colin Marshall info@wmib.ca



#### Submitted by Luke Langman

Farmers have many ways to mark times, seasons and progress. Farmers are usually hoping their corn will be "knee-high by the first of July." As you can see by the photo, either Roger Spence has shrunk or the corn hit waist high by the first of July this year for the North Simcoe GRAIN Project. It was a wet start to the spring season, but we were given a glorious break of summer weather mid-May which allowed us to plant record

acres in great conditions. At the writing of this article, crops are dry and need rain, but I'm sure by the time you read this we will be wishing for sunshine again. The North Simcoe GRAIN Project is a group of local farmers from Elmvale growing food for the Canadian Food Grains Bank which in turn provides food where it is needed the most around the world. Today this includes Ukraine and surrounding countries. Thank you for your interest and support.



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#### Springwater News • August 4, 2022 • Edition 631 • Cell: 705-790-1993



#### LETTERS TO THE EDITOR

Please submit your letters to the Editor. Email: info@springwaternews.ca or drop off at office. Contact information is on the right hand side of this page. Phone number and address must be supplied for all letters to the editor. The opinions expressed in articles contributed by interested parties and through the 'Letters to the Editor' do not necessarily reflect the opinion of this newspaper and/or the editor.

Editor's Note: this letter was taken from April 29, 2021 edition of the Springwater News. Cory Barnes sent this to the SPringwater News.

In 1928, my parents moved from Saskatchewan to Elmvale, Ontario, my dad's hometown where his parents still lived. In the spring of 1929, they took up residence on the Brown farm beside the Wye River, or as Mother would often call it, the Brown's Bridge.

We lived there until 1934. Financial circumstances forced us to move. We landed on a farm on Highway 26, across from the Fred Woodward farm which would later become the Edenvale airport.

I still have many fond memories of those years on the Brown's farm. Five or six of my 9 siblings started school in Elmvale, and some went to two or three church services every Sunday. It was certainly different for them than living out on the open prairies. Soon there were friends coming to visit from town, names such as Ross and Jack Ritchie, Orval and Everett Edwards and many more.

One day some of my siblings came in to the house to tell of a motorcycle going by towing a skier. His name was Red Storey.

While we still lived at the Brown's Farm, the northbound side of the highway was paved. Traffic going southbound could use the paved northbound side when it was clear, but would have to yield to northbound traffic. A bridge may have been build at that time as well. Across the road from the Brown's farm, lived a jeweler by the name of Fred Stevens, and across the river from him a lady named Maize McConnell. Further up the road lived a family by the name of Middleton, whose kids used to walk home from school with our family.

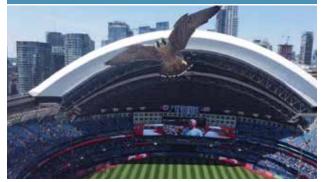
I am now 92 years old, last of the 10 kids, and I still think of that place most every day. I was curious as to where the name "Brown" came from. I had never heard the Wye River referred to as a creek before.

I have always wished we could have stayed on that farm and wonder if things might have been easier for us if we had. I'd like to send a warm greeting to Eleanor Barnes. *Jack Barnes, Cambridge Ontario.* 

FAMILY DEALS



Write your letters to the Editor on Birds of Prey. Questions will be answered and information will be published on these fascinating Birds.



Guess what kind of bird this is and where do you think is it?





and/or e-mailed to the above addresses 24 hours a day.

THE NEXT PAPER will be on Aug. 18, 2022. Publications Mail Contract No. 1443739. Unaddressed Admail No. 3684814.

Springwater News is published every two weeks and delivered by Canada Post and available at newsstands throughout the areas mentioned below. The opinions expressed in articles contributed by interested parties and through the 'Letters to the Editor' do not necessarily reflect the opinion of this newspaper and/or the editor. The editor reserves the right to edit all submitted articles or letters for clarity and space or to avoid obscenity, libel or invasion of privacy. All contributions must have the writer's full name, address and telephone number for verification including Letters to the Editor. Copyrights are claimed on all original articles. Springwater News prints 20,000 papers per edition. 18,650 are delivered by Canada Post to: 760 in the Utopia/Grenfel area L0L 1B0 and L0L 1B2 3050 in the Barrie City/Rural area 4250 in South Springwater Township 130 to the new boxes in Minesing / Anten Mills 640 in Phelpston L0L 2K0 650 in Hillsdale including the Rural Routes L0L 1V0 2550 in Elmvale including the former R R# 1, 2 & 3 L0L 1P0 which includes Orr Lake, Waverley and some Tiny Beaches Road areas

 in the Wyebridge area LOK 2E0 in Wyevale LOL 2T0 including Conc. 8 and some TBRS areas, in Perkinsfield including Balm Beach to Whippoorwill in R.R.# 1, L4R 4K3 (775) & 2, L4R 4K4 (300) areas of

Midland which includes Vasey, Ebenezer and the area North-West of Wyebridge

**2900** in Northern Tiny including SS 3, 5, 6, 7 & 8 of Rural Penetanguishene (Postal Codes L9M -1R2, -1R3 & -2H7)





110 through mail outs and subscriptions in Canada Subscriptions are available across Canada for \$60/year and \$100/year in U.S.A.

## BOTTLES & CANS SUPPORT ELMVALE LEGION

We're planning on renovating inside the Legion in the future. You can donate any cans or bottles to support us.

PLEASE leave outside the shed in the Legion parking lot.

Thank You for your donation. You're going to love our new look...



Elmvale Legion BR#262 Getting a New Look

DINNER FOR 4 \$78.00 4 pc App + 2 Meat Curry + 1 Veg Curry + 3 Rice + 4 Naan + 3 Gulab Jamun

DINNER FOR 8 \$ 150.00 8 pc App + 4 Meat Curry + 2 Veg Curry + 6 Rice + 8 Naan + 6 Gulab Jamun NOW AVAILABLE





We're getting a new look. We would like to start construction in the near future. We have applied for a Trillium fund grant to assist in payment but still require donations.

We require everyone's help in donating to the Legion to assist in renovating inside the Legion.

We would like to receive new floors, new ceilings, new washrooms, new bar, and anything else that requires an update. This is for upstairs as well as downstairs.

Our goal is to renovate as much as possible, so donations are really appreciated.

There are 2 ways to donate: 1) In person at the Legion, 7 John St, Elmvale, On 2) e-transfer to: elmvalelegionbuildingfund@gmail.com Password if required – Legion 262

Thank You for all donations. It's going to look great. You're going to love our new look. Pres-Graham Simmonds



The Elmvale BIA a is pleased to present Music in the Park for the Summer '22 series.

We are excited to play host to local musicians and look forward to ten weeks of talented shows from 1-3 pm at the Parkette at the corner of Yonge & Queen Streets.

While you are enjoying the amazing local talent be sure to pop by the vast selection of businesses in our downtown core nestled on Yonge & Queen Streets.



#### August 6, 2022 – 1-3pm Mollie Fisher

Mollie Fisher is a Canadian singer, songwriter and rhythm guitarist and has been performing professionally since completing the vocal jazz programme at Humber College in 1997.

As awkward as it is to describe the sound of anyone's music, Mollie creates acoustic folk rock songs and uses her deep, soulful voice over strong pop forms. Audiences have greatly enjoyed her inclusive, laid back performances at festivals, halls, breweries, bars, house concerts and on local TV shows.

Mollie has recently moved to Wasaga Beach where



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Pick-your-own or ready-picked



#### SUMMER FUN IN ELMVALE





she has been playing and recording with local musicians and earning new fans. Plans for more gigs and a full length album are on the horizon.

#### August 13, 2022 – 1-3 pm Jason Redman

Jason Redman has been entertaining central Ontario for the better part of three decades. As a singer/ songwriter he has performed at numerous events throughout the Province. Described as a combination of Gord Downie and Gordon Lightfoot, and with a deep list of cover songs, Jason is able to engage audiences young and old. As a multi instrumentalist, he is often called upon to accompany other performers like Strange Potatoes, the Aaron Garner Band, and most recently the Shipyard Kitchen Party.

#### August 20, 2022 – 1-3 pm Hunter Sheridan

Hunter Sheridan is a Canadian musician whose music delivers introspective, soulful song writing with warm melodies that weave a euphoric atmosphere. Hunter's writing highlights self-discovery, honest lyrics, and dynamic arrangements, connecting with listeners across music genres.



August 6. 2022 - 1-3pm Mollie fishen



August 13. 2022 - 1-3 pm Jason Redman



2231 Nursery Road Minesing, Ontario L9X 1A8

August 4, 2022

# **Upcoming Meetings**

Cultural Advisory Committee Meeting Tuesday, September 6 at 6:30 p.m.

Council Meeting Wednesday, September 7 at 6:30 p.m.

Elmvale BIA Board Meeting Thursday, September 15 at 5:30 p.m.

Council meetings are live streamed online at **springwater.ca/Live**. A call-in option is also available. Board and committee meetings can be accessed via Zoom Conferencing. View the agendas for details.



Help keep our roadways clear, safe and accessible. Please remember that no landscaping, construction or pool installation materials may be stored on the right of way of a Township roadway.





# Operates daily from 10 AM to 7 PM | Homer Barrett Park, Elmvale

## Water & Wastewater Billing

Residential water meters were read at the end of July by the Township's third-party contractor, Wamco Waterworks. Bills will be mailed at the beginning of August with a due date at the end of August.

#### Sign Up for Paperless Billing

View your next bill electronically through the Township's online self-service platform, *My Springwater*! Springwater residents can also view the balance of their property tax and water & wastewater accounts as well as make payments online.

Learn more and register at springwater.ca/MySpringwater

# For Sale

The Township has the following for sale:

2006 Honda CR-V Auction Closes: August 11, 2022

For more information, visit:

# **Bid Opportunities**

The Township is currently accepting bids for:

Sidewalk Maintenance (2022-33-PW) Closes: August 18, 2022

Professional Engineering Consultant Services for the Springwater Water & Wastewater Master Plan Study (2022-29-PW) Closes: August 23, 2022

For details and to submit a bid, visit: **springwater.bidsandtenders.ca** 

2022 ONTARIO MUNICIPAL AND SCHOOL BOARD ELECTIONS OCTOBER 24, 2022

ON THE LIST TO VOTE? HAVE YOUR SAY!



# VISIT VOTERLOOKUP.CA



# Farmers' Market

The Springwater Farmers' Market-Elmvale runs every Friday from 9:00 a.m. to 2:00 p.m. in the municipal parking lot at 33 Queen Street West. The Market features in-season produce, crafts, gifts and baked goods from local producers.

Are you a Simcoe County farmer or food producer? Consider joining us this season at the Market! Additional information and vendor application forms can be found at **springwater.ca/FarmersMarket** 

The Market is operated in partnership with the Elmvale BIA.

govdeals.com/springwatertownshipon



Voter

Springwater Fire & Emergency Services

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# VOLUNTEER FIREFIGHTERS

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springwater.ca

@springwatertwp

# Laneway Mini Murals Have Been Installed in Midland's Downtown!

The laneway mini murals have been installed in Midland's Downtown! As part of the Love Your Laneways project fifty-two mini murals commissioned by the Town and painted by Simcoe County artists were installed in two downtown walkways. Additional murals will be installed at the Harbour.

"It's great to see the fabulous reinvention of these once-neglected spaces into a bright, inviting entryway to our beautiful downtown," said Mayor Stewart Strathearn. "This project has been in the works since 2020. We are excited to see it come together with the artwork now installed and look forward to seeing additional enhancements to complete this transformation."

#### Work completed as part of the Love Your Laneways project includes:

- Naming of the two downtown walkways with community input.
- Installation of fifty-two 2'x2' mini murals.
- Vinyl wrapping of the seven meter boxes on the light posts and the five traffic light pedestal cabinets on King Street featuring artwork created by local elementary and secondary school students.
- Installation of planters, benches, and bike racks.
- Installation of additional lighting.
- Installation of bollards along the laneways is in progress.

In 2020, the Town of Midland commissioned a series of 2'x2' mini murals to create an outdoor art gallery on the King Street Rejuvenation construction fencing and to welcome shoppers to the downtown during the first summer of the COVID-19 pandemic. While originally meant to be a temporary art project, it was decided that these paintings would be permanently installed within the Town. Additional 2'x2' mini murals were commissioned in fall of 2021 to add to the existing collection.

"Our downtown is already special for so many reasons, including the many historical murals that we have. We hope that residents and visitors enjoy the new public art when they shop and dine downtown," said Karen Mealing, Manager of Culture and Community.

The Love Your Laneways project was funded in part with a grant totalling over \$39,000 from the Canada Healthy Communities Initiative.

#### About Canada Healthy Communities Initiative:

The Canada Health Communities Initiative is a \$31 million investment from the Government of Canada to transform public spaces in response to COVID-19. The initiative provides funding to a broad range of organizations, including local governments, charities, Indigenous communities, and non-profits, for projects, programming and services that help communities create safe and vibrant public spaces; improve mobility options; and provide innovative digital solutions.



Photo above: Mini-Murals installed at Wendake Way between Borsa Lane and King Street.





## GLEN NEWBY SCHOLARSHIP FUND ANNOUNCES 2022 SCHOLARSHIP RECIPIENTS

Three Simcoe County youth have been awarded Glen Newby Scholarships. Hailey Horner from Orillia was the stream one, \$2,500 scholarship recipient. Ashley Cresnjovec from Barrie and Bennett Woods from Tiny were the stream two, \$1,250 scholarship recipients.

The Glen Newby Scholarship Fund is a collaboration between New Path Foundation and New Path Youth & Family Services and was created to help Simcoe County Youth with the cost of post-secondary education. It also supports the legacy and commitment of Glen Newby's almost five decades of work in the child and youth mental health sector.

"This scholarship, now in its third year, continues to honour the legacy of the former CEO of New Path, Glen Newby, who was an incredible advocate for young people," says James Thomson, President and CEO of New Path Foundation. "Our commitment is to continue building on Glen's work by providing additional opportunities for youth to succeed in either their post-secondary or apprenticeship studies."

The next round of scholarship applications open in January 2023 and are available to any young person up to the age of 24 years residing in Simcoe County, entering, or continuing in post-secondary studies and/or apprenticeship programs. There are three scholarships available, one award of \$2,500 and two awards of \$1,250 each. More information and the application form are available at: www. newpathfoundation.org/scholarship

"This has been an incredibly challenging time for youth, and we are so thrilled to be able to provide financial support to these deserving young people to help them reach their goal of attending postsecondary studies," says, Elizabeth McKeeman, CEO of New Path Youth & Family Services.

#### **About New Path Foundation**

New Path Foundation is a public foundation with a volunteer board of directors which serves as a link between donors, charitable interests, and the vital needs of community members. New Path Foundation develops and manages philanthropic investment and mobilizes community support directed to New Path Youth and Family Services, meeting the needs of children, youth and families.

To learn more about New Path Foundation, to donate, or get involved please visit www.newpathfoundation. org, follow us on social media Twitter and Facebook or sign up for the TrailSigns Newsletter.

About New Path Youth & Family Services of Simcoe County

New Path Youth & Family Services of Simcoe County is a registered not-for-profit charitable organization. We are an accredited children's mental health agency providing a range of innovative and timely services for children, youth, and their families. We are the Lead Agency for children's mental health in Simcoe with the goal of enhancing the experience and outcomes of children, youth and their families seeking assistance with mental health and wellness. New Path is currently offering in-person, call-in and virtual mental health services for children, youth, and their families in Simcoe County. A range of free mental health services are offered by professional counsellors by booking an appointment through the Ouick Access Child and Youth Mental Health Clinic www.newpath.ca/quick-access-child-and-youthmental-health-clinic/. If you don't have online access, you can call New Path at 705-725-7656. We will get you the mental health supports you need. To learn more about New Path Youth and Family Services, to donate, or get involved please visit www.newpath.ca, follow us on social media Facebook: New Path Youth & Family Services Twitter: @NewPathYFS or sign up for our TrailSigns Newsletter

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slower traffic, restaurants, fresh food markets, music,

culture, arts, crafts and other locally made products.

The next steps in this project include formalizing

the output of the engagement process and tabulating

the results into a vision document outlining the

community's wishes in each main area. Using this

guiding document, the consultant will prepare a draft

long-term master plan for the property's development,

including any phasing plans. This long-term master

plan will take two months to come together, after

Township staff have advised that the effluent main

work continues on Highway 26 and Wilson Drive. At this time, Wilson Drive remains closed due to sink

holes and is anticipated to remain closed into August. Updates will continue to be provided to the public

through the Township's website and social media

channels. With regards to the Micks Subdivision, the

construction of homes continues, and the developer

is currently working to remove excess soil from the

site. Work is also moving forward on the east side of

Bayfield Street, with earthworks scheduled to begin

at the site of the Midhurst Heights Subdivision later

this summer. Finally, the traffic signals at Snow Valley

Road and Wilson Drive have now been installed,

though hydro still needs to make the final connection

The Township was successful in its application for

\$30,000 of funding assistance through the County of

Simcoe's Trails Connecting Communities Program.

The funds will be allocated to partially offset the

Township's contribution to the North Simcoe Rail

Trail (NSRT) resurfacing project, for which additional

grant funding was received through FedDev Ontario.

Of the \$1,000,000 in total project costs, 75% or up

to \$750,000 will be contributed from the Federal

Government, whereas the Township is responsible

The scope of work proposed under both grant

applications is to resurface up to 30 kms of track

along the NSRT to increase its accessibility. This

will involve replacing the current natural sand and

dirt base of the trail with an accessible surface

material, such as limestone screenings. The project

also includes replacing culverts along the trail,

for the remaining 25% or up to \$250,000.

North Simcoe Rail Trail Resurfacing Project

before the lights may be commissioned.

which the conceptual plan/design will be created.

**Midhurst Development Updates** 

#### Mayor Don's Update



**COVID-19 Vaccine Eligibility for Children and Youth** As of Thursday, July 28, parents and caregivers of children aged six months to under five years can book appointments for the pediatric

COVID-19 vaccine. Furthermore, immunocompromised youth aged 12 to 17 are now eligible to schedule their second booster dose if at least six months have passed since their first booster. Appointments can be booked through the COVID-19 Vaccination Portal at covid19.ontariohealth.ca, by calling the Provincial Vaccine Contact Centre at 1-833-943-3900, or through Indigenous-led vaccination clinics, select pharmacies, and primary care settings.

#### **Community Hub Master Planning**

The community engagement portion of the Community Hub master planning process is now complete, following a consultation campaign that included multiple stakeholder meetings, public outreach and group visioning sessions. The process was guided by a gender-balanced steering committee with representation from the north and south ends of the Township, minorities, youth and Indigenous persons. With input received from those living and/or working in all areas of Springwater, the community has spoken loud and clear on their desires for the new Community Hub. The Hub is envisioned as a place that:

• Is welcoming, vibrant and that helps residents uplift themselves.

• Blends into nature rather than overpowering it.

• Provides access to social services, support for professional development, and learning in reading, writing, art, performance and technical skills.

• Includes education and programming for all ages, water sports and swimming, ice pads, selfprogrammable spaces, indoor fitness equipment, seating areas, a café, and quiet study spaces.

• Provides access to recreation, nature, year-round activity and family entertainment.

• Includes a library that is large enough for the growing population.

• Is surrounded by a pedestrian-friendly area with



(formerly Cyndy's Just Dancin' Company)

Pre-Dance/Creative Movement, Tap, Jazz, Ballet, Lyrical, Musical Theatre, Hip Hop

#### Ages 3+

#### Registration Dates for the 2022 – 2023 Dance Season

Monday August 15<sup>th</sup> 5 – 8pm

Tuesday August 16<sup>th</sup> 5 – 8pm

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Your Best Disposal Bin Rentals for Barrie and Area Container Rentals For: Renovation • Construction Site Clean-Up • Yard Clean-Up Hauling • and more 10' & 14' Cubic Yard Bins 705.795.6514 Info@dumpnmove.com / www.dumpnmove.com

leveling and adding limestone screenings to four trail entrance parking lots, and installing 30 trail entrance gates to meet accessibility standards. The project area spans from just north of County Road 90 to 5 km north of Elmvale.

#### **Status Update on Spongy Moth Infestation**

At its August 3rd Meeting, Council received an update report on the Spongy Moth (Lymantria Dispar Dispar – LDD) outbreak in our area. Over the spring, the Township prepared 195 burlap trap kits, which could be picked up for free by residents and included information on how to manage Spongy Moth at their various life stages. An enhanced webpage dedicated to Spongy Moth was also developed on the Township's website, providing easy access to information and management resources. The enhanced webpage included a reporting tool through which residents could report major egg mass and caterpillar sightings on their property. A total of seven egg mass and caterpillar hatching sightings were reported, though staff did not receive any concerns from residents regarding hatched caterpillars leading to severe defoliation.

2022 reports from the County of Simcoe's Forestry Department and the Severn Sound Environmental Association have indicated that the infestation has almost entirely collapsed in our region. As such, the County will not be investing further staff time or funds into monitoring the current cyclical outbreak. The Township will continue to keep its Spongy Moth webpage updated as new data is reported by the Province. Residents can also continue to submit their Spongy Moth concerns through the reporting tool on the webpage, which can be accessed at springwater. ca/SpongyMoth.

Have a safe and fun August.

## Fraser Institute News Release: Employment Rate for Canadians 15-64 at Record Levels, But Aging Population Limiting Overall Labour Market Recovery

The employment rate for Canadians between 15 and 64 years of age (working age) is at a historic high, but the overall labour market has yet to fully recover from the pandemic-induced recession due to the continued aging of the country's population, finds a new study by the Fraser Institute, an independent, non-partisan Canadian public policy think-tank.

The study compares labour statistics for the first five months of 2022 relative to the same period in 2019 to gauge the recovery of the country's labour market. In total, there were 347,300 more potential workers aged 15 to 64 in 2022 compared to 2019. However, there were 533,120 more people employed in this

Wednesday August 17<sup>th</sup> 5 – 8pm

Wednesday September  $7^{\text{th}}\,5-8pm$ 

Online Pre-Registrations open Thursday August 11<sup>th</sup> at 9:00am

Classes Start September  $17^{th}$ 

Information Packages for Season 2 are available by email

<u>dance.elevate@outlook.com</u>

# 705.322.9605

@elevate\_dance\_company

120 Yonge Street North, Unit 2, Elmvale

age category in 2022 than 2019, vastly outstripping the growth in population.

"Clearly the labour market, and more specifically employment levels for working-age Canadians, has more than rebounded from the pandemic-induced recession," commented Tegan Hill, economist at the Fraser Institute and coauthor of An Aging Population: The Demographic Drag on Canada's Labour Market.

The lack of a full recovery in the employment rate is explained by Canada's aging population. The study shows how there were 729,100 more people over the age of 65 in 2022 compared to 2019 but that only 62,680 were employed. Put differently, only 8.6 per cent of the new people over the age of 65 in 2022 compared to 2019 are employed.

"The aging of the population will continue to impose a drag on the labour market as seniors continue to represent a larger share of the population over the age of 15, assuming no changes in their participation or employment rates," said Alex Whalen, policy analyst at the Fraser Institute and co-author of the study.

"Canada needs to re-assess policies impeding potential workers over the age of 65 from participating in the labour market."

# COVID-19 Vaccination Now Available for Children 6 Months

# to Under 5 Years

As of July 28, parents and caregivers can book appointments for their children aged six months to under five years to receive their paediatric COVID-19 vaccine by using the COVID-19 vaccination portal, by calling the Provincial Vaccine Contact Centre at 1-833-943-3900, or by visiting participating pharmacies in Simcoe and Muskoka.

"We are very pleased that children aged six months to under five years are now able to receive their COVID-19 vaccine," said Dr. Charles Gardner, Simcoe Muskoka District Health Unit's medical officer of health. "Evidence shows that the lowerdose paediatric Moderna Spikevax vaccine is safe and offers protection from risks of severe illness and hospitalization should they contract COVID-19. I encourage all parents and caregivers to consider getting their younger children vaccinated as soon as they are able, particularly if they have underlying health concerns or are immunocompromised."

The Moderna Spikevax (25 mcg) mRNA COVID-19 vaccine is the first COVID-19 vaccine authorized by Health Canada for use in children six months to under the age of five years. In keeping with provincial guidance that is informed by the National Advisory Committee on Immunization (NACI), children must be six months to under five years of age to receive the paediatric Moderna Spikevax COVID-19 vaccine. Two doses of the vaccine are recommended, with at least eight weeks (56 days) between the first and second doses. It is advised that children who have recently had COVID-19 wait to receive their vaccine until eight weeks after the start of symptoms or testing positive. A wait of 14 days between receiving another vaccine and receiving the COVID-19 vaccine is also advised for this age group.

As with any medical decision, SMDHU encourages parents and caregivers to make an informed choice about this vaccine, including speaking with their health care provider to discuss what is best for their child or contacting the SickKids COVID-19 Vaccine Consult Service and booking an appointment to speak with a registered nurse. Information and resources, including ways to make the vaccination experience a positive one, is available on the health unit's website.

Vaccination for all those who are eligible, including our youngest community members, offers the most important layer of protection against severe illness from COVID-19. Along with vaccination, the health unit continues to strongly recommend that people take precautions to prevent the spread of COVID-19, including choosing outdoor activities and socializing outside if possible, wearing a mask in indoor public settings, limiting your number of close contacts, physically distancing from people outside your household, ensuring good ventilation, and practicing proper hand hygiene. If you are feeling unwell, stay home and get tested if you have access to either rapid antigen tests or are eligible for PCR testing.

# Craighurst Women's Institute June Meeting

Craighurst Women's Institute met at HQ Restaurant in Craighurst Tuesday June 21. The meeting part was short but sweet. We dispensed with the Ode and Collect, not wanting to put the other diners off. Roll call was "update the state of your garden or flower bed". Eight members responded, with varying tales of weeds, lupins, and vegetables. Minutes and treasury reports went by. Then the Corresponding Secretary read us a letter to the Springwater News from Samuel. Imagine our pleasure to hear how Samuel enjoys reports from the CWI! Way to go, Samuel. We are chuffed by your praise, and

we voted to contact you for guest speaker or plain guest.

We continued with news of the village, plans for July and August outdoor at the Park meetings, and the reading of an email to be sent to the Township once again asking for Craighurst Park Maintenance. Then there was a clink of glasses by us all, to us all, for having stayed the course throughout COVID. You too, gentle readers, give yourselves a pat on the back for getting through the Pandemic. Stay alert and safe. And be sure to come by Craighurst for the restaurants, the groceries, the drugstore, the auto repairs, the gasoline fill ups, the shops, all told 17, the CPR whistle, and on the third Tuesday of most months the Craighurst Women's Institute.

# THROWBACK THURSDAY





94 Finlay Mill Rd, Midhurst ON 705.503.7333 | Mon-Fri 9-7 Sat 9-4 Sun 10-4

# PHARMASAVE

Page 7

## Who Are You Running For? Support Grieving Families at the 2022 Bridget's Run

1 in 4 pregnancies end in loss. This staggering statistic means that we all likely know someone that has experienced a loss. It could be a family member, it could be a friend or co-worker, or it could even be yourself. Bridget's Bunnies offers you an opportunity to honour the little ones we have lost through the 2022 Bridget's Run.

This live/virtual event will take place on October 15, 2022; participants are invited to take part in person at Centennial Park, Barrie, ON or on their own 5km walk or run. Children are invited to walk or run the 1km, Bunny Hop.

Funds raised will support Bridget's Bunnies and community partners providing bereavement support for families who have experienced pregnancy or infant loss.

"By joining us for this event, we are letting these families know they aren't alone," says Theresa Morrison, founder of Bridget's Bunnies. "Together, we will raise awareness for pregnancy and infant loss, provide families with a safe place to honour their babies, and raise money for those who follow us in loss."

Registration is now open. Anyone interested in participating is encouraged to visit www. bridgetsrun.ca

# THROWBACK THURSDAY

Photo to left: Father Thomas Marchildon was a parish priest in Lafontaine who wrote the Légende du Loup de Lafontaine or the Legend of the LaFontaine Wolf in 1955. The Festival du Loup in Lafontaine is based on his story.

#### Photo credit: Margaret (Bald) Dorion

For more information about Fr Marchildon see http://www.ameriquefrancaise.org/en/article-348/ Legend%20of%20Loup%20Lafontaine

# Have your say in drinking water!

You are invited to view and provide written comments on the proposed amendmens to the South Georgian Bay Lake Simcoe Source Protection Assessment Reports. Documents can be found on the internet at

## https://www.nvca.on.ca/Pages/Drinking-Water-Source-Protection.aspx

The proposed amendments are in response to additional new wells as part of the Midhurst Valley drinking water system within the Township of Springwater. Existing source protection plan policies, previously approved by the Minister are not changing and will simply be extended to these new locations with the wellhead protection areas. Public Consultation on the Amended South Georgian Bay Lake Simcoe Source Protection Assessment Reports

## Comments on the proposed amendments must be submitted in writing by September 2, 2022 to:

Ryan Post, Manager, Watershed Science Email: rpost@nvca.on.ca

Mail: Nottawasaga Valley Conservation Authority 8195 8th Line, Utopia, ON LOM 1T0 705-424-1479 ext 249





*By Marilyn Hughes, Volunteer Writer Senior Advisory Committee, Township of Tiny* 

While investigating topics for this column, I discovered a wealth of information online for seniors, sometimes referred to as older adults, about what it means to age and stay engaged following retirement. To begin this journey what does being a senior citizen mean? According to the Oxford Canadian Dictionary, a senior citizen is "an elderly person especially a person over 65". I really liked the article on CBC.ca dated May 29, 2012, entitled "Aging Canadians are challenging the concept of 'old'", which provides thoughtful comments that "Healthy aging isn't something that starts when you're 65 or 75, it really starts, according to Health Canada, right at birth". If you have a moment, check it out.

In the past there weren't as many activities aimed at seniors as there are currently. Some of these include specialized training courses providing information about the internet, as well as activities how to be, and stay, engaged, and connected in life. Without the pressures of work and all that it involved, I have enjoyed the past decade, learning about myself, meeting new people, volunteering, and travelling. While health undoubtedly plays a significant role in our outlook, keeping a positive attitude helps as does connections with our family and friends whether in person or online. I have an acquaintance with a debilitating disease who says, somewhat cheerily 'it is what it is'. An amazing attitude.

Through the evolution of technology, many advances have been implemented that will benefit us going forward. While some of these innovations provide entertainment and information such as new

# A TINY SENIOR MOMENT

methods to meet, others provide access to support services necessary for everyday living, for example online access to various health networks.

One experience I've come to enjoy is playing games online such as euchre and cribbage. While not as much fun as in person, online game playing can be a great challenge. I have even played against the computer. The skilful team of my husband and myself have beat that computer many times! And of course, we can connect and play games with our loved ones in their homes too!

Another approach to stay engaged is to share your passions and talent with a new generation. And one route to start in this part of the adventure is by volunteering. Tiny Township offers many different volunteer roles. For more information on volunteering and to complete an application, go to tiny.ca and search Recreation & Community / Volunteer Opportunities. If preferred, contact the Recreation Dept. by calling 705-526-4204.

While summer activities are in full swing at this time in Tiny Township, many new fall/winter programs are being developed by the Senior Advisory Committee and the Recreation Dept. A sample of what is being planned are sessions for the Senior Speaker Series. The first one is slated for mid-September. This series aims to provide information on healthy living, as well as ideas on how to embrace and enjoy retirement. Be sure to check the Seniors' page on the Tiny Township website at tiny.ca/seniors or call 705-526-4204 for specific details.

#### **Ongoing programs**:

**Communications:** A great way to keep informed on what's happening in the municipality is through

Photo below (left to right): Rev. Tom Mason, minister at Elmvale Presbyterian Church, presenting Food Bank volunteers Darl Hebner and Janice Drinkill with \$1007 raised at the community BBQ held at the church Saturday, July 16th.

Our thanks to the community for its support.



TinyConnect. You can receive information via text, email, voice or TTY/TDD. To register go to www. tinyconnect.ca, or phone 705-526-4204 ext. 301.

**Transportation:** CT Link – a community transportation service for Simcoe residents for medical (priority) and other appointments within Simcoe County and other destinations. If wheelchair assistance is required, advise when booking. Schedule a pickup via online to ctlink.ca or Dial 211 for assistance.

Access to transportation is also available through Community Reach and can be requested by phone at 705-528-6999, or email information@ communityreach.ca.

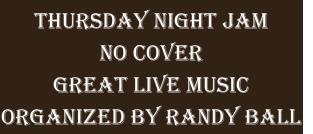
#### **Health and Support:**

Telehealth – This is a free and confidential service. Call 1-866-797-0000 to speak with a Nurse 24/7.

During off hours if you need a doctor, other than for emergencies, contact Rocket Doctor at 1-867-670-2273. This is a free and confidential service with a quick turnaround time.

**OntarioCommunitySupport.ca** – the Ontario Community Support Association is coordinating programs to help vulnerable seniors and people with disabilities across Ontario. Need help requesting a service? Call 2-1-1.

"Aging is an extraordinary process where you become the person you always should have been." – David Bowie





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# Update From Doug Downey MPP

# Ontario Releases the 'Plan to Catch Up'

The government of Ontario has released its Plan to Catch Up for the upcoming 2022-23 school year, including several initiatives supported by historic funding. The province will continue to support the learning recovery journey for all students, including those disproportionally affected by learning disruptions. The province's Plan to Catch Up is focused on providing students with the best learning experience possible, so that they can get back on track, and learn the skills they need for the jobs of tomorrow.

The plan includes five main categories, focused on student experience and learning. Back to Normal means students will be back in the classroom ontime, and schools will remain open while staying safe this year. The plan also supports an enriching school experience that enables academic success, and lets students take advantage of the activities and programs that enhance classroom learning and build social and life skills. Key to this step of the plan are having the appropriate and up to date health and safety measures in place, such as ventilation improvements, and safe practices, such as frequent hand washing, enhanced cleaning protocols, and screening policies supported by free rapid tests.

Expanded Student Supports offers enhanced tutoring support programs, focused on literacy and math, made possible by a landmark investment of \$175 million. Additionally, the province is implementing long term reforms on the way reading is taught in schools, with a focus on evidence-based approaches. More than \$3.25 billion will be available in Special Education Grant Funding to help prevent and remove barriers for students with disabilities or special education needs and ensure our most vulnerable have every opportunity to succeed.

Ontario's Modern Curriculum focuses on preparing students for the jobs of tomorrow by providing a revised careers studies course including personal



financial management, budgeting, and financial planning tools, as well as providing opportunities for students to investigate careers in high growth industries. The math curriculum has also been overhauled to focus on foundational math skills, financial literacy, budgeting and coding. De-streamed grade nine math and science courses focus on new learning in science, technology, engineering and math (STEM) skills, engineering design, the skilled trades and emerging technologies.

Ontario is also providing More Money to Build Schools and Improve Education by delivering over \$26.6 billion for the 2022-23 school year, as well as investing \$14 billion over ten years to build stateof-the-art schools and classrooms, and to renew and repair existing schools, including \$2.1 billion for the 2022-23 school year. The province has also allocated \$304 million of limited-time funding to support the hiring of up to 3,000 more front-line staff, including teachers and educational assistants.

At the core of the Plan to Catch Up remains the wellbeing of students, and a focus on Mental Health as a foundation for student success. Students will have access to mental health supports where they need it. The Province is launching consultations with mental health stakeholders to explore how to best leverage the available evidence on student mental health needs. Additionally, the province has also allocated \$90 million for mental health initiatives and supports for students.

Through the government's Plan to Catch Up students, parents and teachers can look forward to a return to normal this year in schools.

# Traditions at the Elmvale Ball Park

Two 89 year old grandpas who have known each other for 75 years watch their grandsons play on Thursday night at the Elmvale ball park. Photo below: Top row left to right: Chris Ritchie, Giants; Jeff Lees and Mike Klein Gebbick Merchants. Bottom left to right: Harv Graham bottom left Don Bertram to his right. Allenwood stars





**DOUG SHIPLEY** 

# ON THE FIELD WITH THE HILLSDALE HAYMAKERS Written by: Taylor Shewell

Photo above: Hillsdale Haymakers U13-1 team playing against Wyevale.

The U-13 team 1 Hillsdale Haymakers sponsored by Brampton Brick finished the season with a 7-2-1 record finishing in 3rd place. A strong pitching group of Morgan, Sophie, Chloe, James, and Brayden leading the way. We possess a strong defence with Ella, Arianna, Evelyn, Kallee and Allisa making key plays to support our pitching. Timely hitting from Sam, Kathleen, and Gavin has helped us earn our impressive record. We are entering the playoffs and hope for a strong finish with this group of young players.

#### Next Week's Games:

Playoffs started for the U9-U17 teams on July 25th. For the up-to-date schedule head over to http://www.gbmsl.ca

GBMSL Results		
Team		
U9	W	10-25
U11-1	L	27-5
U11-2	W	16-17
U13-1	W	5-2
U13-2	W	18-25
U17	W	19-5



2022 Barrie Baycats Team Schedule

Sat. August 6, 2022	Welland at Barrie	7:00 PM
Sun. August 7, 2022	Barrie at Kitchener	2:00 PM
Tues. August 9, 2022	Barrie at Guelph	7:30 PM
Thurs. August 11, 2022	Welland at Barrie	7:30 PM
Sat. August 13, 2022	London at Barrie	4:00 PM
Sat. August 20, 2022	Barrie at Welland	6:05 PM
Sun. August 21, 2022	Brantford at Barrie	7:00 PM

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Join RBC and RVH in "5K Your Way" To Support Youth Mental Health RBC Race For The Kids Back For Second Year in Simcoe Muskoka Region

For the second year in a row, Royal Victoria Regional Health Centre (RVH) is proud to host RBC Race for the Kids, a global event whose 325,000 participants have raised more than \$74 million since 2009 for youth mental health worldwide.

Funds raised go to support RVH's youth mental health services for the Simcoe Muskoka region. This is a need that has become more acute amid the isolation and disruption of the pandemic when the number of kids in crisis climbed, at times, up to four times higher than usual.

"Young people suffering mental health crises need specialized care in space designed for their needs," says RVH Foundation CEO Pamela Ross. "We are so very grateful to RBC and every participant in this event, along with the donors who sponsor them. The generosity of everyone involved makes all the difference. It allows our expert staff to provide exceptional care for young people in a private and calming customized space in RVH's Emergency Department, that helps reduce the stress and stigma on patients and their families."

The 2022 event, a "5K your way", gives participants the chance to contribute to a great cause while getting active in any way they choose. Starting September 10, participants will have two weeks to complete 5K of their favourite activity, when and where they like, and then to come together at one of two Celebration Stations (in Barrie or Innisfil) on September 24, to enjoy some sweet treats, face painting and music.

"We are back in 2022 in a way that gives people and families the flexibility to do the race at their own pace, all to benefit mental health programs for youth who are struggling," says Randy Tredenick, Regional Vice-President at RBC. "A huge thank you to the entire team at RVH for helping youth and their families connect with the right resources. You are truly making a difference in their lives."

Registration for the event is free at www. RBCRaceForTheKidsRVH.ca. Plus, there are great prizes for reaching fundraising milestones – as well as a Did It! Kit including a medal and other goodies for people who fundraise a minimum of \$50 (for adults) or \$25 (for children).

Photo to Right: left to right – Charlotte Wallis, RVH Board of Directors, Ronda MacPherson, RBC Vice President Commercial Financial Services and RVH Foundation Board of Directors, Randy Tredenick, RBC Regional Vice President, Barrie & Area, and Pamela Ross, RVH Foundation CEO.



Elmvale Branch: 705 322-1482 Midhurst Branch: 705 737-5650 Minesing Branch: 705 722-6440 www.springwaterlibrary.on.ca information, branch updates and our virtual programs. Programs and Videos on Facebook and YouTube

(search Springwater Library)

#### We Went Viral!!!!

At the start of COVID March 2020 Springwater Public Library quickly transitioned to creating digital programming online. From crafting videos, researching ancestry, local author highlights and others a variety of programming became available, in particular, shifting weekly Storytime with Miss Amanda online. Since then the library has filmed, edited and produced 95(!) Storytime videos. Tonya Leveille sent an email praising online Storytime for her son, "We just wanted you to know that today during story time Ronan was blowing you big kisses as soon as he saw you on the screen. This virtual Storytime has been so great for our children during this time of uncertainty. For Ronan, he knows all the songs and now does most of the actions to all the songs. It is familiarity for him and is helping him with his language," Views were initially fairly steady and local until something amazing happened in June 2022. We suddenly jumped from our usual numbers of approximately 20 views sky rocketing to almost 80,000 in just over two weeks!!!! June and July combined totaled over 150,000 views. The majority of these new numbers are coming from New York City in the US with countries such as the UK, India, Europe, Asia and Australia hot on their heels. Amanda Hodgkinson who is the star of the Library's Storytime videos, filming them all from a room in her house had this to say, "It was really an amazing surprise! I never would have guessed that when we started filming Storytime that we would be reaching people from all over the globe!". CEO of Springwater Library, Jodie Delgado also added "It is very rewarding to reach so many people. Children's literacy is so important, and Amanda's Storytimes provide a great link to literature and learning, both in person and virtual". Despite current plans for in person weekly Storytime this fall, Amanda stated, "I am so excited about all forms of Storytime coming up. We will be continuing with online Storytime as well as the in person format. Stay tuned for details!" You can check out Amanda's online Storytime at YouTube by searching, "Springwater Library.



Write a children's story and be featured online! Your story can be about ANYTHING! Robots, princesses, animals, space ships, people – let your imagination take you on an adventure and let us come along! In the fall we will select a few lucky writers whose stories will be featured in our online Storytime with Miss Amanda on YouTube! You are welcome to submit your own artwork for your story as well and we can use them to animate your story! We are so EXCITED to read what you write! Submissions due by August 19.

#### Early ON Preschool Play Wednesdays in August

EarlyON for ages 0-6 + caregiver is back at the Elmvale Library Wednesdays 9:30am-12noon. Registration required at earlyonsimcoenorth.ca Questions? Call (705) 526-2456.

#### **Fridays in August**

Beat the heat at the Farmer's Market in Elmvale and the outside humidity at the Midhurst Branch, pop into the library for an amazing weekly craft!

#### **Saturdays in August**

At our drop in Lego program at Midhurst and Elmvale branches, 10am-12noon we will have a new weekly theme/challenge for you to build. Fill out a ballot to enter a draw for a prize.

#### I Spy in the Library Week

The first week of August come by the library and participate in a special "I Spy" event. After searching for the items get your prize at the check out desk!

#### **Driftwood Sailboats**

Connect with others and make a unique summer craft. Monday August 8, 2pm-4pm at Elmvale Branch or Saturday August 20, 2pm-4pm at Midhurst Branch. Cost \$10. Registration required.

#### **Fidget Cube Program**

Ages 7+ are invited to join us at the library to design and make a fun fidget cube! Cost: Free! Registration required. Friday August 12, 2pm at Midhurst Branch.

#### **Finding them Homes**

Following a brief presentation about the non-profit organisation: Finding them Homes, you can interact with some dogs (possibly puppies!) and there will be a free craft to take home and make. Tuesday August 16, 6pm at Midhurst Branch. Registration is required. Please bring your own lawn chair. Suggested donation of \$10 with all proceeds going to the Finding them Homes organisation.

# **RE-ELECT ANITA MOORE** YOUR VISION, YOUR VOICE.



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☑) AnitaMooreWard4@gmail.com

) Councillor Anita Moore

#### **Messy Program**

Ages 5+get ready to get messy on Friday August 19, 11am-12pm at Elmvale Branch. Cost \$3. You will make a couple of unique crafts and play a crazy shower cap shaving cream popcorn toss game! Registration is required.

#### **Minesing Branch Family Draw**

Pop by the Minesing Branch and fill out a ballot to enter a prize winning draw for the month of August. The draw will take place the Thursday August 25 for one lucky family!

#### Take and Make

On Friday August 26 be sure to drop by your branch and pick up this month's free take and make craft by Kaitlyn - a pool noodle boat! While supplies last.

Ontario libraries have nearly 28.5 million print volumes available to borrow. That's equivalent to 2.49 books for every Ontarian

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# Fresh food. Friendly neighbours.

the world to us! From the hearts of our 50 local employees... THANK YOU! Now open until 9 pm All summer!"

Page 11

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# The May Court Club of Barrie Had an Exciting VIP Visit

Minister Gould Federal Minister of Families, Children and Social Development of Canada Karina Gould has been tasked with creating a national school food program. As part of her research, she is meeting with different organizations that have experience in supporting schools with their nutrition needs. Since 2014, the volunteers of the May Court Club of Barrie have raised, purchased and distributed \$81,000 worth of snacks to an average of 28 Public and Catholic schools annually in the Barrie area.

Photo below: Karen Rechnitzer (Past Pres, Nutrition Committee), Bev Jackson (VP), Federal Minister of Families, Children and Social Development of Canada Karina Gould - holding basket of snack samples, Anne Wilson (President May Court Club of Barrie), Darlene Mooney (Association of May Court Clubs of Canada, Past Pres.) Photo by Marianne Schall (May Court Club of Barrie)



# Manitoulin Transport Comes to The Rescue of Wildlife Rescue

Since January of this year, Manitoulin Transport has been delivering, free of charge, numerous skids of dog food to Wildlife Rescue Centers across Ontario. Wildlife Rescue Centers take in injured and orphaned wild animals and rehabilitate and release them back into the wild. Although licensed by the Ministry of Natural Resources, most Wildlife Rescue Centers are run by volunteers and are completely dependent on the public for support. They do not get support from any level of government.

Food is one of the biggest expenses for most Wildlife Rescue Centers. Several pet food companies donate expired, damaged, or discontinued dry dog food; however, getting the food to Wildlife Rescue Centers across the province has been expensive and at times impractical. Manitoulin Transport has already delivered 51 skids or 25 tons of food and cleaning supplies to 9 Wildlife Rescue Centers in Ontario including Barrie, Peterborough, Ottawa, Thunder Bay, Pembroke, London, Cambridge, St. Catharines, and Huntsville.

# Ukrainian Children Learn About Canadian Life at the Tiffin Centre for Conservation



Thanks to funding from the Rotary Club of Barrie,

the Tiffin Centre for Conservation hosted 13 Ukraine children at Camp Tiffin.

This is the fifth year that NVCA has hosted camp for new Canadians. Previous camps have focused on children around the world, but staff have decided to support Ukrainian children this year as they were displaced by the Russia-Ukraine war.

"The Rotary Club of Barrie is a community service organization that takes great pleasure in supporting all projects big and small," said Dave Mills, a member of the Rotary Club of Barrie. "The New Canadian Camp at Tiffin is an important initiative that assists with integration and the learning of new skills for children."

help set them up for success as they go to school and potentially continue to live here."

The children experienced Canada first hand through activities such as canoeing and hiking. Most importantly, Camp Tiffin allowed them to be with other children from the same culture using the same language and get back to doing what they should be doing – playing, making friends and being kids.

"The long-standing partnership between the Simcoe County District School Board and the Tiffin Centre has allowed the opportunity to offer this learning experience for newcomer students," said Tatiana Khrystynko, International Student Coordinator at the Simcoe County District School Board. "The Ukrainian children learned about nature and life in Simcoe County, and will be able to share this experience with their peers upon returning to school in September, which will support their integration into their new country and schools" To honour Ukrainian families, NVCA is flying the Ukrainian flag at the Tiffin Centre for Conservation for the duration of the children's stay

"Here at camp, these children are learning Canadian ways together, while also sharing their own personal experiences, culture and language," added Naomi Saunders, Manager of Education at the Nottawasaga Valley Conservation Authority (NVCA). "They support and comfort each other in all things they have known, while also getting the opportunity to integrate with Canadian kids. This experience will



Photo: Getting ready for disc golf



Photo above: Children playing Capture the Diamond game

"Ontario Wildlife Rescue is doing great work. Their volunteers put their heart and soul into helping wild animals and we wanted to do our part and get involved. Manitoulin Transport is proud to support such an important cause," says Jeff Smith, EVP at Manitoulin Group of Companies.

Manitoulin Transport's generous support of Ontario Wildlife Rescue has made a significant difference to the number of injured and orphaned wild animals that have been saved.



by Leslie Noonan



After a day at home for my daughter's birthday, I headed out for the last few days of the Ganaraska trail that were close to home. I had to break the trail up into chunks for several reasons, instead of following one continuous route. I had to coordinate with my husband to ensure someone was home for the

kids and pets. I was also scared. Let's be honest, it can be terrifying to be alone and in the bush, and not just alone, but lonely. I was fine during the day, but at night the smallest chipmunk sounds like Godzilla is coming for you. This last "close to home" trail went from the Copeland forest and east to Orillia then up to Sadawa. The section travels across the Oro Morraine, which is a beautiful area of hardwood forests and undulating hills. Oh, and one nasty road trek in the hot summer sun that follows Old Barrie Road. I think by this point I was just becoming mad at everything. The garbage in the ditches had me muttering, the bad drivers had me glaring and the hot sun had me wanting to quit. Add to that the sudden route changes. The Ganaraska trail relies on private land owners to allow foot traffic on their property. If this use is revoked, the trail association must reroute the trail. Three times on this section I had to re-route, adding more than 10 kilometers of extra walking, usually on that hot highway. By the time I reached Orillia I had completed about half of the total trail and I was becoming demoralized . It was only the chance meeting of a young family while in the Scout Valley forest that gave me the boost of encouragment that I needed. As I was stopped to have

## City awards close to \$300,000 to local recreation and sport organizations

Twelve Barrie-based organizations have received a share of \$298,700 in funding through the City's Recreation and Sport Community Grant, which is aimed at improving access to recreation and sport opportunities in the city.

"This important funding will help organizations innovate, or continue to deliver, encourage or support access to recreation and sport, ultimately contributing to the health and well-being of our residents," says Dan Bell, Manager of Business Services.

The list of organizations that received funding, and the amount each received, follows:

• Barrie and District Ringette Association (\$5,000)



a quick break, the family paused to ask me about my large pack. I explained my trek and what I hoped to accomplish as well as my self doubt. The enthusiasm and interest of the group had my confidence boosted, and after leaving Scout valley I regained my sense of adventure and joy in hiking. While traversing the trail through the city of Orillia I took pictures of my route and had my social media friends try to identify where I was. This turned a tedious town walk into a fun journey. The trail then leaves the east end of Orillia and continues along pretty country roads until the small village of Sadawa. I was once again feeling the joy of solo hiking. I love nature, I love the freedom of hiking and I love pushing myself to go further. It was a good thing I again found my purpose, because the next ten days would push me to my limit, and beyond.

It was time to regroup, go home, repack and onward to the southern terminus of the Ganaraska Trail. It was time to leave my comfort zone and head into an area I have never been and have no contacts or safety nets for. Onward to Port Hope and the most taxing hike I have ever taken, both mentally and physically. Stay tuned for droughts, beaver dams and bears, oh my!

# PHELPSTON HAPPENINGS by Taylor Shewell

The Phelpston Winger Dinger was back on Sunday, July, 31st for the first time since 2019. Laughs, drinks, food and fun has by all! Thank you so much to all who helped out by volunteering.

The next community event will be Meet Your Neighbour on Sat, Sept, 10th. Pre-registration is required for this event.

Registration link is on the Phelpston community Facebook group.



To keep up to date on community events and information, join the "Phelpston community events & recreation information" group on Facebook.

The next Phelpston Parks & Recreation meeting will be held on Thursday, August 4th @ 7PM at the rink building. New volunteers are needed and welcome. This is a great opportunity to get involved in your community and meet others in your community!



- Barrie Bridge Association (\$7,000)
- Barrie Elites Volleyball Club (\$15,000)
- Barrie Housing (\$90,800)
- Barrie Minor Lacrosse Association (\$18,500)
- Barrie Speed Skating Club (\$4,770)
- Barrie Women's Disc Golf (\$5,630)
- Barrie Women's Hockey Association (\$15,000)
- Kempenfelt Bay Wrestling Club (\$6,000)
- Shak's World (\$50,000)
- The Barrie Curling Club (\$70,000)
- YMCA of Simcoe Muskoka (\$11,000)

Organizations were awarded funding in one of two categories: programming/events to support new or innovative recreation and sport opportunities, or capital improvement projects. Applications were evaluated using a scoring matrix, and in the context of the City of Barrie's strategic goals, the assessment criteria and program priorities. This grant operates at arm's length from all political levels of government in awarding funds.

The 2022 grant was a pilot, and the success of the program depends on a number of factors, including the overall interest in the program from eligible applicants.

Photo above: Al and Brandon were the winners in the mens bracket.

Photo above: Tracy and Debbie were the winners in the ladies bracket.

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# HURONIA COMMUNITY FOUNDATIONS GIVES



Photo: Shelly Price Development Officer Special Events and Admin Waypoint Centre for Mental Health Care and HCF Executive Director Scott Warnock

A Smart and Caring Grant provided by the Tom and Lucille Gay Memorial Endowment Fund at Huronia Community Foundation will enable the Waypoint Centre for Mental Health Care to purchase an additional internet tablet.

"The pandemic has had a significant psychological impact on young people. We are working together to help kids and young adults maintain their well being, build resiliency skills and find the help they need before a crisis occurs" said Shelly Price.



A \$ 1,000 Smart and Caring Grant provided by the John and Jan McIntyre Community Endowment Fund at Huronia Community Foundation will assist the Georgian Bay Food Network combat food insecurity in Midland. The organization provides over 1,500 local residents with food bi-weekly.

" The grant will be going directly towards purchasing fresh produce and other fresh food items to provide for families struggling with food insecurity. We purchase all our food locally supporting a great number of local businesses." said Executive Director/Founder Alexandria Hamelin, who is pictured with HCF Executive Director Scott Warnock, on left.

A \$ 1224.00 Smart and Caring Grant provided by the HCF Community Fund and the General Mills Canada Community Fund will assist Community Reach North Simcoe and their transportation program.

"These funds will be spent on much needed tires and a spray washer for our accessible vehicles. With this help we can continue to provide door to door transportation to our vulnerable population who need to get to their medical appointments and treatments, grocery shopping, other community services and social activities. This helps support a physically and emotionally healthy community" said Executive Director Cathy Greer.



# electmattgarwood.ca

The much loved CLH Teen Camp is back in action in "traditional" form this summer, with 8 weekly camps being offered to teens at no cost to their families. This year LabX Media Group through its Charity fund at HCF provided \$ 1,000 in support of the program. Photo on right: Jamie Burns LabX Media VP Human **Resources and Operations, CLH Board Member Kevin** Cascagnette, CLH Teen **Camp Co-ordinators Dave Coutts and Taylor Emberley** and LabX Media Human **Resources Manager Emma** McFarland.



#### The Ontario SPCA and Humane Society Welcomes 32 Northern Cats in Need of Loving Homes

As part of its ongoing efforts to help shelters at capacity, the Ontario SPCA and Humane Society is giving 32 cats and kittens from Northern Ontario a new lease on life thanks to a re-homing mission to find the felines loving homes. The cats arrived at Ontario SPCA animal centres yesterday from Dryden, located approximately 1,300 kilometres north of Sudbury. This re-homing mission, in partnership with the Second Chance Pet Network, brings cats and kittens to areas of the province where there are families waiting to adopt.

"A lack of access to basic animal wellness services, such as veterinarians and spay/neuter services, has contributed to an increase in animal populations across Northern Canada," says Caytlynn Croisier, Manager, Ontario SPCA Midland & District Animal Centre. "The Ontario SPCA and its partners work alongside communities to deliver much-needed resources including food and mobile wellness services and re-homing initiatives."

With this latest transfer, the Ontario SPCA has welcomed 68 cats from Northern Ontario to our animal centres to date this year.

"Second Chance Pet Network is so incredibly grateful to the Ontario SPCA for all the help and support given to us," says Ann Owens, Founder and Director, Second Chance Pet Network. "Dryden and area has a large community cat problem and without assistance we would have few options to help them. Bringing these kittens/cats to areas with larger populations gives them a much better chance of finding homes and helps open space for more animals who need us." Once they have settled in after their long journey, the cats and kittens will be ready to find their 'furrever' homes. Animals adopted through the Ontario SPCA are spayed or neutered, vaccinated, treated for parasites and microchipped. Interested in adopting? Visit ontariospca.ca/adopt

Photo below: left to right, Scott Warnock, HCF Executive Director, Kate Arnold, Community Reach Chair and Rick Ignas, Community Reach Transportation Manager.







# ANTEN MILLS by Dennis Gannon

It was a fun, wet and singing Friday when the Anten Mills Community Recreation Association had its July movie night two weeks ago. With great support from our Springwater firefighters, the kids, and a few adults, got a perfect soaking as water was sprayed everywhere before the show. Junior firefighters even got to test their skills hitting the windows on the house prop with a spray of water through the fire hose and nozzle. This was not only for fun for the kids but an opportunity for last year's firefighter recruits to do some pumper training along with tanker evolutions. The movie of course was a hit as a number of families watched and sang along to the tunes. The hosts for the evening hope to have another movie on Friday, August 26 so stay tuned and when details are available they will be published here and on the community Facebook page. Check out the Anten Mills facebook page for a short video of the action that evening as well as photos taken that night.



The members of the Springwater Fire and Rescue give a lot to their community. As volunteer firefighters they do receive a stipend for their fire department activities and still do much more without any compensation. The firefighters who look after our area primarily are from Station 3 Minesing and Station 2

Midhurst and have a fraternal association known as the South Springwater Firefighters Association. They are well known for their Christmas tree sales and for the past number of years they have had an annual golf tournament. Monies raised from these events are given to local charities such as Hospice Simcoe, the Elmvale and District Food Bank and Gilda's Club to name a few. While they haven't been able to host a golf tournament for the past couple of years they are having one this year on Saturday, August 13 at the Springwater Golf Course. For the joining fee of \$125 you get golf, cart, lunch and supper along with a great prize table. You are also helping them support their local charities. For more information or to sign up send Sarah an email at sarahdarby@gmail.com.

If you have ever thought about serving the community as a volunteer firefighter you are encouraged to check the Springwater Township website as currently there is a posting for firefighters. This is an excellent opportunity to serve the community and learn new skills. Check the website and if you need more information contact the fire chief's office and they will be more than happy to answer any questions you may have.

Now is the time to mark Saturday, October 1st on your calendar as the Anten Mills CRA is hosting the first Anten Mills Autumn Artisan and Crafters Fair. Following the great success of the 50th anniversary fair held last year, the CRA wants to again keep our local artisans and crafters in the spotlight by hosting an annual fair the weekend before Thanksgiving. This is an excellent opportunity for those from the community and local area to showcase their talents to the region. The day will also hold another event that is still in the planning stage with more details closer to the date. The first priority will be given to Anten Mills residents who make their own items as no commercial products will be permitted. The contact for this event will be Jan and you can reach her and sign up by emailing her at authorjaniscox@gmail. com. It will be a great day so plan on attending and participating now.



In the news the past week it has been reported that the Monarch butterfly is now on the endangered species list. These magnificent insects which endure a migration from our area and more to Mexico yearly have decreased in population significantly over the years. The milkweed plant crop on which the butterfly lays its eggs which turn into the butterfly has increased locally but unfortunately the sight of the Monarch nor its eggs have been seen recently. Let's hope that's a trend that can be reversed.

On a recent visit to the community park it was noted that the anniversary garden is blooming nicely and is great for the pollinators. Numerous bees have been seen moving about the garden which was one of the goals for the garden. If you haven't been over to see the garden lately do go check it out. For its first year it is doing very well.

There have been a number of reunions and parties held under the pavilion this summer which is nice to see again. Booking of the pavilion or community centre is done through the Parks and Recreation Department and they can be contacted by calling 705 728 4784 ext. 2078. The rates are very reasonable and it's a great place to make memories.

That's all for this week, Thanks for Reading and Be Well.





## IOURNAMENI

Tileist

# SATURDAY, AUG 13th

Springwater Golf Course 1481 Golf Course Road Minesing, ON SHOT GUN 12 pm 18 Holes plus a Cart Lunch / Buffet Dinner / Raffle / Prizes Tickets are \$125 each

Lunch is at 12pm, Tee off is for 1PM Sponsorship and Tickets Contact: sarahddarby@gmail.com

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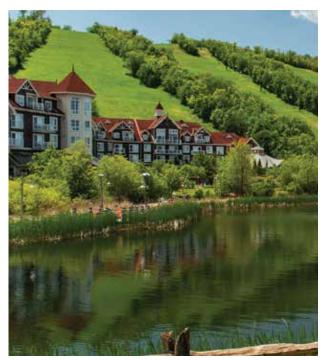
Seniors Can feel secure knowing we can provide a routine to support independent living. We offer personal care in dressing, bathing, toilet assistance and transferring. Assisted living is our specialty.



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## HIDDEN GEMS

# Blue Mountain: A Not So Hidden Gem



Named perhaps for blue grey rocky out croppings of shale or the hue taken on by the hills depending on the angle of the sun's rays, Blue Mountain has attracted both young and old for decades. Originally the territory of the Anishnaabek, Haudenosaunee and Wendat peoples, this land is now shared with and enjoyed by people the world over.

The history of Blue Mountain is an interesting one. Since the 1930's, the Niagara Escarpment had been being developed as a skiing area. During this time, the Toronto Ski Club and the Blue Mountain Ski Club (later called the Collingwood Ski Club) made full use of the slopes. It wasn't until 1941 that the spot was established as an actual ski resort by Slovakian immigrant Jozo Weider and his business partner Peter Campbell, a Toronto lawyer with prior Collingwood business interests. The pair had originally met when Jozo was a ski instructor in Quebec where Peter had shared his hopes and dreams of further developing a ski culture in the Collingwood area or more specifically, the Blue Mountains.

With Peter by his side, Jozo turned a farmer's barn into a lodge and built chair lifts out of scraps of steel found on the property. The ski barn was a happening place with accommodations, a cafeteria featuring home grown food and entertainment. In 1948, Jozo persuaded the ski clubs to give him a 999 year lease for the parts of the Niagara Escarpment they controlled. They consolidated the operation under Blue Mountain Resorts.

Jozo continued to expand and improve summer and winter experiences ensuring to involve and hire local farming families. Sadly, Jozo passed away in 1971 in a tragic car accident. His family, led by his son-inlaw Gord Canning continued to expand adding ski lifts, installing snow makers and building the Blue Mountain Inn. In 2000 expansion soared with the building of the Blue Mountain Village at the base of

# Clarke's U-Pic/We-Pic

Minimal use of pesticides • Local teenagers are helpers <u>Noted for flavour</u> Roadside stand and upic now open! Blueberries Great Cancer fighters, "Our grandchildren eat them right out of the patch!" <u>More vegetables to follow in season</u> 4 km North of Springwater Provincial Park 1571 Nursery Road, Springwater <u>Open Mondays to Fridays 8 am to noon & 5 to 7 pm</u> Closed Sat for Barrie Farmer's Market Open/Sun • 8 am to noon 705-728-4369

#### **HIDDEN GEMS continued**

the hills. Today the European styled Village at Blue offers something for everyone.

In the winter, enjoy the 42 multi-levelled ski runs and 3 freestyle terrains suitable for skiers and snowboarders alike. Hiking and tubing are also popular family pastimes. Snowshoeing trails abound and ice skating opportunities can be found winding through the forest at the top of the mountain or at the bottom on the Millpond. More of a watcher than a participant? No worries.

There are a number of skiing, boarding and freestyle competitions hosted at Blue. After a full day on the slopes or engaging in winter activities, why not enjoy a hot chocolate, adult bevvie or tasty meal at one of the cozy restaurants, cafes or pubs within the village. In the summer, spend some time on the green at Monterra Golf or the Mini Putt. Mountain biking is very popular at this time of year as well as in the fall. Want to push your comfort levels? Give ziplining, rock climbing or the low and high ropes courses a try. Head over to the pond for a ride in a paddle boat or canoe. Summer screams festival and outdoor entertainment time. Keep your eyes peeled for live musical acts, movies under the stars and weekend events such as Salsa at Blue.

Year round activities include Monterra Tennis, Plunge! (an indoor/out door water park), Ridge Runner (think roller coaster) and caving. Not up for vigorous pursuits, book some spa time. There is a spa on site as well as Le Scandinave just down the road. Beyond the village, there are also so many wonderful country roads and villages to explore in the Grey-Bruce area that won't disappoint.

The Village at Blue offers a plethora of opportunities for fun and adventure with friends and family. Build some memories. Try new things. Test your limits. See you at Blue!



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## Springwater News • August 4, 2022 • Edition 631 • Cell: 705-790-1993

#### **Jo Knows Nutrition**



#### - Two Ways For a fast, easy and mouthwatering meal, why not throw some shrimp on the barbie. Here are two grilled shrimp recipes that

Shrimp on the Barbie

are full of flavour and are perfect for dining al fresco. Relatively low in calories, shrimp pack a nutritional punch as they contain high amounts of protein, vitamins, minerals, and healthy fats.

#### LIME CHILI SHRIMP ON THE GRILL



#### **INGREDIENTS**

- 1 pound (454 grams) shrimp, peeled and deveined
- 1 teaspoon (5 ml) crushed red chilies or <sup>1</sup>/<sub>2</sub> teaspoon
- (2.5 ml) chili powder
- 1 teaspoon (5 ml) smoked paprika (optional)
- 4 tablespoons (60 ml) fresh lime juice
- <sup>1</sup>/<sub>4</sub> teaspoon (1.25 ml) salt
- <sup>1</sup>/<sub>4</sub> teaspoon (1.25 ml) pepper
- 1/4 cup (63 ml) olive oil
- 1/2- 1 cup (125-250 ml) fresh cilantro, coarsely chopped
- 1 tablespoon (15 ml) honey or maple syrup (optional)
- Lime wedges for serving

#### **GRILLED GARLIC SHRIMP INGREDIENTS**



• 1 pound (454 grams) shrimp peeled and deveined • 4-6 cloves garlic, finely minced, 1-2 (5-10 ml)

- teaspoon garlic powder
- 1/4 cup (60 ml) olive oil
- 2 tablespoons (30 ml) fresh basil, finely chopped
- or 2 teaspoon (10 ml) dried basil
- 2 Tablespoons (30 ml) lemon juice
- 1 tablespoon (15 ml) tomato paste or ketchup
- 1/4 teaspoon (1.25 ml) salt
- 1/4 teaspoon (1.25 ml) black pepper

#### INSTRUCTIONS FOR BOTH GRILLED SHRIMP RECIPES

1. Combine the ingredients in a large bowl and mix in the shrimp.

2. Marinate shrimp for no longer than 30 minutes. Otherwise, they can become mushy.

3. Turn on the grill to medium and ensure that it has been cleaned and fully heated (i.e., 10-15 minutes) before grilling the shrimp.

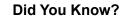
4. Meanwhile, skewer the shrimp to make the kebabs or place the shrimp in a grilling basket.

5. Cook the shrimp 2-3 minutes per side until opaque and pink in colour.

#### **ENJOY!**

Submitted by: Joanne Nijhuis MSc, RD, a consulting and culinary dietitian in Simcoe Grey Bruce.

> www.joknowsnutrition.com Instagram: jo knows nutrition



There is a better way to BBQ. The following tips may reduce the potential health concerns associated with grilling your food.

1. Choose leans cuts of meat, trim the fat and choose poultry and fish more often.

2. Go vegetarian sometimes and grill more fruits and veggies.

3. Avoid high heat and charring. Do not eat the charred bits.

4. Marinades are your best friend! Marinating before grilling reduces cancer risk according to the American Institute for Cancer Research.

5. Choose packaged meats, like hot dogs, without additional nitrates and preservatives. 6. Precook meat in the microwave and finish

off on the grill.

7. Clean your grill regularly to remove bits of charred food that smoke.

8. Avoid over and under cooked food.

9. Flip don't Fork! Flip food often and don't fork as piercing the meat juices causes smoke.

## Phrag-Free Tiny Marsh update

From M-T-M Conservation Association

The work schedule for volunteers helping to control the invasive phragmites at Tiny Marsh has been changed; the last date will be August 20. Check the Tiny Marsh page at www. mtmconservation.org for other dates and email vol@mtmconservation.org for more information and to register.

The team from the Invasive Phragmites Control Centre will be at the wetland September 5-7, with amphibious vehicles (truxors) to cut the weed in the water and technicians for a targeted application of herbicide to growth on the dykes. Thanks to those who are volunteering!

## Thunder Run is Being Held A Top of the **Escarpment Overlooking Georgian Bay**

Thunder Run is being held at Georgian Bay Park and proceeds go to Community Reach.

#### Life at Georgian Bay Park

Handpick your own vegetables from your own garden and savour the fresh, crisp taste of wholesome local produce, right at your doorstep!

Cycle or walk along the trails, rest and relax, try the locally-grown vegetables and enjoy simple, rural living. Georgian Bay Park is connected to the Nippising Ridge trail loop and the Nippising Lakebed trail loop. Explore by bike, on foot or by golf cart Georgian Bay Park-A brand new family campground & RV park

Reconnect with nature on 200 acres of private, sustainable land. Whether it's your first time camping or you're experienced with cottage country and the outdoors, Georgian Bay Park offers a wide variety of camping, trailer and RV options with all fully serviced 50 amp sites with adapters for sale or rent if needed. Weekenders, nightly and seasonal visitors welcome! Explore the park, cycle along the sideroads and swim in Georgian Bay. Just minutes from Wasaga and Woodland beach, the park is brand new and complete with a pool, clubhouse and lookout tower for an amazing view of Georgian Bay.

The Rural life right at your fingertips! Breathe the fresh air, feel the warmth of the sun on your face and enjoy a simpler way of life for a while. Georgian bay park is a brand new family campground and RV park. It is centrally located in the heart of Georgian Bay country and perfect for a getaway to relax and enjoy nature. Stay a night, weekend or an entire season. Walk around the farm and cycle along the sideroads. There's a lot to do in the area, including water activities, cycling and the Trans Canada Trail.



**Online Early Registration:** 

# 4230 Crossland Rd, Tiny, ON www.GeorgianBayFestival.com



www.communityreach.ca \$30.00 Rider \$25.00 Passenger **Gate Sales** 

\$40.00 Rider \$30.00 Passenger

# **Registration begins at 10:30am**

Ride can start at 11:00 am **4 Beautiful Self Guided Routes** 

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#### **Community Reach North Simcoe**

Our TLC program (Transportation Linking Communities) is a charitable program that offers door to door rides to people in north Simcoe who do not have access to transportation, or need accessible transportation, are seniors, or have limited resources. We take those vulnerable individuals to their medical appointments and treatments (in and out of town), grocery shopping, other community services, and to social events. Our service gives people a sense of independence, enable seniors to stay in their own homes where they feel comfortable and safe, and alleviates isolation. We also offer companion service to people that really need help in navigating medical centres or other services like grocery shopping.

Community Reach does not have federal or provincial funding and depend heavily on donations and fundraising. We did not stop our services all through Covid and since fundraising was very difficult we are resurrecting the motorcycle run called Georgian Bay Thunder to help keep our vans on the road. If you do not ride motorcycles you can still participate by coming to the Festival and donating to Community Reach by visiting their website www.communityreach.ca Tax receipts are given for \$20 and over.

Help keep our community physically and emotionally healthy!

As of July 29, 2022 for unofficial list

Councillor (3 to be elected): John Bryant, Ema

Canadic, Stephen McNamara, Janice Murton,

Eligible Tiny voters will elect a number of different

Three (3) Ward Councillors (one for each of Wards

Deputy Mayor: Sean Miskimins

**Steffen Walma and Gibb Wishart** 

positions on Voting Day, including:

**Township of Tiny** 

Mayor: David Evans

One (1) Mayor

1 to 3)

One (1) Deputy Mayor

# MUNICIPAL ELECTION

## **Unofficial List of Registered Candidates**

#### Township of Springwater

Filings as of July 19, 2022 for the unofficial list: Mayor: Coughlin, Jennifer and Haight, Bill Deputy Mayor: Maw-Chapman, Wanda and Cabral, George Councillor Ward 1: Garwood, Matthew and Horgan, Francis Councillor Ward 2: Nelson-Hewitt, Chantal Councillor Ward 2: Nelson-Hewitt, Chantal Councillor Ward 3: Thompson, Brad and Mainprize, Cory Councillor Ward 4: Moore, Anita and Smith, Linda Councillor Ward 5: Fisher, Phil and Zapolnik, Dominika

Eligible Springwater voters will elect a number of different positions on Voting Day, including: One (1) Mayor One (1) Deputy Mayor

Five (5) Ward Councillors (one for each of Wards 1 to 5)

# About the Municipal Election

Voting Day is Monday, October 24, 2022. Nomination for candidates for the 2022 Municipal Election opens on Monday, May 2, 2022. The Nomination Period closes on Friday, August 19, 2022 at 2 p.m.

# MENTAL HEALTH Effects of Tone of Voice

"10% of conflicts are due to a difference of opinion. 90% are due to the wrong tone of voice." Author unknown

There is more to spoken messages than the words we say. Tone of voice is just as important as the content of the message. Voice tone can communicate love, caring, respect and gentleness.

It can also convey disrespect, dishonoring, hostility or indifference. It can render an otherwise benign message threatening or abusive. The voice transmits energy, and can hit another like a warm, welcome Chinook, or like an icy Arctic blast.

This energy affects the recipient on many levels, and can trigger a variety of different feelings. Maybe you did not mean to say it that way, and you did not intend to offend, but, unfortunately, the damage is done.

It is a little like hitting someone, and then trying to erase their emotional response. Because it is 'just words', the speaker often feels he or she has not done anything 'that bad'.

If there is a solid, loving relationship, often mutual understanding and forgiveness allows for some lapses. However, sometimes between partners, parents and children, or siblings, a disrespectful tone of voice becomes the norm in communication.

Some are not aware of their tone, and others think that a harsh tone makes them more powerful. Unbelievably, I still have clients reporting that they get yelled at in the workplace. Being a boss or supervisor does not mean you can treat employees like they are children, and you are the authoritarian father or mother.

When this sort of thing happens at work, it reflects on the one yelling. They are showing that they have not developed the professional skills to handle problems that arise. This behavior is mean and bullying, and shows the person has no control over emotions. No one deserves to be yelled at on the job. Period.

The same can be said of yellers at home. Some may think that in their own home they can do as they want. I suppose that is true. Does that mean those close to us deserve less respect than others?

Of course I understand parental frustration. But if a parent is at the point of yelling they are likely angry and may say things that the child will remember forever. If children are yelled at throughout the years, is it surprising that they become teens who yell at their parents?

Clear rules and consistent implementation of consequences can modify most behaviours. Handling situations in a calm, but determined, manner garners respect from children and employees.

If we find ourselves saying, "How many times do I have to tell you?" it shows that "telling" (or yelling) without proper instruction, working out a plan to carry out expectations, and consistent consequences is not working. A negative tone will not help any situation, while a calm respectful tone just might.

Think about whether the energy you put out to others is like that warm chinook, or more like an artic blast. Which kind of energy to prefer to receive?

Gwen Randall-Young is an author and awardwinning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www. gwen.ca. Follow Gwen on Facebook for inspiration. Gwen Randall-Young Psychological Services

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# Wye Marsh-by-Meteor: The Perseid Meteor Shower

The Perseid Meteor Shower is an annual meteor shower that takes place in July and August. It lasts for a little over a month and every night there is a little more activity until the peak night, where it begins to slowly decrease thereafter. The peak nights for 2022 are August 11-13. On the peak nights hundreds of meteors will shoot across the night sky; approximately 80 meteors every hour. The best viewing times will be from midnight until 5:30 am when the sky is the darkest. The showers are best viewed in dark and quiet places away from sources of light pollution.

The Perseid occurs when Earth flies through the cosmic trail of the comet Swift-Tuttle. As the comet travels around pieces fall off, they enter the Earth's outer atmosphere and produce a light trail that can be viewed from Earth. A telescope is recommended, but the meteor shower can be seen by the naked eye.

If you're looking for somewhere to watch the Perseids and to learn more about them as well as other astronomy, consider attending the Marsh by Meteor event at Wye Marsh on August 12. It will be an evening of stargazing and counting comets on the boardwalk while learning about the moon, our solar system, stars, constellations, and more. Spaces are limited and pre-registration is required. You can learn more and register here: https://www. wyemarsh.com/marsh-by-meteor

Wye Marsh has over 25km of trails to explore, from winding through the cedar groves, into hardwood forest, to the floating boardwalk which immerses visitors in the cattails. It is a magical place for all ages to be inspired and fall in love with nature. Trails are accessible for all ages and abilities, with some loops being stroller friendly. Trails are open daily from 9:00am-4:30pm. There are live animal demonstrations on weekend at 1:00pm. Admission is \$12 for adults, \$9 for children aged 4-18, \$9 for seniors aged 65+, and children under 4 are free. To plan a visit to Wye Marsh, please visit: https://

## Watch Out For These 4 Costly Inflation Scams

Scammers are piling misery on top of the 40-year high level of inflation by cashing in on the cost-ofliving crunch that's sweeping the nation.

They know consumers, especially those who live from one paycheck to the next, are worrying about making ends meet.

According to the Better Business Bureau, consumers are starting to panic about rising costs and the possibility of further increases in the coming months. That makes them extra-vulnerable to scams pretending to ease their financial burden.

The number one rule for avoiding inflation scams is to always be skeptical about offers and supposed programs that seem to provide easy and instant relief in return for either a payment or confidential information like bank account details.

Here are the four most common tricks that aim to do just that:

1. Fake coupons and giveaways

Using social media, SMS texts and emails, scammers offer what appear to be big savings on regular shopping items. Using the names of well-known retailers like Walmart, they may even pretend you can get a free gift card, often by supposedly completing a "quick survey" that is really designed to steal information about you, upload malware onto your PC, or hijack your social media account.

#### 2. Gas gift and discount cards

We've all been hit by record prices at the gas pump. So, as we reported a few weeks ago, news that you've won a \$500 gas station gift card is likely just what you want to hear. Supposedly, you only need to pay a couple of bucks for shipping but that requires your credit card details, which are then used for other purchases. And, of course, there's no gift card. The same trick is used with fake 10% discount cards. The crooks use the name of well-known gas brands to make their scam more convincing.

#### 3. Debt relief

Faced with fast-rising prices, many people are turning to credit cards and high-interest payday loans, which can eventually spiral into debts they can't afford to repay. Scammers claim to be able to renegotiate payments or even have the debt reduced. They always charge a fee for their supposed services, which often involve doing what consumers themselves could do for free. A good source for genuine advice is the National Foundation for Credit Counseling (https://www.nfcc.org/). Or you can simply talk to your lender to explore options.

#### 4. Government grants

The COVID pandemic sparked the launch of federal economic impact payments to just about everyone. And some states, notably California, have since followed through on this with further stimulus payments. So, it's easy for scammers to convince victims they're in line for another chunk of cash. The crooks say you can only get your money through a direct deposit program, for which they need your bank account details. Next thing you know, your account is drained of whatever meager savings you already have. They particularly target people with poor credit history. Don't let crooks add to your inflation woes!

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## HEY DADS

Hey Dads! Have you ever noticed your kids copying you? Maybe you do something smart and they repeat it. Or maybe you do something else and they repeat that. The apple doesn't fall far from the tree. Speaking of snapping turtles, here's what happened when one of my kids copied dear old dad and the minor injuries that followed...

We were on our way to visit friends in Everett, just south of Springwater. They live on an old country road just up the hill from a marshy wet swampy spot. As we drove by one of us noticed a small-to-midsize turtle meandering across the road. I thought it would be a great opportunity for the kids to get a good closeup look at the little guy. I slammed on the brakes and turned around at the next driveway we came to.

As we approached the turtle for the second time we noticed it was a snapping turtle. Even more fun! I quickly pushed from my mind all the warnings I had heard about approaching snapping turtles over the last 40 years. What could possibly go wrong? I hopped out of the van and my not-so-little trail of ducklings jumped out behind me. I don't know if they just wanted to see the turtle or had some great anticipation of fatherly injury.

Being the fast, quick and somewhat show-offy dad that I am, it seemed a good idea for me to try and touch the snapping turtle's shell. Now I've learned a thing or two in my many years so I knew touching a snapping turtle's shell at the front had the potential for injurious results. I cleverly snuck up behind it and tapped the back of the shell. "See that kids? Easy peasy!" My son Sterling immediately copied his dad and tapped the back of the shell. We should have quit while we were ahead. The next person in line was my daughter, Pearl, four years old at the time. She had not learned a thing or two in her few years. She reached out her tiny hand right beside the snapping turtle's head to touch the shell!

Screaming, shouting and panic ensued as the appropriately named turtle snapped out and grabbed ahold of her little thumb in its savage beaky mouth. Pearl instinctively recoiled her arm and now had the turtle literally hanging off the end of it. Dad to the rescue! Actually not. Big sister to the rescue! Our 12-year-old daughter, Florence, channeled her inner ninja turtle and karate kicked that snapper to kingdom come! Well, to the side of the road anyways where he contentedly wandered away. Pearl was crying and I expected to find a mangled mess where her thumb once was. But God had His hand on little Pearl that afternoon because there was only a small scratch where the turtle had stubbornly held on.

I was relieved that she was okay and relieved that my foolish fatherly example had not resulted in the loss of anyone's appendages. Be careful what you do dads! Small people are watching! And copying! Time flies. Make every moment count!

Jason Weening tries to do things with his nine kids that don't result in injury to them (or him if possible). You can read about some of those things at www.heydads.ca.

# Classic Comedy Speaks to All Generations at the King's Wharf Theatre

True love that spans the ages is explored with wit, wisdom, and warmth on stage as the ageless comedy On Golden Pond celebrates the everyday moments in life at the King's Wharf Theatre. This heartwarming classic is on stage for three weeks only from August 11 to August 28.

Ethel and Norman Thayer are returning to their summer home on Golden Pond for the 48th year for some much-needed rest and relaxation. Their delightful summer routine is thrown for a loop when their daughter Chelsea visits for her father's 80th birthday, bringing her boyfriend Bill and his teenage son in tow. After an unexpected relationship blooms, fraught family dynamics come to the forefront as they are forced to navigate the generation gap through zippy, tart-tongued observations on fishing, literature, slang, marriage ... and their own mortality.

Veteran director Marti Maraden will direct the heartwarming production. Maraden's career includes 18 seasons at the Stratford Festival, eight years as the Artistic Director of English Theatre for the National Arts Centre, and numerous Drayton Entertainment productions, including the riveting courtroom dramas A Few Good Men and Twelve Angry Men, the 2019 sold-out drama The Miracle Worker, 2018's popular comedy The Birds & The Bees, and the hit Stacy Smith and Cyrus Lane take on the roles of the Thayer's daughter Chelsea and her new fiancé, Bill Ray. Smith has appeared in many roles for Drayton Entertainment including The Birds and The Bees, The Ladies Foursome, and Run For Your Wife. Lane appeared as in the Drayton Entertainment production of Twelve Angry Men as well as productions at Soulpepper, Canadian Stage, and the Stratford Festival, and on TV as Rupert Newson on Murdoch Mysteries (Shaftesbury).

Evan Kearns makes his Drayton Entertainment debut as Billy Ray, the teenage son of Chelsea's new fiancé. Kearns has appeared in Billy Elliot and The Breathing Hole at the Stratford Festival, and has appeared in the film 13: The Musical (Netflix/Tamra Davis).

Justin Bott is the Thayer's friendly neighbor and mailman Charlie Martin, who has unrequited feelings for Chelsea. Bott has appeared in Drayton Entertainment productions including Kinky Boots, Rocky: The Musical, Annie, Sleeping Beauty: The Panto and Jack and the Beanstalk: The Panto. Elsewhere, Justin was part of the Dora Awardwinning ensemble in The Wizard of Oz at Young People's Theatre and has appeared in numerous commercials for Casper, Sonnet, and Scotiabank, and

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# Ask a Therapist: On Unrealistic Expectations

Q: I hear a lot of "shoulds" and "should nots" in my mind and I often feel like I am letting myself and others down. Can you help?

A: It is common to find ourselves thinking about all the things we "should" do and measuring our success according to whether or not we fulfill those expectations.

However, thinking something is true doesn't necessarily make it so. It is helpful to evaluate the reasonableness of the expectation behind that "should" and to moderate our thinking and behaviour accordingly to be more balanced and healthy.

Setting unrealistic expectations or high standards is another form of cognitive distortion that doesn't serve us well. When we set exaggerated performance criteria for ourselves we are constantly measuring our worth against those standards which can move us into an unrelenting perfectionism or self-criticism. We may also have a tendency to hold others to similar standards and thus spend time judging them and expecting them to perform according to what we have deemed acceptable or right.

Our high standard setting can also infiltrate our thinking from outside sources. We regularly assume, without evaluating, that the expectations of others should also be ours. Instead of pausing to think about the value and relevance of the expectation for our lives and circumstances specifically, we continue to live as if it cannot be challenged or changed. Of course, we do have the power to choose our way forward, even when a thought pattern is well-worn in our neurobiology. The truth is that we can form new pathways that are healthier and more compassionate to ourselves and others.

External sources of high standards can include parents, teachers, coaches, bosses, or even friends! Generally their words were not intended to discourage but our perception may be that we can't make a mistake or fail without dire consequences. When evaluating the value or helpfulness of a particular expectation consider the question, "who says?" Then decide if that voice in your head still matters and if you actually agree that the expectation is good. It may be that you are still trying to prove your worth against the outdated expectations of others that you have carried with you.

If you have an abundance of "shoulds", "ought", and "musts" coming up in your thinking or in your communication to others, you may also have a strong inner critic. In this case, you will come up with your own ways of dictating what ought to be done whether others have contributed to that thinking or not. The inner critic can be loud and highly unforgiving and shaming. Therapy can be an essential tool to help someone develop tools to manage and overcome the unhelpful critic's voice because it is not easy to do so on your own. While not all standards or expectations are unhelpful, some certainly are and rooting those distorted patterns out of your thought life will lead to greater mental health. When you find yourself striving to meet over-the-top expectations, consider a gentler, more gracious approach. Self-compassion - which is essentially speaking to and caring for yourself in the same way that you would for a beloved friend - can change the relationship you have with your expectations and can provide a healthier perspective on what truly ought to be heeded. Covey Wellness Centre is located at 12B Stone Street and our bookshop is currently open to the public Monday through Friday 9-5 and 9-2 at the Farmer's Market on Fridays! Please visit CoveyWellnessCentre.com and submit the form on our Contact page to book an appointment or to inquire about our products and services. Follow us on social media @coveywellnesscentre and Eventbrite for the latest updates, resources, and event tickets! Join us to celebrate at our GRAND OPENING **EVENT on September 10th and bring a friend!** 

production of Death of a Salesman, starring George m Wendt in 2017.

Maraden will be joined by Set Designer Allan Wilbee, Lighting Designer Kevin Fraser, Costume Designer Jennie Wonnacott, Stage Manager Susan D. Currie and Assistant Stage Manager Maya Bowers. Acclaimed actor Benedict Campbell plays Norman Thayer, a retired college professor and lovable crank. Campbell has appeared in Drayton Entertainment's productions of A Few Good Men, and Twelve Angry Men, as well as 14 seasons at the Shaw Festival and 10 seasons at Stratford Festival. He is also a seasoned on-screen actor, appearing on TV in Republic of Doyle, Slings and Arrows, Burden of Truth and many more.

Janet-Laine Green makes her Drayton Entertainment debut as the spirited Ethel Thayer, Norman's sociable wife of 48 years. In addition to her stage work with notable theatres such as the Grand Theatre and Tarragon Theatre, Green has appeared in a number of movies and television series including The Beachcombers (CBC), She's The Mayor (Vison TV), and This Is Wonderland (Muse Entertainment), among others.

ge more.

American writer, actor and director Ernest Thompson wrote On Golden Pond in 1979. The production opened on Broadway at the New Apollo Theatre the same year and ran for 126 performances, before moving to a smaller venue, where it ran for an additional 256 performances. It was adapted for the screen by Thompson in 1981, starring Henry Fonda, Katharine Hepburn and Jane Fonda.

On Golden Pond is proudly sponsored by H.S. St. Amant & Sons. The Media Sponsors are Orillia Today and 97.7 Max FM. The 2022 Season Media Sponsor is CTV.

On Golden Pond is on stage from August 11 to August 28 at the King's Wharf Theatre. Regular performance tickets are \$53 for adults, \$32 for youth under 20 years of age and \$43 for groups of 20 or more and select Discount Dates. HST is applicable to all ticket prices. Tickets may be purchased in person at any Drayton Entertainment Box Office, by calling the Box Office at 705-549-5555 or toll free at 1-855-drayton (372-9866), or online at www. kingswharftheatre.com.

# **Community Events**

## SPECIAL EVENTS:

#### <u>AUGUST</u>

Aug. 4, 2022 6 pm - 9 pm Balm Beach Busk 'til Dusk The Renaissance Band

Aug. 20, 2022 <u>Tiny Marsh</u> invasive phragmites control work date.

**Oct. 7 & 8, 2022** <u>Elmvale Fall Fair</u> Fair Grounds



## COLLINGWOOD RESIDENT WINS \$250,000 LOTTARIO JACKPOT

George Nicolaou of Collingwood won "Ontario's jackpot" – \$250,000 in the July 2, 2022 LOTTARIO draw.

OLG is booking in-person prize claim appointments at the OLG Prize Centre in Toronto. We strongly encourage those with claims between \$1,000 and \$49,999.90 to submit them online or mail them in. Submitting claims online is fast and secure. Customers with prizes over \$50,000 are asked to call 1-800-387-0098 to discuss available prize claim options.

LOTTARIO launched in 1978 as Ontario's first terminal lotto game. Tickets are \$1 and the draws take place every Saturday. Tickets purchased before 10:30 p.m. on Fridays are eligible for the Early Bird draw. Visit the LOTTARIO page on OLG.ca for more information.

The winning ticket was purchased at Petro Canada on Mountainview Road in Georgetown.

OLG Winners Follow us on Facebook, Twitter and Instagram

# **ONGOING EVENTS:**

#### <u>Bid Euchre</u>

Elmvale Community Hall 1 pm - 4 pm Every Monday

<u>Midland Bridge Club</u> 12:45 pm - 4 pm **Tues.:** Duplicate Bridge, **Wed,.** Learn to Play Bridge and **Thurs.**: Duplicate Bridge <u>Coffee Parties</u> Centre Flos Women's Institute on each last Thursday of the month at Heritage Park

from 9:30 am to 11 am on June 30, July 28 and August 25

#### **Centre Flos WI Coffee Parties**

At Heritage Park this summer. They will be held on the last Thursday of the month - June 30, July 28, and August 25 - from 9:30 am to 11 am. All are welcome!

#### Good Vibes

**Every Thursday night from 7 to 10 p.m. An open-mic music event** Our location is the little white schoolhouse at the corner of Mount St. Louis Road and the 4th Line of Oro Medonte. Admission is a donation of \$5.00.

#### Bay Shore Seniors' Club Bingo

2000 Tiny Beaches Rd. S. Children's Bingo - 1 pm Adult's Bingo - 7:30 pm Every Monday throughout the summer.

#### Elmvale Presbyterian Church Let's Do Lunch 2nd Monday of the month between 11:45 and

**12:15.** Call 705-322-1411 between 9am - 3 pm to order for your \$5 takeout. Pickup is Thursday at the East side of 22 Queen St. E. Delivery in town only.

#### Farmer's Market

**Every Saturday in August from 8am – 12pm** Unity United Church 4967 Vasey Road, at the 4th Line North. Fresh baked goods, garden produce, preserve and Peameal on a bun

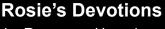
#### The Springwater Farmers' Market - Elmvale

**Every Friday from 9:00 a.m. to 2:00 p.m.** in the municipal parking lot at 33 Queen Street West. The Market features in-season produce, crafts, gifts and baked goods from local producers.

Elmvale Splash Pad Daily from 10 am to 7 pm Homer Barrett Park

Balm Beach Summer Events: Busk 'Til Dusk Thursdays 6pm - 9 pm Balm Beach Water Front

Wasaga Beach Jazz in the Park Tuesdays 7 pm at the RecPlex, bring a lawn chair





# **CLASSIFIED**

# For Sale / Wanted

DOWNSIZING?- SETTLING AN ESTATE? We pay cash for VINTAGE & ANTIQUE items dealing with - Fishing (old lures, fish baskets, rods) - trains (model, lanterns) - boat steering wheels - horse items (saddles, brass, harness, chaps, stirrups) - old toys - radios - musical instruments - Militaria - advertising signs & tins - old stained glass windows - ironware - pictures - crystal - fine china - knives - Small wooden furniture - First Nation's art - Bar decorations - old hats & accessories - fine jewelry & other items of sterling silver & gold - coins - Asian art - clock & watches - old scientific & medical pieces - maps - oil lamps - crocks & farm items or ANYTHING FROM 1970's & BEFORE. PLUS CDs & LPs of Rock & Roll & Jazz from the 1950's to present day.

Please call Peter at 705-322-3484

Wanted - A collector trying to recreate an old time General Store is looking for items found in a General Store before 1960. Eg. tea tins, tobacco tins, candy tins, post cards, bottles, magazines, old paper items, comic books, signs, toys, advertising, old store stock etc. CASH PAID 416 - 745 - 4981 or 416 - 953 - 6219

# HIRING

# **Kitchen Help Needed**

Looking for a casual worker with flexible work hours to assist us in the kitchen. To include: Preparing food, making sandwiches, assisting where needed.

Ferndale Banquet Hall & Catering 24 Ferndale Industrial Drive, Barrie Call 705-721-4255 or text

Resume can be sent to info@ferndalebanquethall.com

# WANTED

Wanted Farm Equipment: 22x38 Dion Thrashing Machine with straw cutter. Any Condition Call 905-983-9331

#### by Rosemary Hagedorn

#### Do you feel it?

It seems that there is a new wave of the Holy Spirit blowing through our churches. There is a restlessness growing within our pews, an uneasiness, a feeling of excitement stirring from within. The Christian community today is not satisfied sitting in the pews, getting fed spiritually, and then simply going back home. No, there is a desire to do more, a compulsion to go beyond the four walls of our church buildings into the community to serve where there is a need.

Our Lord's ministry is needed in our communities, outside of the pew. The Spirit is moving and bringing about a new wave of service, helping those in need, just like Jesus did. Doing something even small makes such a big difference in the lives of those who do not expect it. We need to stop feeding only ourselves and start feeding others. We need to get out and practice what we preach. Faith without works is dead.

**James 2:20,26** – But are you willing to recognize, you foolish fellow, that faith without works is useless? For just as the body without the spirit is dead, so also faith without works is dead. (NASB)

To join this new wave of the Spirit, we could choose to participate in some of these activities:

- Sharing food and drink with the hungry;
- Donating clothing to those who are in need;
- Visiting the lonely elderly and broken-hearted in old-age homes;
- Sharing the message of hope and forgiveness in mental institutions;
- Listening without judgment.

What other activities could you think of? In addition, churches need to organize community outreach activities that their members can get involved in.

**James 1:27** – Pure and genuine religion in the sight of God the Father means caring for orphans and widows in their distress and refusing to let the world corrupt you. (NLT)

**Prayer:** Father, Son, and Holy Spirit, the time has come for a new wave of service to grow. Grant us the courage and the strength to reach out to those in need and thus fulfill Your commandment of loving one another. Ignite a holy fire within us to bring about much-needed changes in our churches. Amen.

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THE OPP REPORT

Tiny Township Resident Located Deceased in Single Vehicle Crash

Page 20

Officers from the Southern Georgian Bay OPP Detachment responded shortly after 7:00 a.m. July 25, 2022 after a construction worker located a single vehicle that had left Fuller Avenue, Midland and crashed down the embankment towards Bayport Boulevard coming to rest on the edge of the construction site (https://w3w.co/easels.ceremonial. forgot). The male driver was extracted from his vehicle by Midland Fire Service and County of Simcoe Paramedics attended to triage the driver.

Sadly, the lone occupant of the vehicle Neil Barry MCQUADE 76 years of Tiny Township was pronounced deceased at the scene.

Members of the OPP Central Region Technical Traffic Investigation Unit are assisting in the continuing investigation as to the cause of the crash. Anyone who may have witnessed the crash or has dashcam video is asked to contact the OPP at 1-888-310-1122 or opp.southern.georgian.bay@opp.ca.

#### Summertime Heat and Alcohol Increase Weekend Calls for Service

The high heat of summer raised some individuals tempers along with alcoholic refreshments which resulted in some community members behaviour being altered over the weekend as officers from the Southern Georgian Bay OPP Detachment responded to over 219 calls for service during the past weekend. Assaults

Three separate incidents at a King Street licenced establishment in the early hours of July 24, 2022, resulted in a domestic assault investigation, a 36 year old Midland man going to hospital for treatment as a result of being assaulted by an unknown male and another assault investigation left Shauna MCCUE 28 years of Midland, Taylor WALLER 28 years of Tay Township and Kayla HEARN 30 years of Tay Township all getting a date to appear before the Ontario Court of Justice on September 15, 2022 on criminal assault charges after investigation.

On July 23, 2022, officers were dispatched at 6:42 p.m. to a report of a female causing a disturbance outside of a Huronia Mall retail store. Attending officers located the suspect and transported the individual to Georgian Bay General Hospital for treatment. Upon arrival the female casted bodily fluids assaulting the officer. The suspect was criminally charged with Assault and released on an recognizance to appear before the Ontario Court of Justice. Officers later responded to a William Street, Midland apartment building at 3:27 p.m. July 24, 2022, after receiving a report of a resident who was falsely activating the fire alarm. The same suspect from the prior incident was located and through investigation Brittany PARENT 31 years of Midland was again arrested and further charged criminally with the following offences Mischief - obstructs, interrupts or interferes with the lawful use, enjoyment or operation of property Fail to Comply with Probation Order False alarm of fire The accused was held for a bail hearing and will appear at a later date before the Ontario Court of Justice to answer to the charges. **Beausoleil Island Investigation** 

The OPP Communication Centre received a series of complaints over July 22/23, 2022, from campers and boaters in the Chimney Bay area of Beausoleil Island National Park relating to a male on a vessel named "Octopussy" exposing himself, firing off marine flares and causing a disturbance. Marine officers attended and after investigation located the vessel at a Midland Bay marina and arrested Miroslaw GROCHOWSKI 67 years of Ajax and charged him with the following criminal offences.

#### **Causing a Disturbance**

Indecent Act- public place (two counts)

Uttering Threats - Cause death or Bodily Harm (two counts)

The accused was released from custody on an undertaking to appear before the Ontario Court of Justice on September 8, 2022

#### No Pants

In the early hours of July 23, 2022, officers were dispatched to an report of a male with a bike & buggy who appeared to have no pants on urinating in the street and displaying his genitals near Maria Street, Penetanguishene. Officers attended and located a 61-year-old Penetanguishene resident and got him zipped up and home ward bound.

#### SERIOUS ATV COLLISION IN SEVERN

Members of the Orillia Detachment of the Ontario Provincial Police (OPP) are investigating a serious single all-terrain vehicle (ATV) collision in Severn Township.

On July 23, 2022, at approximately 9:30 p.m., Orillia OPP and emergency services responded to a single ATV rollover, where the driver was ejected, on Taylor Line, near Upper Big Chute Road, in Severn Township. The lone rider, who was wearing a helmet, was transported to a local hospital, and later transported to a Toronto-area hospital by Ornge with serious injuries.

OPP Technical Collision Investigators and Reconstructionists are assisting with the investigation. Investigators are asking anyone who may have witnessed the collision, events leading up to it or have any information in relation to this investigation, to please call Orillia OPP at 1-888-310-1122 or Crime Stoppers anonymously at 1-800-222-TIPS (8477) or www.crimestopperssdm.com.

When riding an off-road vehicle (ORV) on or offroad, drivers and passengers must wear an approved motorcycle helmet, securely fastened under the chin with a chinstrap. When riding, please follow the following safety tips:

· always ride according to the trail, road and weather conditions

• use extreme caution when turning, crossing, climbing and descending hills

Police have laid impaired and dangerous driving charges on the roads of the Town of Midland and the Townships of Severn and Georgian Bay.

On July 22, 2022 at 5:30pm, a member of the public reported that a male was seen hanging out of the driver seat of a pickup truck on Highway 400 northbound at the Port Severn Road exit. Police attended the scene with Simcoe County Paramedics however it was determined that it was not a medical emergency. Officer noted the strong signs of impairment during their investigation and arrested the male. He was transported to detachment to provide breath samples. As a result of this investigation, Robert TRIBBLE, 57 years of Erin, Ontario is charged with the following charges contrary to the Criminal Code :

#### **Operation while Impaired**

Operation while Blood Alcohol Concentration Over 80 Milligrams

Ninety minutes later, two cars, a white Audi and a Mitsubishi were driving dangerously while eastbound on Highway 12 in the Town of Midland. One driver attempted to pass on the shoulder but lost control of the car which left the roadway, rolled over and caught fire. Simcoe County Paramedic Services and the Midland Fire Department attended to assist the driver and two passengers. The resulting investigation by Police provided grounds to officers to believe that the driver of the Mitsubishi was impaired by a drug. The driver was arrested and was accompanied to a local hospital. The investigation continues to identify the driver of the white Audi.

As a result of this investigation, Tim COLE, 25 years of Orillia, Ontario is charged with Highway Traffic Act offences as well as the following charge contrary to the Criminal Code :

#### Dangerous Operation of a Motor Vehicle Causing Bodily Harm

On July 24, 2022 at around noon, a citizen reported that a vehicle had left the roadway and entered the ditch on Honey Harbour Road in Georgian Bay Township. Police attended and spoke with the female driver of vehicle, it was noted that she was showing signs of alcohol impairment and she was placed under arrest. She was transported to the detachment to provide further breath samples.

As a result of this investigation, Christa GUCKENBERGER, 46 years of Kitchener, Ontario is charged with the following charges contrary to the Criminal Code:

Operation while Impaired

Operation while Blood Alcohol Concentration Over 80 Milligrams

All accused in the preceding matters were released from custody to appear before the Ontario Court of Justice. When charged with impaired driving, the drivers license of the accused is suspended for 90 days and the vehicle they were operating is impounded for 7 days.

• drive sober - it's illegal to drive while impaired by alcohol or drugs

 $\cdot$  ride in designated areas only

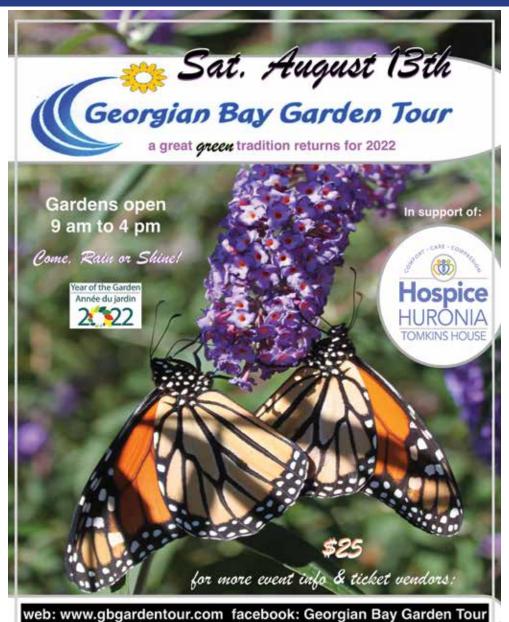
 respect the environment and keep noise levels low For more information about driving an ORV safely, visit: https://www.ontario.ca/page/driving-roadvehicle-orv

Impaired and Dangerous Driving Charges in North Simcoe

During a busy weekend, members of the Southern Georgian Bay detachment of the Ontario Provincial The OPP reminds motorists to plan ahead and to use a designated driver, cab, public transit, or stay overnight. Any amount of alcohol or drugs can impact your ability to make sound judgements. Enforcement and education is essential to save lives and reduce injuries on our trails, roadways and waterways.



# Georgian Bay Garden Tour Announces Upcoming Garden Tour Date in support of Hospice Huronia



The Georgian Bay Garden Tour is fast approaching with its new date of Saturday, August 13, 2022 and organizers are pleased to announce that proceeds from ticket sales will benefit the Bereavement Support program at Hospice Huronia.

This year's tour features 11 local gardens in a variety of styles, from rambling rural grounds to contemporary urban courtyards, woodland shade gardens and sun-drenched flower fields. Some of the tour gardens will also host local artisans during the event to further enhance the enjoyment of the day. It's an event that can be done on your own schedule, alone or in groups.

This year, your \$25 ticket purchase provides a wristband passport to the gardens on the tour while also supporting Hospice Huronia's bereavement support program, a program that has seen huge demand in the last few years and continues to grow to meet those needs. Tickets are sold at several locations and online as well. For further information, please visit www.georgianbaygardentour.ca

"The Georgian Bay Garden Tour Team are so proud to be partnering to support the Hospice Huronia Bereavement Program in 2022. We value the work of Hospice Huronia and wanted to offer our contribution to their respected program" says Kay Hawkins, Chair of the Georgian Bay Garden Tour Team. "It's available, free of charge, to community members who have experienced the loss of a loved one."

Hospice Huronia has become better known in the community with the opening of their residential hospice, Tomkins House in 2020 and continues to offer community programs, like the bereavement support program. "We're here for people who may be having a difficult time with their grief" says Sarah Clarke, Social Worker, who coordinates this program. "We offer one-on-one support, a structured group support program and a growing number of informal groups, like a men's group and activities like yoga and art therapy to meet the bereavement needs of people coming to us for support."

The Garden Tour has benefited a variety of worthwhile community organizations and projects over the years and organizers gratefully acknowledge the many years of support given by volunteers, gardeners, local businesses, advertisers and garden tour enthusiasts for making these ongoing contributions back to the community possible.

## EDGE Mystery Garden Tour



# Naturally Grown

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2174 Ron Jones Road, Midland, ON Open daily 10 am - 6 pm Place an order for pick up or stop by the farm store

## **Dr. Marie Delorme Receives** National Award for Excellence in **Aboriginal Relations**

CCAB's Award for Excellence in Aboriginal Relations is given annually to a bridge builder who has contributed to making connections between Indigenous people and Canadian society through their professional and voluntary commitments.

Born in Winnipeg, Dr. Delorme spent her early years in the farming community of Grosse Isle, Manitoba before she moved to Calgary in 1985. From an early age she understood her role to preserve Métis heritage and she proudly demonstrates it in her mentorship, business leadership, and in advancing the role of Indigenous peoples throughout Canada and the world.

Tabatha Bull, President & CEO, Canadian Council for Aboriginal Business, said Dr. Marie Delorme is a visionary who challenges the status quo at each stage of her career. Her positive attitude matches her determination to build upon the influence an Indigenous footprint can have on commerce, international affairs, and Indigenous rights and freedoms"

"We are honoured to present Dr. Marie Delorme with CCAB's national Award for Excellence in Aboriginal Relations," said Bull.

Described by her colleagues as a changemaker and a shining example of excellence in business and community, her incredible commitment to building bridges between Indigenous peoples and Canadian society has been reflected throughout her career with a determination to inspire change. Over the years, she has been recognized for 12 national and international awards, including the Order of Canada. She currently sits on 13 boards including the Canadian Federation for Citizenship, Canadian Western Bank, and the Coady International Institute at St. Francis Xavier University. She is also a member of the Indigenous Advisory Committee for Canada Energy Regulator and serves on the advisory council for the Order of Canada, among others.

Dr. Marie Delorme's career started in the telecommunications industry before branching out on her own as an entrepreneur, founding the Imagination Group of Companies which includes the Imagination Group Consulting practice, Imagination Tobacco, and the Aboriginal Gifting Company, a nationally recognized brand in the promotional products and gifting industry. Her current community work with the National Indigenous Economic Development Board helps provide advice and guidance to the federal government on issues related to Indigenous economic opportunities that enables Indigenous



EDGE would like to thank the people who opened up their gardens for us to tour, in and around Elmvale, on Thursday July 28th. Five beautiful and different style gardens. I'm sure a lot of ideas were "borrowed" to put into our own gardens.

A reminder that the next EDGE meeting will be held on Thursday, September 22 at the Legion in Elmvale. The speaker will be Charlotte Vostermans and the topic is Queen of the Vines. Hope to see you there. Happy Gardening.



peoples of Canada to have a voice in government policy decisions.

Since 2000, Dr. Delorme has provided consultation to almost 200 Indigenous Nations, corporate entities, and organizations, to federal and provincial governments, corporate Canada, and public, private, not for-profit, and charitable organizations. She has delivered more than 30 academic speeches nationally and internationally, and more than 90 business presentations in her career, which span industries and organizations. Her continued work with the National Indigenous Economic Development Board, the Indigenous Advisory Committee for the Canadian Energy Regulator, the Coady International Institute, the Pathways to Education Indigenous Advisory Circle, RCMP Circle for Change Advisory Committee, and Save the Children's Canada National Indigenous Advisory Council is just a small snapshot of what she is doing to support reconciliation efforts and to make a difference in the lives of Indigenous peoples. She remains committed to cross-cultural economic development and the participation of Indigenous peoples in Canada's economy.



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# ANNIVERSARY



Happy 50th Anniversary Karen & Russ Stroud

Celebration at Elmvale Presbyterian Church Saturday, August 27th Drop in between 1 & 4 pm.

Best wishes only!

Love Lisa, Leslie, Mack, Hunter & Annie



Congratulations to Donna and Alan Johnston

> on their 70th Wedding Anniversary on August 16th.

Love, your family

# **CELEBRATION OF LIFE**

# **CELEBRATION OF LIFE** SATURDAY, 6th of AUGUST

Anne, Dave, Carol, and Eric invite family and friends to come and celebrate the lives of their parents,

#### Elmer and Evelyn McFadden

1 – 4 pm at the McFadden Family Farm 2188 Flos Road Ten W, Elmvale

Please bring your memories to share.





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# **Obituaries**



Garry August 22, 1949 - July 29, 2022

Michael

It is with great sadness that the McCartney family announces that after a courageous 16-month battle with glioblastoma Michael (Mike) died peacefully,

surrounded by loved ones.

Mike was predeceased by his loving wife Bonnie (nee Crawford), son Kenneth, nephew Ryan, great nephew Brennan, brother Jack and parents, John and Alma.

Mike leaves to mourn his devoted long-time companion, Janice Taylor. His children, Wendy (Michael) and Garry (Sara). His grandchildren, Dylan, Ronin and Meadow. Brother Rick (Brenda). brother-in-law Garfield (Doreen). Nieces and nephews, Shaun (Nancy), Chris (Holly), Melissa, Matthew (Lisa), Tina (Lance), David (Michelle). Great nieces and nephews, Hayden (Kait), Jacee (Megan), Marena, Julia, Mackenzie, Nicolas, Rebecca and Rachel. Janice's children, Megan (Jared) and their child Zander, Jeff and Burton as well as many other loved ones across the country.

The family would like to express special thanks to Mike's nephew Shaun McCartney and his wife Nancy for their tireless commitment in caring for him throughout his illness.

Mike was so fortunate to have many wonderful people from the medical community taking care of him throughout and the family would like to particularly recognize his home care team of PSWS and nurses as well the valuable knowledge, care and support of his Doctor, Alexander Dickson and the entire team at Hospice Simcoe.

Visitation will take place at the Steckley-Gooderham Funeral Home, 30 Worsley St., Barrie on Monday, August 8th, 2022 from 6-8 pm. A service of remembrance and love will be held in the Chapel on Tuesday, August 9th, 2022 at 11 am. A reception will follow inside the lower lounge. A private family interment will occur at the Midhurst Union Cemetery. In lieu of flowers, donations to Hospice Simcoe or your local food bank would be greatly appreciated by the family.

# **Obituaries**

#### FORBES, Murray Richard

Murray Forbes in his 94th year, passed away peacefully at his home on the Forbes Farm on Tuesday, July 26, 2022 after a courageous battle with cancer.

Murray was born July 30, 1928 to Walter and Bessie Forbes on the Forbes Farm in Springwater (formerly Vespra) Township.

Murray is survived by his loving wife and partner of 72 years, Eva Margaret (nee Wallwin), his son Wayne (Carolyn), three grandsons, Michael (Kelly), Ian (Kari), and Kyle (Julie) and five greatgrandchildren.

Murray and Eva purchased the farm from Walter and Bessie when they retired in 1964. Murray and Eva enjoyed a life long successful farming career. Murray was a Cattleman, Cow Calf Operator, Buyer and Seller. Many cattle passed through his farm.

Murray and Eva also enjoyed camping with his family and friends and travelling throughout Canada and the USA.

Murray was the youngest of ten siblings. He was predeceased by his parents Walter and Bessie, and brothers Arnold, Gordon, Clarence, Earl, Vernon, and sisters Una, Beatrice, Ethel and Eveline.

Murray was a kind and loving man and will sadly be missed by many nieces, nephews, friends and neighbours.

A visitation and service was held on Saturday, July 30, 2022 at the Adams Funeral Home, 445 St. Vincent Street, Barrie. Interment at Midhurst Union Cemetery. For online condolences please visit adamsfuneralhome.ca

"The Forbes Farm was home to all"



HAMILTON, John Donlad Passed away with his family by his side on Wednesday, July 27, 2022 at the Georgian Bay General Hospital in Midland. John Hamilton of Midland in his 51st year. Beloved husband of Susan Hamilton (nee Walker). Loving and proud father of

Shawn. Brother of Lisa Scaife and Cathy Gillies (Rob). John will be fondly remembered by his nieces and nephews, Jenna, Michael, Becky, Robbie, AJ, Alyssa, and the late Allie and Billy. Pre-deceased by his parents, William and Doris Hamilton. Brother-in-law of Greg Walker (Laura), and son-in-law of Judith Oliver. John will be missed by his uncle and aunt Alex (Charlene) Hamilton and Ann Hunter, as well as his many other family and friends.

A visitation will be held at the Lynn-Stone Funeral Home in Elmvale from 2-4 and 7-9 pm on Thursday, August 4, 2022. A funeral service will be held in the funeral home chapel on Friday, August 5, 2022 at 2 pm.

If desired, memorial donations in John's memory may be made to Lost Boys Hope or the Canadian Cancer Society.

Expressions of sympathy may be sent to www.lynnstonefuneralhome.com

Summer Severe Weather: What You Need to Know current weather conditions, information on impending hazardous weather, marine weather information, and air quality and health index information. It is available from anywhere in Canada, any time of day or night.

## **Summer Severe Weather: What** You Need to Know

Who doesn't love summer breezes, blooming gardens and warm walks outside? While there is a lot to celebrate about the season, it can also bring severe weather, like extreme heat, tornadoes and thunderstorms. Don't let dangerous weather sneak up on you. Plan ahead and stay informed with a few easy steps.

#### Check the weather forecast often.

The more you know, the more you can prepare. Check the weather forecast and current conditions early and often so you know what to expect and can plan accordingly.

Online condolences and memories may be left via www.steckleygooderham.com

#### Summer Severe Weather: What You Need to Know

#### Get the forecast online.

If you prefer to get your weather information online, you can find local weather information – including information about hazardous weather and warnings any time at https://weather.gc.ca/.

#### Get the forecast through the WeatherCAN app.

Environment and Climate Change Canada's WeatherCAN app provides the latest forecast information and alert notifications wherever you are in Canada. Download it from the App Store or Google Play.

#### Get the forecast by phone.

Have you heard of Hello Weather? It's Environment and Climate Change Canada's automated telephone service. You can call Hello Weather at 1-833-794-3556 or 1-833-79HELLO to get weather forecasts,

When you call, you will be asked for your location code. If you know your code, you can enter it. You can also search for your code by following the phone prompts. You can find your location code before calling at canada.ca/helloweather. Spread the word about this service to anyone who has trouble using the internet and anyone you think would prefer to get weather info by phone.

#### Lightning

Any thunderstorm can produce lightning. A good rule to follow is, "If thunder roars, go indoors." If you hear thunder, you are within striking distance of lightning. The only safe place during a thunderstorm is inside a building or all-metal vehicle (convertibles do not protect from lightning). If you're on the water, get to shore immediately. Check the forecast and current conditions often so you know what to expect.

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# Obituaries



MARTIN, Barbara Louise Passed away suddenly at her home in Penetanguishene on Wednesday July 20, 2022, reunited with beloved husband Alan Gray, exactly six months after his passing.

Born on November 25, 1931, in

Quebec City, Barbara was the eldest of two girls. Barbara and Alan were married in Quebec City at St. Matthews Anglican Church in 1954. They started their family in Toronto in 1956 eventually settling in Medonte Township in 1974 and moving to Penetang in 2009 as empty nesters.

Barbara was committed to a life of serving others. Family, friends and community were important to her. She always provided an abundant household with a passion for cooking and a flare for entertaining. She maintained a quiet but reverent faith and a generous spirit.

Barbara Martin lived into her 91st year. Beloved wife of Alan Martin. Dear mother of John David (Pinky Marron) of Vancouver Island, Catherine (Gary) French of Elmvale, Jennifer (Vern) Jolie of Vasey, Robert Martin of Penetanguishene, and Peter (Sheera) Martin of New Jersey. Loving grandmother of Reta, Ron, Anne Louise, Kevin, Christopher, Matthew, Derek, Danielle, Jacob, Drew, and Parker. Proud great-grandmother of William, Jacqueline, Elsbeth, Pippa, Delphine, Gavin, Willow, Juliana, Thomas, Danny, Arienne, Katarina, Owen and Charlie. Sister of the late Jean (John) Antonescul and sister-in-law of the late Peter (Vivian) Martin, and the late Derek (survived by Molly) Martin. Barbara will be dearly missed by her nieces, nephews, and friends.

Friends and family are invited to a Celebration of Life at St. John's Anglican Church, Waverley on Wednesday July 27, 2022. Visitation at 10:00 am followed by a service of at 11:00.

If desired, memorial donations may be made to a charity of your choice.

Expressions of sympathy may be sent to www.lynnstonefuneralhome.com

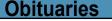


#### JENNETT, Marion Jane

Passed away peacefully at home on Friday July 22, 2022, with her loving husband by her side. Marion Jane Jennett (nee Crittenden) of Moonstone in her 89th year. Beloved wife of Arley Jennett for 69 years.

Marion was born in Simpson Saskatchewan where she met her husband Arley who had come from Ontario to work. They were married July 24th 1953 in Edson, Alberta. They lived in Alberta breifly before returning to Ontario to settle on a farm in the Wyebridge area until 1985 when they moved to their current farm in Moonstone. Loving Mother of 9 children: Brian Jennett (wife Darla), Wayne Jennett (wife Brenda), Kathy Armstrong (husband Bruce), Annabelle Swinson, Rhonda Cowen (husband William Weeks), Bob Jennett (wife Sheri), Rodney Jennett (wife Leone), Rose Quan-Hin, and Kevin Jennett, Loving grandmother of 24, great grandmother of 33, and great great grandmother of 2. Daughter of the late Charles & Katherine (Kennedy) Crittenden.







#### MCGRATH, Donald Herbert

Life long farmer, Donald McGrath, born March 12, 1933 passed away on July 22, 2022 at the age of 89. He was born at the homestead on Baseline Road in Elmvale. He assisted his parents on their farm until he purchased

the farm next door. He was a loving, devoted husband to Lorna (Strath) for 63 years.

He will be sorrowly missed by his daughters: Bonnie McGill-Ploeg; Julie (Mike) Trace; Sheila, late Kelly and Mae (Daryl) Senick. Loving Gramps to 6 grand children and 6 great grand children.

He also leaves behind his siblings: late Beverley (Marion); Rodney (Nancy); late Joanne (Beverley) (Carolyn) Rawson; Brian (Sandy) (late Joanne Bishop); and brother-in-law, Cameron (Marie) Strath. Missed by his many nieces and nephews.

The family would like to give thanks to all the caregivers at Waterside and Sara Vista who enriched Dad's life. Without the dedicated health care professionals we could not have weathered the storm. In the last few years dementia set in. As Jann Arden said in her recent book "it (was) a long goodbye".

His family and friends will miss his twinkling eyes, laugh, tenor voice, jokes and gentle, genuine ways.

Let the talks about crops, the harmonica tunes, crokinole and card games being as you meet up with your heavenly family and friends.

"May the rain fall gently on your fields"

Visitation will be Tuesday August 2nd at the Lynn-Stone Funeral Home from 2-4 and 7-9.



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Marion was the Sister of the late Hugh Crittenden (wife May) and the late Roy Crittenden (wife Helen)

She will sadly be missed but never forgotten. A celebration of Marion's life will be held at a later date.

Memorial donations can be made to the Alzheimer's Society.

Expressions of sympathy may be sent to www.lynnstonefuneralhome.com Interment Elmvale Cemetery at a later date.

If desired memorial donations can be made to the Elmvale Food Bank, Friends of Sara Vista, or a charity of your choice.

Expressions of sympathy may be sent to www.lynnstonefuneralhome.com

Home.

#### PETTEN, Leslie

It is with heavy hearts that the family announces his passing on July 26th, 2022 at the age of 92 years. Leslie is reunited with his wife Yvonne. Loving father of Calvin and Clarence (Judy). Cherished grandfather of Darren and David. He will be sadly missed by his family and friends. There will be no visitation or service, funeral arrangements have been entrusted to the Penetanguishene Funeral I feel better knowing I planned ahead to protect my family.

#### Tough times call for smart plans.

That's why so many local families are taking steps to protect loved ones with practical, affordable, end-of-life planning.

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online or in-person, with safety measures in place.

Adams Funeral Home & Cremation Services Ask about Affordable Payment Plans

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#### Elmvale Bike Night Team Donates to Food Bank



The Elmvale Bike Night team, had the privilege of presenting to Deb McLean of the Elmvale & District Food Bank a donation of \$1,020.

The team would like to thank everyone who comes out to our, Thursday night bike night at Steelers Restaurant & Pub. Because of their generosity, we are able to raise money for our local Food bank. While making this donation, we had the honour of having a tour and we were beyond impressed with the work these volunteers do. This money will help provide milk and diary products, fresh and frozen fruit and vegetables, as well as, any items that are in need to ensure children and families have all the necessities.

Elmvale Bike Night is every Thursday night from 6pm to 8pm, it is open to everyone, and it's a great night to meet up with fellow bike enthusiast, or just stop by for a visit and check out the amazing bikes and help us continue to support our local charities.



Photo above: left to right: Sue Gilson Steelers restaurant, Jeff Tress, Bruce Robertson, Elmvale bike night and Deb McLean Food bank



## ZEBRA 'MUSSELS' IN **ON ORR LAKE**

I was flipping through channels (by hand) in early 1971 on our portable TV, down in the basement rec room of our Rexdale home when a documentary caught my eye. As a teen, I was always curious

about nature, so I paused long enough to learn the premise of this exposé. A biologist was providing a warning about the threat of potential 'Zebra mussel' infiltration into our eco systems. His concern was the larvae being carried down the St. Lawrence River by huge container ships with mollusk encrusted hulls, full of contaminated bilge water. He said within ten to fifteen years our Great Lakes would be infiltrated by invasive species such as the Zebra mussels. He said this would be a huge problem and once they settled in, there would be no way of getting them out. He was right. I remember thinking "what's it to me?" and flipped the channel. Last Fall, this clip came right back to mind. I was sure I saw those critters at my shoreline. Just a few....

I remember swimming at our cottage on Lake Simcoe in the late '80s or maybe 1990, when I came out of the water bleeding with little cuts to my toes. Very

**G.** Priest Services Inc.

Views from the Cottage by Melanie Martyn

strange I thought, but it was not until the next year that I could actually see all the rocks were covered in these small mollusks. At least the water was clear! Water shoes became the new fashion as you could not stand anywhere without sliding into these little switchblades. This was one of the main reasons I would go hunting for a new summer residence by early 1997.

Bass Lake had been my stomping grounds as a child and teen so it seemed this would be my first choice. I remember parking at the shoreline along 15th line just to walk the beach and soak in all the great memories. From the age of seven, I remember trekking from the 14th line (on the hottest days) to buy popsicles and 'three for a penny' black balls (mini jawbreakers) at the Bass Lake store (Bear's) before taking a swim at that roadside beach to cool off before hiking back. A quick look into the clear shallow depths of the shoreline that day, made up my mind to look elsewhere. Nothing but zebra mussels met my gaze. Sad...very sad.

I had passed Orr Lake many times on my way to friends at Midland harbour, so it seemed natural to check it out. Yay, no zebra mussels here and with the help of a very talented local agent (Thank you P!), I found the perfect spot on this beautiful lake!



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# **HCF Environment Fund** Supports the Wye Marsh



Photo above: Kim Hacker Executive Director, Wye Marsh staff and several hard working volunteers.

For many years volunteers have worked tirelessly in supporting the work of the Wye Marsh Wildlife Centre. This year a \$ 1,000 Smart and Caring grant from the HCF Environment Fund will be used by the Friends of the Wye Marsh to provide some much needed items to assist the volunteers in their efforts.

masse. I have tried pulling these critters off with some success, but it appears hopeless. As I walk the shoreline and out into the deeper, sandy areas of the lake, I see all the clams are encrusted and will suffer the same fate as my early Spring discovery. One by one, I am still trying to save the few that I can! A little info on the 'enemy':

The zebra mussel originated in the Black Sea and Caspian Sea area. It is thought to have been brought to this continent in the ballast of foreign freighters. (as the '70s feature said...down the St. Lawrence) Zebra mussels get their name from a striped pattern which is commonly seen on their shells, though not all shells bear this pattern. They are usually about the size of a fingernail but can grow to a maximum length of 2 inches (5.1 cm).

Like native mussels, they eat algae and nutrient rich bits of sediment. They have an exceptionally high filtering rate, making them very efficient at removing these important particles from the water. Zebra and quagga mussels (not sure we have that variety) can filter a volume equivalent to that of Lake Simcoe every five days! This eliminates murky conditions and now with the resulting extra sunlight and nutrientrich substrate (Zebra mussel waste) available, there is increased aquatic plant growth. They disrupt the ecosystems by monotypic What can we do to mitigate further transmission? Clean boats, fishing gear, and waders with hot • Drain bilges and live wells

colonization (last clam standing), and damage harbors and waterways, ships and boats, watertreatment and power plants. Water-treatment plants are most affected because the water intakes bring the microscopic, free-swimming larvae directly into the facilities. Zebra mussels also cling to pipes under the water and clog them so check your intake pipes! (at least 50 degrees Celsius) water when moving between lakes

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In the Spring of this year, after the last of the ice had melted, I noticed something very odd. There were so many empty, open clam shells in the chilly waters. Noticeable more because the sun was glinting off the opalescent inside shells. Ouite beautiful, but alarming. It wasn't more than a few weeks later I would see the cause. Zebra mussels are clinging to any solid surface, including our domestic clams and snuffing out their existence en

• Dry boats and equipment (remember, zebra mussels can live for 10 days out of water!)

• Do not transport bait or water between lakes (common pathway for contamination')

As I walk the shoreline and out into the deeper, sandy areas of the lake, I see all the clams are Zebra mussel-encrusted and will suffer the same fate as my early Spring discovery. One by one, I am still trying to save the few that I can. Now if we could all jump in and save a clam, wouldn't that be awesome! Clam aboard!