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Springwater NEWS

Edition 633 - September 1, 2022 Serving Springwater & Tiny Townships and surrounding areas

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FUN IN FUNDRAISING



Photo above: Pattie Belcourt, Greg, Gwen Tjart of Elmvale Food Bank, Gary Columbus and Francis Horgan and donation cheque of \$1,500.

"More people came out this year than previous years. It was the best year ever. I am so happy that we raised \$1,500 for a good cause", said Greg, the host. People were shoulder to shoulder and laughter was heard all throughout the afternoon. Thank you Greg, for the fun in Fundraising!

The important things in life are having fun and helping others. The great community we live in does a good job at accomplishing both.
On August 20, 2022, Greg hosted his 'Non Pig Roast' and he knows the importance of fundraising. This year's annual get together was in memory and in honour of Debbie Fox and Gummy (Dan) Rowet. The local members of Elmvale knew both Debbie and Gummy very well and are forever in our memories.

MNR Investigating the Mystery at the Marsh



This large pile was unfortunately discovered to be dumped at the Tiny Marsh Wildlife Centre on the Tiny/Flos line in one of the parking lots east of the Interpretive Centre.

Sadly, this is going to be a very expensive disposal that the Tiny Marsh will have to pay for. Construction/renovation waste included large metal paint cans, broken concrete with metal rebar, styrofoam, Jaguar auto shocks, garage garbage, etc. etc - someone knows 'something' !!

(Estimated to have been dumped between late evening August 27 or early morning August 28).



It will be costly to get a dumpster and have it hauled away. Quick action took place to get the garbage in a dumpster.

Credit: Tiny Community News facebook page, Nancy Adams-Lefaive
If anyone has any information please contact the Ministry of Natural Resources as this is an illegal dumping!

Springwater News Hosts All Candidates Meeting

Thursday Sept. 8, 2022
7 pm - 9 pm

Elmvale Community Hall
33 Queen St W, Elmvale

Moderator: Linda Belcourt, Editor

All Springwater Candidates are invited to answer questions from the voters of the Township of Springwater.

I NEED YOUR HELP

Springwater News is committed to being a platform for our community. The next Municipal Election is October 24th and individuals running for Mayor, Deputy Mayor and councillor represent us. What do you want to hear our candidates discuss and debate?

In an effort to control the length of time of the meeting, I am asking the voters to submit questions to the Springwater News. I will be asking the candidates the questions that the voters send in. All candidates will be invited to introduce themselves in the next issue of the Springwater News. All candidates will be given equal space in the Sept. 1, 2022 paper to let us know how they are going to represent us. This will allow the two hours of the meeting to be focused on answering questions.

Please submit your questions by September 5, 2022:

1. **Springwater News Website.** There will be a link to click on to submit your questions.

www.springwaternews.ca

2. **Email:** info@springwaternews.ca
Please include your name, phone number, address and to whom the question is directed at. This personal information will not be shared.

3. **Call** Linda Belcourt 705-790-1993



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Springwater News
 1058 Flos Road 10 East
 Elmvale, ON L0L 1P0
 Publisher/Editor/Owner:
 Linda Belcourt
 Tel: 705.790.1993
 e-mail: info@springwaternews.ca
 www.springwaternews.ca

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.

A Message for Up Coming Election Candidates
 As "silly season" approaches, (common term for pre election times), and new faces come knocking at our doors, it is time to reflect in the governance model that our municipalities and upper tier structures provide to us.

Lets face it, that there are many reasons that brave souls place their hats in the ring to represent their constituents, be it influence, injustice, ego, financial, or a slew of ideals or unjust decisions that have to be addressed. The bottom line is that they want to make a difference and they are willing to put their time and heart into addressing these issues. Personally, I feel this is a brave act on their part as the decisions that they will make, should they be elected, with be scrutinized and criticized by the very people who put them in office. Their actions, in council and out of council will be judged, quite often unfairly. Despite this, they will influence the future of our communities and the direction that we will move forward.

Upon being elected, the real work begins. There is the orientation, procedures, by-laws and inaugural meetings. Finally you are sitting in the elected chairs of council. While you look across at your audience, be it in person or on a projected screen please consider the following:

1. In front of you are reports prepared by staff representing issues that you are expected to accept or deny. Please read them ahead of time and prepare questions that you may need clarification on. Remember that these people are in their position due to their education and experience and are knowledgeable. Use that knowledge when making decisions.

2. Occasionally, the public will want to present issues or concerns that they require council to acknowledge and may propose council consider taking action. Many of these people do not have experience public speaking and are terrified to stand before you but have rustled up their courage to speak to the subject. Please be kind. We want your constituents to speak out on issues that affect your community. Be patient. Words are difficult when your knees are knocking with fear.

3. Be ready for being a public figure, which can be very inconvenient at times. You may be approached at the most inopportune times and/or presented with issues that you may not agree with. Listen to the whole concern as there may be a side you are not aware of or considered.

4. You are representing your seat in governance. Listen intently, respond accordingly and show respect to all who look to you for guidance. Council is not a time to sleep at the wheel, but rather a job that people have put their trust in you by voting you in to office.

These are just a few notes that I hope you will consider as you enter into the world of politics.

Serving the public can be very rewarding but also very demanding. Wishing you all the best wishes for your endeavours.

H.Rutherford C.E.T. retired CBCO

To the BRILLIANT People who envisioned, and built The Splash Pad at Homer Barrett Park---a HUGE Thank-You. I took great grandchildren there recently, and it is an amazing place. It was so wonderful to see all the children enjoying a natural element, and using imagination and creativity in their play. Thanks again to those responsible.

B. Trace

NOTES FROM THE EDITOR

In the Aug. 18th edition there was an article regarding Mike Stone and a couple of submissions were from 'Community Members'. The first part of that article was submitted by Kelly Edwards, Mike's cousin. Thank you Kelly for your submission. The other submission wishes to remain anonymous.

I am looking forward to hosting the Township of Springwater All Candidates meeting. Good questions have been sent in but I need more questions from all Wards. Thank you to those that have submitted your worthy inquiries.

The reputation of the Springwater News is that the coverage is only in Township of Springwater. Township of Tiny is the other half of the Springwater News. I struggle to get writers from the Tiny Township residences. Please don't hesitate to send in your articles and history of this area.

I was raised in both Townships. My parents had a farm in Wyevalle that Don and Kathy Greidanus currently own. Our family moved to Elmvale when I was in Grade 7. I have a passion and history with both townships.

I would like to include Township of Tiny in the Springwater News for the Municipal Election just as I am including Township of Springwater.

I will be reaching out for help in hosting an All Candidates meeting for Township of Tiny.

Elmvale Fall Fair Announcement

Well Folks its that time of year again, and for the past two years we have not had a fall fair to celebrate. So lets do this up BIG.

As per every other year we will celebrate on Thanksgiving weekend starting on Thursday October the 6th ,Friday the 7th and ending on Saturday October 8th. This year our theme will be "Remember When". So put your thoughts together and come up with your Float ideas. We are looking for a big parade this year and we need your help. So for anyone who wishes to place a Float into our parade please call myself or contact any of the Fair Directors and we can give you a spot .

We will be lining up at Huronia Centennial School on Saturday October 8th at 11:30 for our parade to begin at 12:00. Lets come together on this great weekend and put the past behind us. See you at the Fair.

Brad McGrady, Parade Marshall
 705-627-7222,
 Bradley_mcgrady@rogers.com

Articles can be dropped off, mailed and/or e-mailed to the above addresses 24 hours a day.

THE NEXT PAPER will be on Sept. 15, 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 Phepston 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
265 in the Wyebridge area L0K 2E0
975 in Wyevalle L0L 2T0 including Conc. 8 and some TBRS areas,
1325 in Perkinsfield including Balm Beach to Whippoorwill
1100 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)

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SUBMIT CANDIDATE QUESTIONS EASILY ONLINE AT

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Elmvale Curling Club
14 George St., Elmvale
 Registration (At the Curling Club)
 Wed. Sept. 7th • 2-4 pm & 7-8:30 pm
 Tues. Sept. 13th • 2-4 pm & 7-8:30 pm

On-line Registration available September 6th
 www.elmvalecurlingclub.ca

For more information email:
 info@elmvalecurlingclub.ca

The Family of Mike Stone Has Many Reasons To Be So Grateful To An Entire Community...

- To those many, many people who sent cards or who took to various social media platforms to make a comforting comment, express sympathy or recount a memory at the passing of our beloved Mike.

Know that we read them with tears.

- To those who attended the Visitation, Funeral Service or Interment and to those who conducted the services: Incredible Kim and staff at Lynn Stone, Father Jim at OLOL Church and the Lions and Lioness of Elmvale District.

Your company was warming and so welcome.

- To Valley Farm catering and CWL ladies who served the delicious luncheon. To the brave speakers who related their interactions and fond memories of Mike. To those who baked and cooked and dropped off their goodies. For those who prepared and served our meals.

Your efforts and talents are remembered with sincere gratitude.

- Faye, Jason, Angela and Family thank you all on behalf of the various charities that will continue to do their valuable community work -

...because of your generous donations made in Mike's name.

Youth Auditions Announced for November Panto



Drayton Entertainment is pleased to announce Children's Chorus auditions for Wizard of Oz: The Panto, on stage this November in Penetanguishene. Auditions will take place at the King's Wharf Theatre on Sunday, September 11. Advance registration is required.

Aspiring young performers, ages 9 to 15, are encouraged to attend the auditions. Dancing, singing, and acting experience are an asset and preferred. Hopefuls are asked to learn the song indicated on the audition registration page online. The young performers will be taught a dance combination to that song at the audition, and then perform the song and dance in small groups for members of our creative team. For complete details, or to register, please visit <https://www.draytonentertainment.com/Online/Article/youth-auditions-2022>.

"It is our pleasure to showcase the vast young talent in this community," says Alex Mustakas, Artistic Director of Drayton Entertainment. "We look forward to giving many aspiring young performers the chance to be on stage and learn from professional artists."

To accommodate the demands of this grand-scale production, and to provide opportunities for as many youth as possible, the chosen performers will be divided into teams and will perform in the Children's Chorus on a rotating schedule with professional actors in the lead roles.

The Creative Team is led by Director and Choreographer David Connolly, who helmed the previous panto productions of Jack and the Beanstalk, Cinderella, Aladdin, Snow White and Peter Pan.

Connolly is joined by Music Director Steve Thomas, Set Designer Jean Claude Olivier, Costume Designer Rachel Berchtold, Lighting Designer Jeff JohnstonCollins, and Stage Manager Amber Archbell. Wizard of Oz: The Panto is written by Emma Houldershaw and Samantha Cartwright.

Rehearsals for Wizard of Oz: The Panto will begin mid-October at the King's Wharf Theatre. The production will run from November 10 to November 26. Children cast in the production must attend all rehearsals and performances assigned to their team.

Based on the beloved movie, Wizard of Oz: The Panto tells the story of Dorothy and the Yellow Brick Road... with a brand new twist! With its winning combination of incredible music, lively dancing, outrageous costumes, audience participation, and of course, a dash of theatrical magic, this fractured fairy tale brims with humour, heart, and adventure. Audiences of all ages will enjoy joining Dorothy as she journeys over the rainbow and makes her way to Oz with the help of some newfound friends.

Wizard of Oz: The Panto is proudly sponsored by Brooklea Golf & Country Club. Media Sponsors are Simcoe.com and Pure Country 106. The Design Sponsor is The Peak 95.1 FM. The Tourism Partner is Experience Simcoe County. The 2022 Season Media Sponsor is CTV.

Tickets are \$53 for Adults and \$32 for Youth under 20 years of age. Tickets for groups of 20 or more and select Discount Dates are \$43. HST is applicable to all ticket prices. Tickets may be purchased online at www.kingswharftheatre.com or by calling the Box Office at (705) 549-5555 or toll free at 1-855-drayton (372-9866).

MUNICIPAL ELECTION CANDIDATES

Township of Tiny

As of July 29, 2022 for unofficial list

Mayor: **David Evans** and **Tony Mintoff**

Deputy Mayor: **Sean Miskimins** and **Stephen Saltsman**

Councillor (3 to be elected): **John Bryant**, **Ema Canadic**, **Kelly Peter Helowka**, **Stephen McNamara**, **Janice Murton** (withdrawn), **Erik Schomann**, **Steffen Walma** and **Gibb Wishart**

Eligible Tiny voters will elect a number of different positions on Voting Day, including:

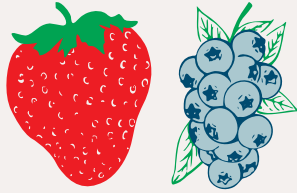
One (1) Mayor

One (1) Deputy Mayor

Three (3) Ward Councillors (one for each of Wards 1 to 3)

BARRIE HILL FARMS

Pick local. Live green.



Pick-Your-Own Apples Open NOW!



Springwater News wants to host a

Township of Tiny All Candidates Meeting

Format: Questions from the Floor Focus: Un-bias and All Sides Meeting

VOTERS: I NEED YOUR HELP

Please contact me as I need volunteers,
suitable hall, audio equipment
and volunteers to set up.

Linda Belcourt 705-790-1993

info@springwaternews.ca

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.

Update - Wilson Drive Closure

Wilson Drive (County Road 53) will reopen on Friday, September 2, 2022. Please be advised that there will be partial lane closures from Mondays to Fridays, continuing until the first week of October. While the closures are in place, drivers should expect some delays when traveling through the affected section of the road. To see a map of the closure area, visit: springwater.ca/ConstructionAndClosures

For more information, please contact Dylan Weisener, SCS Consulting Group at 416-990-1152.

Bid Opportunities

The Township is currently accepting bids for:

[Minesing Water Tank Mixing Systems Supply & Installation \(2022-38-PW\)](#)
Closes: September 15, 2022

[Heating Cables - Yard 1- Fire Station \(2022-07-RPF\)](#)
Closes: September 15, 2022

[Asphalt Patching and Repairs \(2022-37-PW\)](#)
Closes: September 16, 2022

[One Digital Sign Board \(2022-35-RPF\)](#)
Closes: September 21, 2022

[Homer Barrett Park Playground \(2022-12-RFP\)](#)
Closes: September 22, 2022

[Station 5 Firehall Renovations \(2022-30-RPF\)](#)
Closes: September 23, 2022

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

Bidders must have a paid account with bids&tenders to submit their proposal.

Career Opportunity

The Township is currently recruiting for the following career opportunity:

[Supervisor, Recreation](#)
Closes: September 8, 2022

For details, consult the job description at springwater.ca/Careers

Board & Committee Member Recruitment

Make a difference in your community! The Township is currently recruiting new members to serve on the following boards, committees and commissions during the 2022-2026 Term of Office:

- Agricultural Advisory Committee
- Committee of Adjustment
- Cultural and Heritage Advisory Committee
- Joint Accessibility Advisory Committee
- Springwater Public Library Board
- Fence-Viewer
- Livestock Investigator

Those interested must submit a completed application form to the Clerk's Office by October 16 at 5:30 p.m. For details, visit: springwater.ca/CommitteeRecruitment



SHARE YOUR VISION:

SPRINGWATER'S COMMUNITY-BASED STRATEGIC PLAN

The Township of Springwater is expected to grow from 22,700 people today to 37,800 people by 2031. As Springwater grows, what matters most to you over the next 10 to 20 years?



Complete our online survey!

We're looking for your assistance to build a **Community-Based Strategic Plan** for the Township with a 20-year outlook. The Strategic Plan will be our community vision and blueprint. It will allow us to consider what we love about Springwater, what we'd like our future to look like, and how we will get there. The goal is to build a vibrant and prosperous community where people want to live, work, play and retire.

Your voice matters. We're listening.
#OurFutureSpringwater

Visit: springwater.ca/OurFuture



Township of Springwater Municipal & School Board Election

.....

Election Day - October 24, 2022

Every four years, citizens have the opportunity to vote for their council and school board representatives. **Monday, October 24, 2022** is the next municipal election.

Who is Running?

To view the list of municipal and school board candidates in your area, please visit springwater.ca/Election.

How to Vote

Voters in the Township of Springwater will be able to cast their vote in the municipal election from the comfort of their own home—or anywhere they can access the internet or telephone. **Voting opens at 10:00 a.m. on Friday, October 14, 2022 and closes at 8:00 p.m. on Monday, October 24, 2022.** Information on how to vote will be mailed to all eligible electors in early October. Voter Help Centres will be open throughout the voting period for those who do not have access to the internet, need to be added to the voters list or require help voting. Dates, times and locations of the Voter Help Centres will be noted on the Voter Information Letter and are available at springwater.ca/Election under “Information for Voters”.

Are you on the Voters List?

If you are a resident, owner, tenant, or spouse of an owner or tenant of property in Springwater, a Canadian citizen and 18 years of age or older on election day (October 24), you can vote.

We all play a role in ensuring a fair electoral system. It is the responsibility of every elector to make sure their information is up-to-date and accurately reflected for electoral purposes. Check to ensure you are registered to vote by visiting springwater.ca/VoterLookup.

Registered Third Party Advertiser

A registered third party is any individual, corporation or trade union that advertises to support or oppose a candidate or a question on the ballot. Registered third parties must follow many similar rules to that of a candidate. If you are interested in becoming a third party advertiser, please visit springwater.ca/Election under “Third Party Advertiser” or contact the Clerk’s Department.

Ward Boundaries

The ward boundaries have not changed this term. Ward boundary maps are available to view on our website at springwater.ca/Election.

To Learn More

Please visit the Township’s website at springwater.ca/Election or contact the Clerk’s Department by email at clerks@springwater.ca or phone at 705-728-4784 ext. 2304 with any questions.



Fall Fitness Classes

Commit to fit this fall! Registration for an exciting new season of fitness classes with the Township opens on September 6, 2022. To see the list of offerings, please visit:

townshipofspringwater.perfectmind.com

We want to hear from you!

REVIEW OUR 4-DAY WORK WEEK AND EXTENDED SERVICE HOURS

The Township of Springwater recently took steps to improve the work-life balance of its employees by piloting a 4-day work week with extended municipal office hours for residents. As we are close to the end of our 5-month trial period, we’d like to understand how this schedule has impacted you.

Complete the online survey at:
surveymonkey.com/r/4-Day-Work-Week

The final day to submit a response is **Friday, September 9, 2022.**



Mayor Don's Update



Community Based Strategic Plan Survey

Community Based Strategic Plan Survey

What is your vision for the future of Springwater? Our municipality's Community-Based Strategic Plan is now in development and your feedback is critical to determining what our next 20 years look like. If you are a Springwater resident, business owner, worker, student or community stakeholder, please share your thoughts by completing the public survey found at springwater.ca/OurFuture.

The Community-Based Strategic Plan will be a highly important document that guides the Township in its decision-making, planning, and execution of key projects and initiatives through the year 2023 2043. It will inform everything from our infrastructure and budget development to the way we communicate and the future partnerships we will have. The goal is to build a vibrant and prosperous community where people want to live, work, play and retire.

Municipal Election

We are now under two months from the municipal election taking place on October 24, 2022. I encourage all Springwater residents be a part of the decision-making process by learning about our local candidates and casting their ballot during the voting period from October 14 to 24, 2022. Voting in a municipal election is a small act, but one that has a big impact on our community. From sidewalks and roads to climate action to recreation facilities, Council decisions can affect every part of your day.

To be eligible to vote in the municipal election, you must be a Canadian citizen, over the age of 18 on election day, and either a resident, owner, tenant or spouse of an owner or tenant of property in Springwater. Residents will have several options for voting this year, including remote internet and telephone voting as well as in-person electronic voting at a Voter Help Centre. Information on Voter Help Centres will be mailed to all eligible electors in early October and available at springwater.ca/Election.

You can learn about the candidates by attending the following public forums:

- All Candidates Meeting at the Elmvale Community Hall (33 Queen Street West) - Thursday, September 8, 7:00 to 9:00 pm. Hosted by Springwater News.

Voters have until September 5 to send in their questions for candidates, which will be posed during the meeting. Please submit questions through the Springwater News website at springwaternews.ca, by emailing info@springwaternews.ca, or calling Publisher/Editor/Owner Linda Belcourt at 705-790-1993.

- Municipal Debate at Midhurst United Church (91 Doran Road) - Tuesday, September 13, 7:00 pm.

Moderator Kate Harries will take questions from the floor for candidates running in Wards 3, 4 and 5, or for the Mayor and Deputy Mayor positions.

Wilson Drive Closure Update

I am happy to share that Wilson Drive (County Road 53) will be reopen to the public as of Friday, September 2, 2022. Please be advised that there will be partial lane closures during the work week (Monday to Friday), which will be in place until the first week of October. While the closures are in place,

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drivers should expect some delays when traveling through the affected section of the road. To see a map of the closure area, please visit: springwater.ca/ConstructionAndClosures

Committee Member Recruitment

The Township is currently recruiting citizens who are interested in fulfilling a municipal board or committee position during the 2022-2026 Term of Office. Our boards and committees allow citizens to share their ideas, talents and passions to make Springwater a better place to be. The Township of Springwater has several advisory committees and a number of internal and external boards and commissions. If you want to make a difference in your community, I encourage you to consider joining one of the following:

- Agricultural Advisory Committee
- Committee of Adjustment
- Cultural and Heritage Advisory Committee
- Joint Accessibility Advisory Committee
- Springwater Public Library Board
- Fence-Viewer
- Livestock Investigator

Those interested must submit a completed application form to the Clerk's Office by October 16, 2022 at 5:30 p.m. Applications will be considered by Council in early 2023. For more information and to apply, visit: springwater.ca/CommitteeRecruitment.

Fundraisers for the Elmvale & District Food Bank

Help support the Elmvale & District Food Bank this month by participating in two very important local fundraisers:

1. **Stuff the Truck** – The Springwater Firefighters will be out collecting donations for the Food Bank on Wednesday, September 21 beginning at 6:00 pm. Please leave items at the end of your driveway for them to pick up as they drive by. To see maps of the routes they will be taking, visit springwater.ca/StuffTheTruck.

2. **Smile Cookie Week** – From September 19 to 25, purchase a Smile Cookie at the Elmvale Tim Hortons and 100% of the proceeds will be donated to the Food Bank. A pre-order form will be made available soon for residents to order cookies in advance.

Resident Survey: 4-Day Work Week and Extended Hours

Last April, Council approved a pilot project to implement a 4-day compressed work week at the Township for a five-month trial period. Under the project, Township staff were given the option to take advantage of a 4-day work week, reaching their same 35- or 40-hour time requirement. The project allowed the municipality to expand its service hours by an hour each day, with the Township Administration Centre presently open from 8:30 am to 5:30 pm, Monday to Friday. As we are now four months into the pilot project, the Township would like to hear from residents to understand the impacts and benefits of



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this work schedule on you. Please take a few minutes to complete our online survey at surveymonkey.com/r/4-Day-Work-Week.

Newcomer Recognition Awards

The County of Simcoe has opened the nomination period for the 10th Annual Newcomer Recognition Awards. The deadline to recognize deserving community champions is September 23, 2022. Over the past nine years, the Simcoe County Local Immigration Partnership (LIP) has hosted this annual celebration to recognize outstanding community leaders and champions who take decisive action to enhance the lives of newcomers in Simcoe County.

Nominations for individuals, organizations, groups and/or businesses can be submitted in the following categories:

- Community Champion
- Immigrant Artist
- Immigrant Entrepreneur
- Immigrant Mentor
- Service Excellence
- Immigrant Youth
- Youth Community Champion
- Ethno-cultural Group
- Culturally Diverse Workforce (organization/business)
- Welcoming Work Environment (organization/business)
- Marketing and Outreach (organization/business)
- Multiculturalism through Education (educator/school)

Application submissions should be returned via fax to 705-725-9539 or emailed to scip@simcoe.ca. For more information and to download an application package, visit simcoe.ca/dpt/ccs/lip/newcomer-recognition-awards.

Enjoy the final weeks of summer. It is going too quickly. Stay safe.



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Meet Your Township of Springwater 2022 Municipal Election Candidates

Springwater News invites all voters to the All Candidates Meeting.

Meet these Candidates and listen to their position on the township issues. Submit your questions to Linda Belcourt, Editor

Jennifer Coughlin, Mayor

With enthusiasm, integrity and passion, I have served you as Councillor and Deputy Mayor. As Mayor, I will continue to be responsive to residents, network and educate myself ensuring that when representing Springwater I am effective and informed. I will continue to champion sustainable solutions to ensure that as we grow the vitality, natural beauty and rural roots of our communities are upheld for generations to come.

George Cabral, Deputy Mayor

I'm a 34 yr resident and current Ward 1 Councillor. I'm ethical, responsible and committed, with the knowledge and experience to be your Deputy Mayor. I do my homework, review & research all issues, and I'm always informed & prepared for council meetings. Key issues - Inflation, Property taxes, Midhurst Secondary Plan, Public Safety & Police Services Act changes impacting Springwater. Simply put, I will keep working hard for you, I'm available, approachable & responsive, at any time.

Matt Garwood – Ward 1 Councillor

I'm Matt Garwood, running to be your Ward 1 Councillor. I live in Elmvale with my wife Danielle, our daughter Ivy, with another child on the way. Our community deserves strong representation that will champion agriculture, our local BIA, road safety, and the preservation of the Elmvale Arena. It is my promise to continue connecting with our community while listening to what matters most to residents. Election day is October 24, 2022. I look forward to earning your vote.

Danielle Alexander, Ward 2 Councillor

I have been fortunate to live and raise my family in Phelpston for 17 years. For the past 10 years I have volunteered with the Phelpston CRA, serving as Chair for 6 years. During this time, I worked with 2 different councils to upgrade the rink building, replace the rink boards, replace the bleachers and build the gazebo. I look forward to meeting residents in all the Ward 2 communities to better understand your needs so I can effectively be your advocate.

Brad Thompson, Ward 3 Councillor

Moved to Simcoe County in 1989, 15 year resident of Anten Mills. I started my own business in 1997 and retired in 2012. My skills included hiring, mentoring and managing a multimillion dollar business. Protecting the environment and keeping taxes in line top my list of concerns. Supporting local business is important to me. For more information contact me 705.725.3982 brad.a.thompson@hotmail.ca

Phil Fischer, Ward 5 Councillor

Springwater needs representation that works for the taxpayer and strengthens our community. Managing our growth responsibly while maintaining Agricultural and EP lands is increasingly important. My family I have called Midhurst home for nearly ten years and we want to see Springwater preserved.

I am a proud member of the local MCRA organizing events that benefit our community. I am dedicated to responsible and transparent government. I hope to earn your vote this fall. Thanks Phil Fisher

Shawn Cooper, SMCD School Board Trustee

Served 8 years as Ward 7 Catholic School Trustee including 2 years as Ontario Catholic Trustees' Association Director.

Delivered \$1M plus in funding to enhance Our Lady of Lourdes Kindergarten area & Accessible Washroom facilities.

Commitment to Springwater: Advocate for course content on financial literacy. Enhance communication between the Board & Families

Kelly-Anne Kenny, SMCD School Board Trustee

My knowledge and experience will bring a fresh perspective to the role of Trustee. Committed to the children and parents is to ensure a strong educational system, student achievement well-being, good citizenship, promote accountability throughout the school board, create collaborative relationships inside the board and across the community, overseeing the development of policies and procedures to guide the Board in its operation and advising the board as to ever changing education requirements.

Bill Haight, Mayor

Lifelong resident of Springwater for 59 years. Earned an associate degree in automotive marketing and business management from the University of Northwood. Enjoys farming in Springwater and running a small contracting business. With my years of experience in road building and sewer and water installations throughout the county of Simcoe, I will be your voice to manage the township in a cost effective and commonsense way of doing business for the people of Springwater. Contact 705-333-7893

Dennis Gannon, Deputy Mayor

Dennis is a long time and active resident of Springwater. He is the former Springwater Fire Chief and enjoyed a longtime career in the public service. He actively worked with municipal governments along with provincial ministries. He is the Chair of the Committee of Adjustment and a member for the past 8 years. He has been active with the Anten Mills community for over 4 decades. He believes in Connection, Collaboration and Community. Committed to doing the best for our community.

Francis Horgan, Ward 1 Councillor

I was born in Elmvale, graduated from OLL, EDHS, and Georgian College. In 1987, I started working at the Palace Tavern with my brother Sean. After my brother's accidental death, I realized our dream to buy the Palace. My wife Catherine and I have six children aged 27-11. In 2011 we started a security company employing over 30 people. In terms of community involvement: I have been running the Elmvale Wednesday night baseball, a Legion member for over 35 years and a BIA member.

Hale Mahon, Ward 3 Councillor

I've lived in Springwater for almost my entire life & I'm proud to call it my home. I've given back in my professional & volunteer roles & now, I want to give back as your Councillor. My experience includes organizing community projects as chair of the Midhurst Recreation Association (hall board) & helping constituents navigate government & social services with our local MPP's office. My Vision for Springwater is for Smart Budgeting, Strengthening Communities, & Listening to Residents.

Anita Moore, Ward 4 Councillor

I am the current Ward 4 Councillor and 27-year resident building deep roots in our community. With an established career in health care and a passion for supporting families, I currently manage home care needs for patients locally and sit on the Board of Directors for Hospice Simcoe. Prior to Council, I was a Member of the Committee of Adjustments and I remain an active volunteer, including as Secretary for the Grenfel Cemetery. Your continued support and encouragement is truly humbling, thank you!

Dominika Zapolnik - Ward 5 Councillor

In my personal and professional life, I have dedicated myself to strengthening communities. Through my leadership roles in health and mental health, I empower organizations to work collaboratively to achieve their goals. I support prudent fiscal management, responsible growth (e.g., traffic calming), environmental protection, responsiveness to resident concerns, and communication. I live in Midhurst with my husband, Mike, my children, Ruby-Anne and Logan, and our 3 rescue dogs.

Heather Eby, SMCD School Board Trustee

I live in Elmvale. I have been a part of this community for 8 years. I am a mother, entrepreneur and small business owner. My belief is that education doesn't end in the classroom. We all need to work together to make our education system work. This is my first time running for Trustee, however, I know that it will be my job to be a voice for the students, parents and teachers. To share their concerns and to be an ally throughout the year. I am looking forward to serving our community and schools.

Perry Ritchie, Mayor

Elected to council in 2010 main issue was getting our blood services back, got the approval for blood services. Re-elected in 2014. Supported a Partnership between Springwater Twp and SCDSB for a new addition onto the EDHS. Renovated the Hillsdale and Phelpston Rec Halls plus new rink boards for both rinks, Elected again in 2018. Supported the Elmvale Seniors, New Elmvale Food Bank, the clean out of the Swaley Drain, Train drain, keeping taxes down, and hard topping our gravel roads.

Wanda Maw-Chapman, Deputy Mayor

I live in Minesing with my husband Mark & our daughter Gracy. I have been calling Springwater my hometown for over 50 yrs. I am an avid volunteer for over 20 yrs. As a member of Springwater Council, I have demonstrated integrity, honesty, trust, and a strong commitment to residents over the last term. I will continue to learn & educate myself with all development, agriculture, concerns & projects plus much more that arises.

I will continue to be your voice.

Janette O'Neil-Scott, Ward 1 Councillor

My platform is simple; it is our community. I not seeking simply a vote, but the opportunity to lend my voice to our community's future. I would like to support our community in staying vibrant and economically viable while both managing and contributing to growth and change. As a resident who has grown up authentically living as part of our farming community, and as an adult raising children in our schools and seeing them progress to work at our local business, it's time to give back.

Cory Mainprize, Ward 3 Councillor

My wife Terri and I with our two boys Owen and Ryan choose Springwater as our forever home in 2015 after several years of searching for the perfect community. I am a Fire Service professional who has dedicated my entire working career to community service, and public safety as a front-line Firefighter and Officer, through to my current role as a Fire Chief and Director of Emergency Services in an urban city managing a large municipal budget and delivering essential community services.

Linda Smith, Ward 4 Councillor

I have lived in Ward 4 for over 30 years, having started Linda's Eating Place and continuing to operate The Ice Cream Hut. From the people I have met, I understand the benefits & issues. I will work with Council and Township staff to ensure proper implementation of this ongoing growth, being fiscally responsible, with the priority of preserving the special attributes of this great Municipality. On October 24 please trust me with your vote. Thank you.

Diane Belvedere, SMCD School Board Trustee

To whom much is given, much will be required (Luke 12:48). I have enjoyed the benefits of having a Catholic education. Throughout my career, I have endeavored to "give back," volunteering thru various parishes in our Archdiocese & also in my community. Since having children & moving to Collingwood, I have volunteered on school parent councils & help wherever needed. It would be my honour to serve this wonderful community as Trustee, advocating for our children & representing our families of faith.

Carol Fraser, SMCD School Board Trustee

I want to be a voice for parents and children in the ongoing pursuit of a meaningful education with the Catholic faith values and traditions. There are many issues that need to be addressed with the members of our school community that need EAs and special consideration. I will make a difference and stand up for what needs to happen in our schools. As a Parent of two children, one with special needs, I have valuable life experience to bring to the board.

Voting Methods in the 2022 Municipal Election

In 2022, voters in the Township of Springwater will be able to cast their vote in the municipal election from the comfort of their own home – or anywhere they can access the internet or telephone. In addition to internet and telephone voting, there will be in-person electronic Voter Help Centers for those who wish to cast their ballot in-person. Voter Help Centers are listed below and will be listed on your Voter Information Letter (mailed in early October, 2022).

Options to Cast a Vote Include:

Desktop or laptop computer; Smart Phone (mobile device); Tablet Device; Touch tone phone; or In-Person, electronically, at a Voter Information Centre.

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Baseballs were originally made from the foreskins of horses.

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source: <https://easyscienceforkids.com/>



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Sports with Patrick Townes



This Labour Day weekend is the annual Minesing Labour Day slow-pitch tournament. The tournament is back this year after a two-year hiatus due to COVID. It ran annually for almost 30 years. It is hosted by the Minesing Community Recreation Association and over the years has raised funds to help pay for the Community Centre expansion in Minesing, and the covered pavilion and rink boards, as well as many smaller projects the in the community.

The first year the tournament had only 8 teams entered, and pre-pandemic it peaked at as many as 32 teams. This year 24 teams will participate; a couple of them are still around from the first year, although there have been some player changes over the years. The action kicks off Friday night at the Minesing school diamonds and Tree Nursery Sports Park. The beer garden at the Pavilion is always packed Friday

night to enjoy a band or DJ. Games resume Saturday morning at 9:00 am and the day ends with home run derby at the school diamonds. Championship Sunday always brings a big crowd to Minesing school diamond #2. The finals start at 11:30 am with the ‘D’ division and work up to the ‘A’ division at 3:15 pm.

The Blue Jays ship is still afloat, but not far from sinking. The Baltimore Orioles are hot on the tails of the current Wild Card teams and it will be a tight race to the finish. The recent sweep at the hands of the lowly Angels is not a good start to one of the weaker parts of their schedule. The team has had to sit some of the hotter hitters in order for George Springer, who has been battling some injuries, to DH. The starting pitching is good, but the hitting is suspect. A playoff team needs all sides of the field on a roll. The beasts in the National League will be tough to beat at the end of the day, but the American League is all up for grabs. The Simcoe Rural Fastball

League playoffs are currently in the semi-finals. The Minesing Mallards are facing the Vasey Countrymen and the Waubashene Dodgers are facing the Uthoff Nationals. Schedules are not finalized.

The Elmvale Rural Fastball League (Thursday Night League) is also entering their playoff schedule. Action occurs on the next two Thursday nights, and then concludes with Friday night and Saturday games in Elmvale on September 9th and 10th. It is a round robin format with the top four teams squaring off on the 10th. The pools are as follows: Giants, Royals, Brewers and Ball Dogs. And the other pool features the Merchants, Minesing, Selects and the Legion.

The curling season is quickly approaching. Yes, you are as surprised as I am. Keep an eye out for the ads in the paper for the Elmvale Curling Club and stay tuned for the online registration process. The club is always looking for new curlers and please do not hesitate to reach out or drop in for a visit.

ON THE FIELD WITH THE HILLSDALE HAYMAKERS

The Hillsdale U17 team sponsored by Hardship Acres Landscaping Inc. travelled to Wyevale on August 15th looking to capture the GBMSL Peter Robinson Memorial Championship trophy. The team was able to come away with a 18-3 victory. This capped off a regular season championship that saw the team go undefeated in league play. On top of this achievement the team finished 7th at the Canadian eliminations and 8th at the Ontario Summer Games. Anchored by great pitching from Isaac, Ben, Cam and Cole. Solid defence and great hitting from

Jake M, Nathan, Jackson, Nik, Josh, Jake D, Eden, Bradford, Brayson. Congratulations Team on a great season and Thanks to the coaching staff for all the effort to make this an incredible year.

What a great season had by all teams! A big thank you to all of the sponsors, players, coaches, officials and parents for a successful season.

To keep up to date on all things related to Hillsdale Haymakers Minor Baseball check the website <https://hillsdaleathletes.com>

GBMSL Results

Team		
U9	W	25-13
U11-1	L	27-5
U11-2	L	11-18
U13-1	L	13-5
U13-2	W	13-5
U17	W	18-3

A group photo of the Hillsdale U17 baseball team. There are 14 players and one coach, all wearing blue jerseys with "Hillsdale" in yellow script and grey pants. They are posed in two rows on a baseball field. The front row is kneeling, and the back row is standing. A large gold trophy is in the center of the front row. The background shows a chain-link fence and trees.

U17 Team Sponsored by Hardship Acres Landscaping Inc

Capture the GBMSL Peter Robinson Memorial Championship Trophy



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Update From Doug Downey MPP

Ontario Making it Easier to Apply for and Renew Accessible Parking Permits

The Ontario government is making it easier, faster, and more convenient for people with accessibility needs to use Accessible Parking Permits. Now, Ontarians can apply for, renew, and replace lost or stolen Accessible Parking Permits online, from the comfort of home. Organizations and not-for-profits supporting disabled Ontarians will also be able to take advantage of this full suite of online services anytime, anywhere.

The province is committed to improving services to make life easier for all Ontarians, especially those with accessibility needs. Having the option to apply for and renew Accessible Parking Permits online will save people time and let them focus on what matters most in their life instead of filling out needless paperwork.

With these new online services, residents can apply for new Accessible Parking Permits, renew Subject to Change permits, and replace lost or stolen permits. This builds on other online services already available, including applying for a traveller's permit or a motorcycle decal, requesting a change of address, and renewing a permanent permit. In addition to online options, Ontarians can also access services by mail or in person at a ServiceOntario location.

An Accessible Parking Permit is available to an individual with a health condition that meets the eligible health requirements. Accessible Parking Permits can be issued to an individual or to a company vehicle used to transport persons with disabilities. There are approximately 770,000 Accessible Parking

Permits in use. Last year, ServiceOntario issued close to 255,000 permits.

Providing a full suite of online options to obtain an Accessible Parking Permit is a major step forward to making services more accessible to residents and organizations supporting those with disabilities. Previously, people applying for an Accessible Parking Permit needed to apply in-person or by mail, taking weeks and requiring needless and time-consuming travel. Organizations and not-for-profits supporting disabled Ontarians can now use the time and resources they would otherwise spend applying for or renewing permits to directly support their community members.

It's important for Ontarians to keep their Accessible Parking Permit and other government-issued documents up to date to avoid fines or penalties and ensure access to critical services. We've made it easier, faster, and more convenient to renew. Customers can go online to renew their licence plate, driver's licence, health card, Ontario Photo Card, and Accessible Parking Permit at Ontario.ca/Renew in minutes. For those who need to visit in person, ServiceOntario offers appointment bookings to make the visit fast and hassle-free at Ontario.ca/Appointment.

Digital reminders are available for renewal of licence plates, driver's licences, health cards and Ontario Photo Cards. Convenient digital reminders by email, text, or phone call are a simple and fast way to get notified 60 and 30 days ahead of expiry. Signing up is quick and easy online at Ontario.ca/Reminders or call ServiceOntario at 1-800-387-3445 (TTY 1-800-268-7095).

Update From Doug Shipley MP

The last full month of the summer season has come and gone, and we are nearing the Labour Day long weekend, which many consider to be the last long weekend of summer. I hope that you were able to take in all the wonderful things that the season has to offer and continue to enjoy the remaining warm days ahead. This Labour Day Weekend, remember to exercise caution if you plan to spend time by the water and refresh your memory on water safety tips.

DOUG SHIPLEY
MEMBER OF PARLIAMENT

BARRIE—SPRINGWATER—ORO-MEDONTE



48 ALLIANCE BOULEVARD,
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BARRIE, ON L4M 5K3
WWW.DOUGSHIPLEYMP.CA
DOUG.SHIPLEY@PARL.GC.CA
705-728-2596

I hope you have a fun and safe weekend with family and friends.

Many farm stands and markets are still operating well into September so be sure to stock up on some local produce for your Labour Day barbecues. We are very lucky to live in a riding with a large farming community and it is important that we show our support by buying local.

The end of summer also means that students are preparing to head back to class. With students back to school, it means that buses will be out in the mornings and afternoons doing pick up and drop offs. While we get back into the swing of the school year, please be sure to watch out for children crossing the street and remember to stop for the stop sign and flashing lights on school buses. Don't forget school buses also stop for all railroad crossings so if you are driving behind a bus, be prepared to stop. Back to school can bring a mixed bag of emotions for some children, and parents too, but I hope that you have a wonderful first day and a great school year ahead.

As always, if you or your family have concerns with any federal matters, please contact me at 705-728-2596 or doug.shipley@parl.gc.ca.

Doug Shipley,
MP Barrie—Springwater—Oro-Medonte



11:00 AM / 09:30 PM










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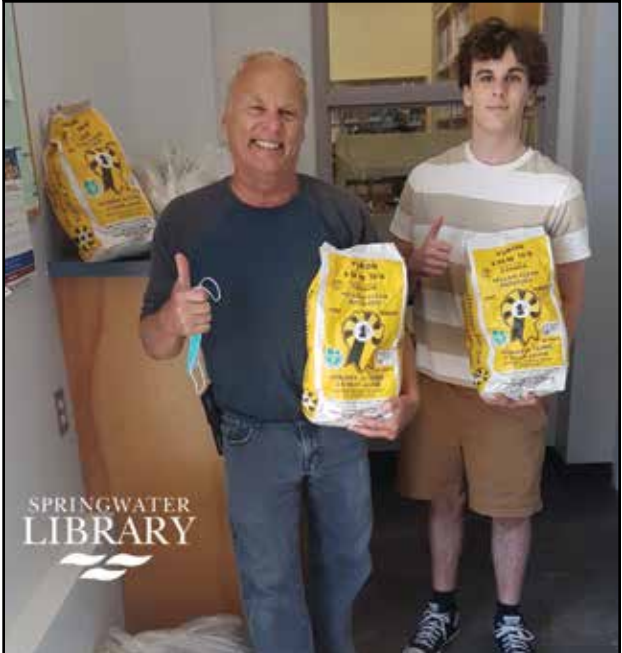
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information, branch updates and our virtual programs. Programs and Videos on Facebook and YouTube (search Springwater Library)



Good Food Box
Looking for fresh produce? Pictured up above are Hugh and his son Matthias who volunteer each week to deliver all the orders. The Good Food Box program is all local produce when possible and are ONE size only for \$16. Orders must be prepaid by the 7th of every month and pick up will take place the 4th Tuesday of every month at the Elmvalle Branch.

Krafting with Kathy
This month's free kit will include supplies to make three different Minion crafts! Available Thursday September 1 while supplies last.

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

Senior Tech Help
Tech-minded amazing volunteer Armando is back! He offers 30 to 45 minute appointments to teach technical skills to seniors. Wednesdays starting September 14, 10:30am-12noon. To book your appointment call the Midhurst branch (705) 737-5650.

Labour Day Holiday Hours
Please note all branches of Springwater Public Library will be closed on Monday September 5 and will reopen to regular branch hours Tuesday September 6.

Take and Make Craft by Kaitlyn
This month Kaitlyn has a two for one special! You can make both a small apple craft and a hedgehog bookmark. Thursday September 15 while supplies last.

Storytime in September
Join Miss Amanda for storytime back in the library! Drop in! No Registration required. Free! Tuesdays starting September 21, 10:30am at Elmvalle Branch. Thursdays starting September 22, 10:30am at Midhurst Branch.

Simcoe Author Talks
This month we host two author Catherine MacKenzie, and her book, Please Join Us, a propulsive thriller about secret organisations, hidden agendas and the lengths one woman will go to reclaim her life. Thursday September 22, 7pm via Zoom. Registration required.

Creative Adults
Connect with other adults by signing up for a Beeswax Food Saver Workshop Saturday September 24, 1 pm Midhurst Branch. Then register for an Acrylic Painting Workshop Monday September 26, 2pm Elmvalle Branch. This program has a suggested donation of \$10.

Autumnfest in Midhurst
Drop by the library's table at this year's Autumnfest at the Midhurst Pavilion on Saturday September 24 for your chance to play some games, spin the wheel of fortune and enter a draw to win a free light saber!

Jo Knows Nutrition



GRILLED HALLOUMI KEBABS WITH HALLOUMI CHEESE (REGULAR AND VEGAN)

No BBQ or end of summer party is complete without a platter of grilled kebabs and these vegetable and halloumi skewers are a crowd pleaser. Bursting with Mediterranean spices this vegetarian/vegan recipe will impress even your meat loving guests.



- INGREDIENTS (serves 8 people)**
- 500 g halloumi cheese or 680 g (2 blocks) of extra firm tofu, cut into 1 1/2 inch (4 cm) cubes
 - 25-30 cherry tomatoes
 - 2-3 red or green peppers cut into squares
 - 2 medium zucchinis cut into 2 cm (3/4 inch) rounds
 - 1-2 medium onions, quartered
 - 4 tablespoons (60 ml) extra virgin olive oil
 - 2 tablespoons (30 ml) red wine vinegar
 - 4 garlic cloves, minced or 1 teaspoon (5 ml) dried garlic powder
 - 3 tablespoons (45 ml) dried oregano
 - 1 tablespoon (15 ml) dried thyme
 - sea salt and black pepper, to taste

- Marinade for Vegan Halloumi made with Extra Firm Tofu**
- 1 cup (250 ml) hot water
 - 4 tablespoons (60 ml) light tasting olive oil
 - 4 tablespoons (60 ml) nutritional yeast
 - 1 tablespoon (15 ml) fresh lemon juice
 - 1 tablespoon (15 ml) apple cider vinegar
 - 1 teaspoon (5 ml) salt

- 2 cloves crushed garlic or 1/2 teaspoon (2.5 ml) dried garlic powder

INSTRUCTIONS

Note: Use Metal or wooden skewers that have been soaked in water for at least 30 minutes.
Vegan Halloumi (i.e., Marinated Tofu) Preparation:

1. Rinse and cut the tofu into 1 1/2 inch (4 cm) cubes and place in a shallow dish.
2. Mix together all of the ingredients for the vegan halloumi marinade and pour over the tofu.
3. Marinade for at least 1 hour, but no more than 1 day or the tofu will fall apart.
4. Drain the marinade off the tofu and add to the vegetable skewers.

Vegetables and Greek Style Marinade Preparation:

1. Put the vegetables and halloumi cheese, if using, into a bowl and add the Greek Marinade ingredients (i.e., olive oil, vinegar, garlic, oregano, thyme, salt and pepper). Mix well and marinade for at least 1 hour, but no more than 1 day.

Assemble the Skewers and Grill:

1. Thread the vegetables and the halloumi cheese or tofu onto skewers.
2. BBQ the skewers on medium-high heat for 5-6 minutes, turning every minute or so to prevent burning. Alternatively, cook in oven at 400 F (200 C) for 15-20 minutes until tender.

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

www.joknowsnutrition.com
Instagram: [jo_knows_nutrition](https://www.instagram.com/jo_knows_nutrition)

Did You Know?

Going meatless at least once or twice a week benefits both your health and the environment. Vegetarian dishes exclude meat, chicken and fish and are usually loaded with vegetables, fibre, healthy fats and essential dietary nutrients. It's hard to believe, but meat production creates 10 to 40 times more greenhouse gases than growing plant-based food. **Meatless Mondays anyone?**

RE-ELECT ANITA MOORE

YOUR VISION, YOUR VOICE.



WARD 4

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 Councillor Anita Moore

Michael Jacobs and Springwater News in Dawson City



Dawson City is 5680 kilometres from Elmvale. Michael Jacobs took 7300 kms and 24 days to get there and guess what paper he found on arrival. The editor, Linda Belcourt, is so proud of what Michael has done with starting this newspaper. Thank You Michael! Let's bring back the "Look Where I found the Springwater News" section.

Ask a Therapist: On Magnification and Minimization

Q: Sometimes I feel like I have overreactions (or underreactions) to things and I'm not sure how to help myself "right-size" my thinking and responses. Can you help?

A: Disproportionate reactions can come in many forms including magnification and minimization. Typically, when your reaction seems like it is not fitting - either too big or too small to suit the situation - it can make you feel stuck in a negative processing loop. Ideally, the goal is to right-size or respond in a way that is proportionate to the circumstance but there are lots of reasons why that may be difficult for you to do.

One of the most common ways that people struggle with this distorted pattern of thinking is to magnify the negative and minimize the positive. We all know how easily we can hang on to criticisms or negative comments as compared to compliments or positive feedback. Unfortunately, there is a way that our brains tend to amplify the former and downplay the latter which creates an imbalanced emotional response. In this case, it is important to remind ourselves what is true and come back to a more accurate and reasonable interpretation of the events or comments of others.

The converse can also happen and it is equally problematic from a mental health standpoint because it is similarly unbalanced. In this case, painful experiences or hurts are dismissed, ignored, or reframed too quickly in order to amplify the positive and often to avoid feeling hard feelings. In some situations this might be referred to as toxic positivity because, in an effort to magnify the "good" in a situation, you are inadvertently dismissing the experience of feelings of grief or anger that are necessary to a healing pathway.

When people minimize their own sorrow or that of others it can send the message that they either shouldn't care or have distressing feelings or, if they do, they should repress them in order to move on. The problem with this approach is that it overlooks the important information that our deep feelings are giving us about our pathway to health in that situation. While working with hard feelings is, of course, hard, it is also necessary in our human experience and essential to our overall well being. If we dismiss or minimize negative feelings in an attempt to simply "get over it", we will find them coming up in other ways in our bodies and responses to others.

In general, it is important to consider what it means to "right-size" our responses and reactions so that they are handled appropriately and with compassion. One simple tip for how to gauge whether or not you are responding proportionately is to use a rating scale. If a situation calls for a level 2 response but you are reacting at a level 10, or, conversely, if a situation warrants a level 10 response and you are responding at a level 2, you likely have some work to do with your cognitive patterns and your emotional regulation.

If you are noticing that you have dismissed your pain or that you are reacting with increased anger to situations that don't warrant it (those two things may even be related), it might be time to seek the help of a therapist who can help you process your experiences and find tools that will lead to a more balanced way of engaging with your life.

Covey Wellness Centre is located at 12B Stone Street or visit CoveyWellnessCentre.com

MIDHURST PHARMACY



Let's Talk About...

Sun Care Tips

With Pharmacist Owners Jenna Loughheed and Carolyn Glover

With summer in full swing, it is important to remember to stay safe in the sun and protect your skin from the sun's harmful UV rays. Sunlight can cause damage to the skin that is seen immediately, such as redness and sunburn. It may also cause damage that shows up many years later in the form of skin cancer or signs of aging (wrinkles).

Following some easy sun care tips can help prevent skin damage. Choose a broad-spectrum sunscreen with an SPF of at least 30. Apply a generous layer to the skin - most people do not apply enough sunscreen to obtain the desired protection. Sunscreen should be applied 15-30 minutes before sun exposure and re-applied every 2 hours. Wear clothing that covers areas exposed to the sun such as wide-brimmed hats, sunglasses and long sleeves and try to avoid direct sun exposure from 10am-2pm when the sun's rays are strongest. Tanning increases the risk of skin damage and does not offer protection from further sun damage.

At Midhurst Pharmacy we stock a variety of sun care products and can help you choose the best option for you and your family. Visit us today!

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SRES

Mini-Golf Tournament on Thursday August 25th to help Rai\$e the Roof @ Utopia's Gristmill

Join the Friends of Utopia Mill & Park at our Rai\$e the Roof Mini Golf Tournament, to be held on Thursday August 25th at Duffer's Golf Centre (4904 County Rd 90, Barrie, ON), with tee times between 5 – 8pm. Tickets for a round of mini golf are \$10 with all proceeds helping to repair the roof of Bell's Gristmill, Essa Township's historically-designated building, located within the Utopia Conservation Area.

Come on your own or organize a team. To purchase tickets, visit utopia.on.ca.

Food and drinks are also available at the concession indoors. We appreciate any donations made! Thanks for your support.

Date: Thursday August 25th

Time: 5 – 8 pm

**Location: Duffer's Golf Centre
Barrie ON**

**Ticket: \$10 for round of mini-golf
Available at: www.utopia.on.ca**

Friends of the
UTOPIA
Gristmill & Park

Perry Ritchie for Mayor



After 12 years on council and 3 mayors, I have decided to run for the Mayor of Springwater Twp. As I reflect back on this last term of council it has been productive in getting things done despite the fact Covid- 19 shut almost everything down for the better part of 2 years.

I would love to start by going back to the All candidates meeting in 2018 even thou I was acclaimed to my third term; I spoke about the need for Senior housing much needed in our municipality. After the meeting was over, I was approached by then Sam and Wendy Langman. Sam agreed with me about the need for Seniors Housing. Sam soon gathered a team of locals with the same interest in mind. They held town hall meetings, and the interest grew and before long everyone was talking about it. In the new year of 2019 Sam and his team put a presentation on before council. I remember the council chamber was so full of people in support of this, staff had to open the glass doors to the council chamber, there was people all the way out to the Foyer where you come in. Sam was at his best and gave an excellent presentation asking council to support a MZO order, which stands for "Ministers Zoning Order". I supported this along with the rest of council. By having council's support of a MZO order, it allows the project to by-pass all the regulation and hurdles you would normally encounter with a project like this which could take years in the making. God Bless Sam Langman for taking the reins on this. This September 7/2022 at 10:00 am marks the "Grand Opening" of the Elmvale Active Seniors Residence. And I know Sam will be there watching over us.

Shortly after being sworn in 2018 for a third term, I was approached by someone from the Elmvale Food Bank inviting council to a tour of the Food Bank. There was the Mayor, myself and Councillor George Cabral and Ron Belcourt then Director of Parks, Rec and Facilities. We were given a tour of the Food Bank and the troubles they were having. We discussed different options and decided the best thing to do was to build a new building. In the new year of 2019 members of the Elmvale Food Bank came before council and put a presentation on asking for our support, they were putting money up front and they were asking council to put money up front as well as act as a back stop if for more funding if needed, Myself along with the rest of council supported the new build and on October 16/2022 we had the Grand Opening the address is # 62 Yonge Street North Elmvale and its named the Mike Stone building, I believe it was Mike Stone and Don Hockin who first started the Food Bank many years ago, One last thing the Food Bank delivered a cheque for the full outstanding amount on the day of the Grand opening.

Other projects I have supported council on is the Municipal Swaley Drain. This project started back in my second term of council and after 4 years of

negotiating with everyone involved our drainage engineer Ken Smart finally got the approval to clean the Swaley Drain. Four years of wrangling with government and 2 weeks to clean it out. This project has a big impact on the Farmers in the Minesing Area. The Train drain is another Municipal drain I supported in getting cleaned out and the Mc Elwain / Robertson drain has been given the green light to get cleaned out. Being a farmer myself I know how important these municipal drains are and elected I would like to continue with the ditch digging program.

Other projects are the hard topping of Flos Road 6 west from County Road 29 back to Atkinson Sideroad, also hard topped Flos Road 10 west form Hwy 27 to County Road 29. Other projects I supported is the Ontario Ministry of Infrastructure plan to bring high speed Internet access to more communities in Ontario with Springwater Twp being identified as one of these communities.

During this term of council, the Province came out with legislation allowing Additional Residential Units to be added to your existing Residential Dwelling there is a list of regulations you have to comply with but ask our building or planning department for information on this topic of Adding Residential Unit. I supported council on this new legislation. We have seen an increase of new applications coming before council for approval. A lot of the applicants are Mom and Dad's wanting to be close to their kids, The high cost of living and the Housing shortage the Province is facing is the reason for this much needed Legislation. I would like to go back and speak about the Covid -19. Just before everything got shut down.

Arrangements were well underway to exercise the Partnership Agreement we had with the Simcoe County School Board Pertaining to the Elmvale District High School. I was hoping to see programs put on so the residents and taxpayers of Springwater Twp, could participate in during the Winter months. The New addition was approximately 11 million dollars to build and provided us with a Double wide Gym with stage. New Cafeteria and Kitchen and state of the art class rooms, plus a fitness room with equipment provided the Elmvale Lions club. I'm hoping this fall when the School Board will lift the ban put in place because of the Pandemic and allows Springwater Twp to exercise the Partnership Agreement. In my second term of council (2014 to 2018) I supported the Partnership Agreement and I helped fund raise money to help purchase everything from time clocks to equipment, Our goal was to raise \$200,000 and we well exceeded the \$200,000. I can honestly say I was glad to give and help out as much as I could to this worth project, keeping our school in Elmvale was the number one reason why I ran for my second term. Covid -19 has affected a lot of us. It took our most personal approach to people and turned it into a weapon.

A hug, a kiss, even a handshake turned it into a weapon. Even as a municipality we struggled to provide the services people come to expect but we

managed, and I know thing will get better. I want to mention this because as councillors we took this into account at budget time and if you look at our taxes over the last 4 years you will see we listened, not all councillors were on the same page. But the majority of us councillors were able to hold the line on taxes. The Residential tax is a blended rate 2019 - 1.76%, 2020 – 0.57%, 2021 – 0.00%, 2022 – 1.98%, I encourage people to compare, and you will find were not a bad place to live, and we get things done.

As a councillor of Ward #2 I have supported projects in other parts of the Twp, I want to mention this because I'm honoured to have the following councillors sign my nomination forms and support me in my bid to be the next mayor. Councillor Anita Moore Ward #4, Councillor George Cabral Ward #1 (now running for deputy mayor) and outgoing Councillor Jack Hanna Ward # 5. After 3 terms (12 years) Jack is hanging it up, I'm going to miss Jack and the people of Ward #5 are going to miss Jack. Whoever steps in to fill Jack Hanna has big shoes to fill. I wish Jack Hanna all the best in his next chapter in life. And finally former councillor Sandy McConkey, Sandy was councillor for Ward #4 from 2010 to 2018 year. These councillors have all signed my Nominations papers to run for Mayor of Springwater Twp.

Moving the order of business is very important for all of council to do and I look forward to doing it if elected as Mayor.

Before I wrap things up, I would like to speak about out Health care in Springwater Twp. When I was first elected back in 2010 Blood services had just left Elmvale and wherever I went I was told you had to get it back. Many thanks to our former Mayor Linda Collins and Former Deputy Mayor Dan McLean after countless meetings we finally got approved in 2012. Lifelabs blood services would come and provide blood services to day 10 years later it is doing very well and Life Labs has mentioned they would like to extend their hours of operation a lot of people come from all over to use the facility. Now that things are opening up South Georgian Bay Community Health Centre is providing a Nurse Practitioner, Social worker and Dietician/Diabetes councillor at the Spring Water Health Services centre in Elmvale (Besides Life Labs) every Wednesday 9 am to 4 pm. Providing health care to our residents is still a top priority to me in both ends of the Twp.

If elected to the position of mayor I hope to use my years of experience as a councillor to lead the way. Springwater Twp is experiencing a lot of growth especially in the south end of the Twp and we need to manage that growth and I feel I can do that, Thank you Perry Ritchie.

I can be reached by email:

perry.ritchie@sympatico.ca

Donations are welcomed, any help is appreciated. Thanks again Councillor Perry Ritchie

This advertisement is paid by Perry Ritchie, Candidate for Mayor.

MADELYN GROSSI FROM SUTTON AGRICULTURAL SOCIETY CROWNED 2022 CNE AMBASSADOR OF THE FAIRS

The Canadian National Exhibition is pleased to announce Madelyn Grossi from Sutton Fair and Horse Show (Sutton Agricultural Society) as the winner of the 49th annual Ambassador of the Fairs program. The exclusive year-long role of Ambassador of the Fairs will take Madelyn across Ontario as a representative of the CNE and all agricultural fairs in the province. As the newly crowned 2022 CNE Ambassador of the Fairs, Grossi will participate in a series of official duties during the remaining 15 days of Canada's largest fair while also representing her local agricultural community.

Joining more than 30 participants over three days at the CNE, Grossi was one of seven finalists who participated in the final round of the program on Sunday, August 21. Finalists were interviewed and judged on a wide range of criteria including: knowledge of the CNE and Canadian agriculture, poise, self-confidence, public speaking and overall impression. The first runner-up was Emma Smyth from Arthur Agricultural Society and the second runner-up was Mary Fizell from Listowel Agricultural Society.

The Ambassador of the Fairs program is a longstanding tradition at the CNE, aiming to educate and celebrate Canada's rich history in agriculture. Since its inception in 1972, the program has seen more than 3000 participants from over 100 communities across the province.

2022 Winning Participants

Ambassador of the Fairs: Madelyn Grossi, Sutton Agricultural Society

Madelyn is passionate about sports and fitness. An avid Toronto Maple Leafs fan, Madelyn has a dream of one day watching the Leafs play in every NHL arena. She has competed in a worldwide CrossFit competition for four years, testing her capabilities in various ways. For the past two seasons, Madelyn has also co-hosted the Brock Sport Management podcast. Additionally, Madelyn has participated in the Optimist International Oratorical world championships. She likes swimming and enjoying Lake Simcoe in the summer with her family. Madelyn is an active volunteer in the community, with organizations like Georgina Cares and the Optimist Club of Keswick. Madelyn currently works as a member of the Toronto FC Game Crew with MLSE and a Fan Experience representative at Tennis Canada. This fall, Madelyn will be entering her third

year of the Sport Management program at Brock University.

1st Runner-Up: Emma Smyth, Arthur Agricultural Society

Emma is a skilled lacrosse player. She has been part of the Arthur Acres lacrosse team for six years, and won the Jamie Smellie Memorial Award for her commitment. She also enjoys gardening, baking, farming, and writing. Essays and prose flow naturally for her, and she uses this skill to promote agriculture on social media. Emma currently works for Grand River Robotics in Fergus as farm management support, where she trains farmers to utilize robotic milking devices. In 2020, she received the Young Citizen of The Year award for her community involvement. Emma's future goals include running her own dairy farm and travelling across Europe.

2nd Runner-Up: Mary Fizell, Listowel Agricultural Society

Mary enjoys all types of sports, such as hockey or flag football. She is a member of the western mootung society where she participates in legal advocacy competitions against other universities as well as remaining active with community organizations and events. When she can spare the time, she loves visiting her grandparents' summer home on Manitoulin Island. Mary is currently working for Reesor's Landscaping and Construction but will be returning to school this fall for her fourth year at Huron University College, where she is specializing in history. After graduating, she looks forward to attending law school. Mary Fizell also received the Congeniality Award (voted by fellow contestants).

Semi Finalists

Sean Mitchell, Brussels Agricultural Society

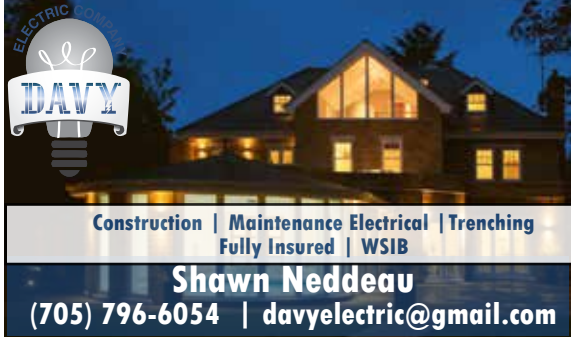
Kennidi Howe, Glencoe Agricultural Society:

Shae-Lynn Seeley-Reesor, Markham and East York Agricultural Society

Avery Flynn, Wellesley NEH Agricultural Society

About the Canadian National Exhibition (CNE)
The Canadian National Exhibition is Canada's largest community event and one of the top 10 agricultural exhibitions in North America. Founded in 1879, the CNE generates an economic impact of approximately \$93.1 million for the Greater Toronto Area and \$128.3 million for the province of Ontario each year (when in operation). It is celebrated as one of the "greenest" fairs in North America and attracted 1.4 million visitors over 18 days in 2019.

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Reach out at: <https://outrunrescue.com/dog-application> There is an adoption fee to keep the doors open and the pets smiling!

Elmvale Food Bank Update and Coming Events

Submitted by Deb McLean

I, like a lot of people are questioning "Where did the summer go?" Although the summer months are a slower time for donations, we want to thank everyone that has continued to support the Elmvale & District Food Bank.

Events were held during the summer and donations were greatly accepted from the OPP Veterans' Association, Elmvale Bike Night, Cheezers Soccer League, Springflingcanada, Stuff the Corn Buggie, private birthday celebrations and the Phelpston Quilters to name a few. We encourage everyone to check out our Facebook or Instagram page where we try to acknowledge the great support.

With the uncertain times many are still dealing with as a result of COVID and the ever increasing cost of living, many members in our community and

surrounding area are relying on the assistance of the Food Bank. We are seeing an increase in new families and we encourage anyone facing difficult times to reach out to Elmvale & District Food Bank.

Elmvale & District Food Bank has two events happening in September. Once again we will be the recipient of the proceeds from Elmvale Tim Horton's Smile Cookie Campaign to be held September 19th-25th. Over the past two years this campaign has raised over \$15,000.00 for the Food Bank and we hope this year will be as successful. Everyone needs a "treat" so please remember to treat yourself, your family and co-workers.

The second event is the annual Springwater Firefighters "Stuff the Truck" food drive to be held on Wednesday, September 21st. Firefighters from all Springwater Stations will be driving through the streets of Elmvale, Hillsdale, Phelpston, Minesing,

Anten Mills, Midhurst and Snow Valley collecting donations. Please check out our Facebook or Instagram page for a list of our most needed items.

Finally I would like to acknowledge the passing of Mike Stone. As many know, Mike was involved with the Elmvale & District Food Bank for over 40 years. Mike was the first President of the incorporated Elmvale & District Food Bank Board of Directors, a position he held until September of 2021. We are so thankful that Mike was able to attend the opening of the new building in October of 2021, where it was officially announced that the new Elmvale & District Food Bank building located at 62 Yonge Street would be named the "Mike Stone Building". I know that many of the volunteers, myself included will think of a "great man" every time we walk into the Mike Stone Building. As volunteers, we will work to continue on Mike's legacy.



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ANTEN MILLS by Dennis Gannon

There was a television commercial in recent years pass that proclaimed “It’s the most wonderful time of the year”. Those words were from an Andy Williams Christmas album released in 1964 but the tv commercial was of course talking about the end of summer and the beginning of a new school year. With any luck, when school begins next week the children will be able to return to some form of normalcy. School trips, sports, assemblies will hopefully all return.

Fall, according to meteorological terms, begins today, September 1. The Autumn or Fall Equinox begins on September 22 at 9:03 PM so technically we still have a couple of weeks left.

For the Anten Mills community, fall will bring the Anten Mills CRA Autumn Artisans and Crafters Fair on Saturday October 1. There are still a few spaces available under the pavilion and for those who want to setup their own tent space is available for them as well. To register for your space, contact Jan by email, jancox1@sympatico.ca. Jan will look after you and provide you with the necessary details. As been the tradition with our community events, donations are going to be accepted for the Elmvale and District Food Bank. To entice early shoppers, a Pancake Breakfast is going to be offered at the fair. For a minimum Tonnie offering, you will receive great pancakes served by our community volunteers. Donation bins for food will be available and standby for the next column as other surprises may be available. Watch the Anten Mills Community Facebook page for updates.

The food bank requires our assistance at all times

of the year and fortunately there are two events in September where you can step up and help. The Tim Hortons Smile Cookie campaign runs from September 29 to 25 and the Elmvale location has made the food bank as their recipient. On September 21 all Springwater fire stations will be out that night collecting donations as they try to Stuff the Truck. Our community does tremendously at supporting the food bank and with three opportunities in the coming

Anten Mills Autumn Artisan Fair!

Saturday, October 1st 10 a.m. to 2 p.m.

Locally made, handcrafted products for sale.
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Pancake breakfast at 10 am, two pancakes for a toonie.
All proceeds to the Elmvale Food Bank.

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to reserve your space.

Anten Mills Community Centre
3985 Horseshoe Valley Rd W
Anten Mills, ON

weeks let’s continue our support.

In previous columns it has been mentioned about a number of residents of the community who belong to the charity, Communities Connecting for Children.

During this past year they were able to purchase the old Girl Guide camp on Gill Rd with the vision of turning it back into a place children can go. There is still much work to be done as it sat unoccupied for a few years. Their plan is to get it ready for next year but still need those valuable donations. While garage sale season for many is over, there are still the hardy garage salers and people looking to sell some of their items. To help the organization and others out, CCC is holding a Bootzilla fundraiser on Saturday, September 24 from 9 till noon at 80 Bradford St in Barrie. The organization has spaces available for cars, trucks and trailers making this a great opportunity for buyers and sellers. To obtain more information you are asked to call 705 728 8594.

This weekend our neighbours in Minesing will be holding their annual Minesing Ball Tournament. Starting Friday night and concluding Sunday morning, teams from our area will be out having some good old fashioned ball fun. If you have some time drop by and see the action and help support the Minesing CRA. There is food so perhaps make it a lunch date.

With school starting Tuesday please remember to watch for the children walking to school or their bus stop. It will take a few days for them to get back into a routine. Also remember that school buses now have an amber warning light indicating that they are about to stop. Red lights mean if you are driving you must stop. Together we can make it a safe school year.

That’s all for this edition Thanks for Reading and Be Well.

HEY DADS

Hey Dads! What do you think of going to the beach? Summer’s almost done and soon Springwater will turn into Spring-snow-and-ice. There have been a few summer nights that we’d head up to Wasaga Beach as the crowds head home.

Let’s just be honest and say going to the beach is a whole lot of work. Our youngest is a year old and our oldest is 16. The older ones are easy but the younger ones take some work. They have a lot of needs.

They need a drink. They need a towel. They need floaties. They need to bring a toy. They need a snack. They need to find their flip-flops. They can only find one flip-flop. Someone else has the other flip-flop or it’s still in the van from the last trip or it’s under their bed or in a toy box somewhere. By the time we get on the road to the beach I can only hope that most people in the vehicle are mostly-clothed but I can never guarantee anything. Last week we went out for dinner only to realize one of the kids wore absolutely zero shoes. I suggested that they

probably wouldn’t let him in the restaurant so he might just have to wait outside and we could bring him his food. This concerned him greatly but he wasn’t kicked out.

When we get to the beach the bigger kids get loaded up with bags to lug out and some sort of wheeled device is unfolded and pushed/pulled/yanked/thrown across the sandy dunes. The wheeled device may be a wagon or stroller containing beach supplies and one or two or three kids in, on, or about it. It rolls along quite nicely through parking lots on pavement or concrete. Once it hits the sand though...not so much. Why did we bring the stroller anyways? Then I notice all the smart dads on the beach with 10-12 inch all-terrain tires on their strollers. Live and learn.

We were visiting the ocean this summer when two of the kids came running and screaming out of the water. Stingray? Shark? Sea anemone? Nope... jellyfish! Red stinging swells showed up on their legs and arms. You can’t even see those things



coming. Since we don’t have many jellyfish in the Nottawasaga River I asked some friends how one would treat a jellyfish sting. The simple solution is peeing on the stings. I asked around for volunteers and found none so we resorted to the next best thing which they told us was vinegar. Yummy. Beware, dads! The beach is full of hazards.

Like sand. So. Much. Sand. For days and days after the return home from the beach we find sand. In the van. On the floor. In the bed. In baby Mabel’s diapers. In the leftover food we didn’t finish at the beach. In my mouth. No matter how much you rinse and spray and wash with hoses before getting in the house the sand will always find a way.

So dads as summer ends remember to treasure the memories of the beach. The luggage. The injuries. The sand. Your kids will remember it. And they’ll probably just remember the good times with you. Time flies! Make every moment count!

Jason Weening helps his patient wife wash sand off of 18 little feet before getting in the van. For more sand-ventures check out heydads.ca.

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Bearbells and Beagles by Leslie Noonan



As I continued my solo hike along the Ganaraska trail I was amazed by the response of both people in my social media group and by complete strangers to my adventure. I was overwhelmed by the support, which I was going to need to encourage me for the next week. I left the Ganaraska forest and headed

north along mostly country roads and railway trails. This is very difficult country, with frequent large hills including ski hills. At one point I was startled to notice an extremely large Buddha hanging out in an empty field. I still have no idea why this giant was placed here.



Once past the Oak Ridge Moraine I entered an area hard hit by drought, and the spots I had planned to collect water from where now caked mud. On the trail

from Lindsay to Fenlon Falls cows were breaking through fences in search of water. I could relate, as I was so thirsty that I was considering the ditch as a potential water source. The heat was incredible, and my pace had slowed to a crawl. Just to add to my misery, I now had another foot issue on top of my toenail about to fall off. I had developed a blister, and not just a nice little blister. This was the monster of all blisters. It had formed under the calluses on the bottom of my right foot, and was now the size of a lemon. Every step was agony. I was unable to even pop this blister as it was under those hardened calluses. Yes I know, you should never pop a blister because you may introduce infection, but sometimes, well, sometimes you just have to; if only I could. I was also taping down my toenail that was detaching from the nail bed. I was now walking at a pace that was more limp than hike. This was really a miserable time for me and made the hike more a test of my mental endurance than an enjoyable experience. I would spend my 14-16 hr hiking days barely able to stand, and repeating "just keep swimming" to myself. Often I thought of giving up, but would remind myself, "what are you going to do? You have no other way to get home than to keep on going".

Fenelon Falls provided a much needed distraction. This area has a beautiful and vibrant waterfront, and allowed me a much needed rest for a "real" bathroom and a chance to freshen up. It is also where I was waylaid for almost an hour by children wanting to try to lift my back and many, many people wanting to help me out; offering food, shelter and a ride to anyplace I needed. This community would be the

most engaging and supportive of a total stranger I had come across. I was so encouraged and embraced by these strangers that they have left a lasting impression on me. Thank you.

Onward I would stumble until Buller Road where I met with a handsome man in his very nice vintage car who drove me to Moore's falls. Here I would have to declare defeat; I just could not deal with the pain any longer and called my husband to come get me. I felt defeated, humiliated, and embarrassed. I spent two days at home to recuperate and pulled that dang dead toenail off and had that giant blister finally pop. It was time to decide if I was going to continue. I was so close, less than a week and I would be done, but I was not sure if I could do it. The Queen Elizabeth II was my next section of trail. Three to five days of swamp and Canadian Shield, no cell signal, and trails marked as so dangerous that it should never be hiked alone. Well, why not? Bring it on!



PHELPSTON HAPPENINGS by Taylor Shewell

Meet Your Neighbour has been rescheduled to Saturday, September 17th.

This is a free event for Phelpsston residents to get to know others in their town. Come out and join us for a BBQ and activities. Registration is required. A link to register is on the "Phelpsston Community Events & Recreation Information" Facebook page. If you are not on Facebook you can register by emailing Taylor at taylor_shewell@yahoo.com or calling 705-241-9743. Registration will only be accepted until September 10th.

The next Community Recreation Association meeting will be held on Thursday, September 1st at 7pm in the rink building. New volunteers are needed to continue running community events and appreciated. Come out and have your say in community events and recreation.

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for WARD 4 COUNCILLOR

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Elect Ward 1 Councillor
JANETTE O'NEILL-SCOTT




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HIDDEN GEMS

A Further Afield Gem: Sunset Point Park and Beach

Sunset Point Park and Beach, although well known to the Collingwood crowd, is often overshadowed by the Nottawasaga Bay beaches of Wasaga and Tiny as well as by the beaches that grace the shores of Lake Simcoe in Barrie. Located at 57 St. Lawrence Street in Collingwood, this rocky beach boasts sparkling clear waters and phenomenal sunsets. The rocks, beautifully coloured and coming in a wide range of shapes and sizes that make for great landscaping material, require water shoes to comfortably navigate as you head toward the waters of this pebbly shore.

Both the beach and ample parkland areas are dog friendly, provide quick access to the waterfront trails, contain washroom facilities and are perfect for large picnics with family and friends. Hiking and biking are popular on land activities while wind surfers take advantage of the frequent breezes coming off of Georgian Bay. Volleyball courts are nearby for those who prefer team sports. The large stone Inukshuk is a popular spot for photos and, for those wanting a bite to eat, be sure to check out The Chipper. Famous for its fries, this canteen also offers a variety of other snacks, including ice cream.

In 1993 a wooden and concrete playground was built in an effort to enhance the Sunset Point experience. As time took its toll on the structures and as safety standards changed, it was decided the park should be demolished and replaced by a new 5 acre "Enviro Park". Although still under construction this



park emerged from the joint imaginings of the town of Collingwood's Parks, Recreation and Culture Department (Director Dean Collver), kids, youth and adults that attended public sessions and David Wood, a consultant with Envision Tatham. The park pays homage to the town's days as an early Ontario settlement with a nautical past. A 20 foot lighthouse certainly pushes that point home.

Centered around the concept of "modes of play" the

park offers something for a variety of different ages and abilities. Various sections of the park encourage either sensory stimulation, quiet play, physical play or exploration and activity. In addition to the usual features of swings, slides and climbing structures, the play space will also include a boardwalk with a firefly forest (canopy of lights that responds to sound), an outdoor classroom, performance stage, sensory garden and zipline leading to a parkour course. Between the youth and tot areas, there will be a shaded social hub with picnic tables and USB charging stations where parents can get a clear view of both sections. Other highlights include Discovery Beach (a big sandbox inlaid with "fossils"), Town Village (resembling homes typical of a small town) and Wetlands (inspired by Silver Creek Wetland, featuring blue and green play structures and cattails). A new shelter with a Harvest Table will also provide a great spot for munching, playing board games or socializing. A potential 3rd Phase, not yet scheduled or funded, is proposed to include a youth living room and adjacent multi-sport game court.

Although parking is no longer free (\$10), Sunset Point Park and Beach is still the perfect place for spending the day with family and friends. This will be especially true with the completion of the exciting new "Enviro Park". After viewing a spectacular sunset, don't be surprised to witness an exciting firework display, a common occurrence on public holidays. With the Labour Day

Weekend just around the corner, why not visit and have a blast?

Covey Wellness Centre Brings Mental Health Home

The Grand Re-opening of Covey Wellness Centre is fast approaching and all are welcome to attend and celebrate this milestone with the CWC team! Even in the midst of unprecedented times, CWC is proof positive that people will come together to care for one another in response to expressed needs. In this case, that help is provided in the form of a holistic group psychotherapy practice - right in the heart of Springwater township - which exists to encourage and equip individuals and relationships in their pursuit of healing, restoration and growth.

Sarah Covey (nee Cockram), the owner and Clinical Director of CWC, was born and raised in Elmvale

and had a vision to bring wide-spread wellness resources to her hometown, given her deep roots in the community. In her various volunteer and teaching capacities locally, she has been serving the area for many years and has a genuine passion to see people loved well and thriving.

It's no secret that mental health is an important topic these days, especially in the wake of the Covid crisis. People are perhaps more than ever needing access to resources and support for themselves and their families. Many challenges that preceded pandemic times were exacerbated by the isolation, economic uncertainty, and relationship strain that was a result of lockdown measures and Covid responses throughout the course of the last two years. People were feeling afraid and alone and the unpredictability of the global pandemic brought about a variety of concerns for a wide range of people from a mental health perspective. Anxiety and depression increased in their frequency and scope along with many other mental health concerns and people were (and certainly still are) struggling to find a healthy way through.

Ongoing mental health needs and the increasing conversation around the destigmatization of mental health concerns ultimately gave rise to the birth of Covey Wellness Centre. Sarah, the owner, left her teaching job at Elmvale District High School in June of 2015 to pursue her Master's in Counselling Psychology in an effort to respond to the increasing need, even at that time, for psychotherapy options in the area. She began to see clients in her home office initially and as her business grew she signed a lease in January 2020 on Queen Street with a view to offer a wellness bookshop and in-person psychotherapy services under the name A New Leaf. Of course, once March 2020 came along, that plan was interrupted and almost all the psychotherapy services pivoted to online and retail was closed and this pattern of business closure continued over that two year term and it was difficult

to get consistent momentum and presence in the physical space.

Despite the challenges that Covid brought, A New Leaf continued to add therapists to its team and began to serve more and more individuals and couples in the community. With our online capacity, we also began serving clients all over the country. This growth led to a stunning rebranding to Covey Wellness Centre as a way of encapsulating the more complete vision to have a holistic approach to mental health and wellness and to provide products and services that promote overall well being, both proactively and reactively.

Sarah's vision for the wellness bookshop space (which was, unfortunately, not fully realized at the Queen Street location due to the limitations of Covid) was that it would be a place of gathering and comfort; a peaceful haven where all would be welcomed whether an appointment for therapy was booked or not. She wanted to provide resources in the form of helpful books, journals, essential oils, teas, and other beautiful and toxin free self-care products that could be accessible to the community at any time. She wanted people to feel at home in the space and experience it as a refuge from the stressors of life and to decrease the stigma surrounding mental health and wellness by making a place that was open to all.

And that's precisely what Sarah and her team have created in their new, more beautiful, expanded location at 12 B Stone Street, right behind Elmvale Dental Care. Sarah has hand-picked and assembled a wonderful team of Registered Psychotherapists, counsellors, and wellness specialists in response to the ever-growing need in the community that Sarah calls home.

While the scope of their practice is beyond the facility walls with an array of clients who are finding support through online connections across Canada, CWC's heart is especially for the Springwater area residents and surrounding communities. Covey Wellness Centre wants people to feel warmly welcomed in the therapeutic space whenever they wish to visit. Check out what they have to offer at the Grand Re-opening on September 10th and make the CWC one of your go-to resources for wellness right here at home.

GRAND OPENING
 AT OUR NEW EXPANDED LOCATION
 September 10, 2022
 9am-3pm



ALL ARE WELCOME!
 Come on out to shop at our amazing wellness bookshop, meet the therapists, and tour the space! There will be door prizes and special guests - you don't want to miss it!
 We can't wait to see you there!

At our holistic psychotherapy & wellness centre, we are helping individuals & relationships REPAIR, RESTORE, & GROW.

coveywellnesscentre.com
@coveywellnesscentre
 (249) 888-7955
info@coveywellnesscentre.com
 12 B Stone St. Elmvale, ON



A TINY SENIOR MOMENT

Jan Perrault, Volunteer Writer

Senior Advisory Committee- Township of Tiny

Lifelong Learners

I'm sure you've heard the expression, "You can't teach an old dog new tricks." This has to be my least favourite saying, for we all know that age has nothing to do with learning new skills. In fact, it's important to keep the brain active as we get older. Learning new skills or about new subjects is a great way to keep the mind sharp. Continued learning can improve memory by maintaining brain cells and making sure those cells properly communicate with each other. Think of your mind as a muscle; it needs to be exercised regularly to keep it strong. We are fortunate that there are many new activities to be experienced in our local area!

Photography is a wonderful new skill to learn. With the advent of technology taking pictures has become easier and many of us now use our phones to record important memories. When you capture something beautiful and make a picture talk, it gives you an immense sense of satisfaction. Like any art form, photography just makes you feel good about your accomplishments. You also begin to find beauty in the world around you, as you look for picture worthy scenery or events. The Midland Photography Club will be gearing up again in September. The club is a great way to make new friends and learn how to take better pictures at the same time. Everyone is welcome from the serious enthusiast to a casual beginner. Their first meeting is September 8th at 7:00 pm. Anyone who is interested can attend this first gathering for free. This price for a full year membership is \$40.00 per person or \$60.00 for a family of two. They have speakers at their meetings talking about a wide variety of subjects and sharing some great stories and photos. They have competitions throughout the year from September to March and in-person outings throughout the year. The club also offers a Photo Chat to share photos, ask questions and talk about all things photography. Small group or one-to-one mentoring sessions are also available. To find out more about this amazing club their website is: <http://www.midlandcameraclub.com>. If you wish to attend the September meeting they can be contacted at: information@midlandcameraclub.com

Ongoing programs:

As summer activities are winding down at this time in Tiny Township, many new fall /winter programs are being developed by the Senior Advisory Committee in partnership with local clubs and service providers. A sample of what is being planned are sessions for the Senior Speaker Series. Four workshops will be

offered and will address issues related to seniors:

Navigating the Health Care System: Wednesday, September 14, 9-11 AM, Lafontaine Community Centre

Body, Mind and Spirit: Thursday, October 20th, 1 – 3 PM, Georgian Shores Swinging Seniors

The Powers That May Be...: Wednesday, October 26th, 9-12 noon, Tiny Community Centre

Seniors Keeping Active – Programs, Volunteers: Tuesday, November 22nd, 1-4 PM, Tiny Community Centre

All Workshops are free and are open to residents of North Simcoe. Registration is required and light refreshments will be provided. For more information, volunteer opportunities or to register, contact Recreation at 705-526-4204 ext. 3 or visit www.tiny.ca/seniors

Many fitness programs will also be offered, including different types of Yoga and Zumba. One that caught my eye is called, Aging Backwards! For deadlines and cost check Tiny.ca.

Communications:

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

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.", Henry Ford

Annie's Journal

A Living Legacy, Part Two

Written by Annie Warner Donnelly



On December 20, 2021, Ed Donnelly heard the words that none of us want to hear: the cancer had gotten ahead of the medical community's ability to stop it. He was given three to six months to live. June 20th was the sixth month date.

On June 21, Ed took out six stumps in the heat of a hot summer day. I don't know how he did it; he was already so weak. He became dehydrated requiring 5 days of intravenous fluids. On June 29, he was admitted to Hospice Simcoe.

Taking out those stumps at that time in his life illustrated an aspect of Ed's character: when he put his mind to something, nothing and no one could stop him. It was that strength of focus that drove him deeper into the word of God. He was constantly reading and studying. In the last months of his life, we had many endearing discussions about God's love and His provision for us.

God's promises sustained Ed, particularly Psalm 34, verse 4: "I sought the Lord and He heard me and delivered me from all my fears."

Jeremiah 29 holds the verses that formed the basis of his outreach ministry: "For I know the plans that I think toward you," says the Lord, "thoughts of peace and not of evil, to give you a future and a hope. Then you will call upon Me and go and pray to Me, and I

will listen to you. And you will seek Me and find Me when you search for Me with all your heart. I will be found by you, says the Lord ..."

Those words are for all of us and that was Ed's experience. He often shared how he had sought the Lord with his whole heart and found Him. He was constantly encouraging others to do the same. Ed was never without a book or a pamphlet to give to whomever he met, wherever he met them.

Ed believed the first 10 words of the Bible with his whole heart ... "In the beginning, God created the heavens and the earth". He was constantly inviting others to believe these words too. God's words formed the foundation of his life. God's words rested on him and in him. They filled him with hope.

As life continues for each of us, let's remember that while perfection is beyond our reach, growing in love and joy, in peace and patience, in kindness and goodness, in gentleness and faithfulness; developing a sound mind and our ability to forgive and be forgiven – all of this is within our reach because in Christ, we are new creations. Our old beliefs, opinions, habits and unforgiveness can pass away. All things can become new. Let's remember that thinking that change is impossible is just an opinion.

A foundational piece of Ed's legacy is that in all things he pressed on. With God's help, we can too.

Amen

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Canadian Mental
Health Association
Association canadienne
pour la santé mentale

Simcoe
County

GAMBLING, SUBSTANCE USE & MENTAL HEALTH SERVICES

We can all agree the COVID-19 pandemic introduced us to new challenges that may have affected your mental health. You might have noticed you lost motivation to focus on hobbies, housekeeping, studying and exercise –that is okay. It makes sense that during particularly difficult and stressful times, we may struggle to identify what keeps us motivated or what gives us a feeling of happiness.

Like many others during the pandemic, we adopted a puppy. Sam was just 4 months old living on the streets in Manitoba when he was rescued and brought to Ontario. The first couple of months with Sam involved many vet visits to treat a variety of "lovely" conditions that Sam was experiencing. Each visit, our vet would marvel at Sam's sweetness and genuine love for other humans.

Caring for Sam during the pandemic helped my mental health. First, he encouraged me to increase my exercise levels, which was needed to deal with the "COVID 15" that I had experienced. He added structure to my day, which provided a daily routine. This daily routine increased my sense of focus and helped me feel grounded. Sam became an important part of my self-care plan.

Self-care is quite literally taking care of yourself. Your whole self. What do you do to keep well? According to the World Health Organization, "self-care is the ability of individuals, families and communities to promote health, prevent disease, maintain health, and cope with illness and disability with or without the support of a healthcare provider."

Self-care is important because it provides you with the power to take control of some aspects of your own health, improving your quality of life and decreasing or preventing the impacts of diseases or ailments in the future. It can also play a role in reducing anxiety.

Sam is a survivor. He had a second chance of life and definitely won the puppy lottery. Sam's resilience and kind personality has taught me a few lessons:

1. Be brave
2. Enjoy your food
3. Make the most of the outdoors during all the seasons, even when it is cold!
4. Forgive and don't hold a grudge
5. Learn to chill

Therefore, as we move forward and take each day as it comes, I encourage you to think about how you care for yourself and to remember Sam. Enjoy the simple walk and when it is hot outside, drink lots of water and rest under a shady tree.

Visit www.cmhastarttalking.ca to find out more about supports and resources available to you.



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MENTAL HEALTH

Teenagers in Training

When we decide to start a family, the usual picture in our mind is of cute little babies, and maybe playful toddlers. We don't typically envision gangly pre-teens or rebellious adolescents.

Consequently, we may begin preparing too late. If you want your children to listen to you when they are older, you must begin when they are very young. This is as much about training yourself as it is about training your children. It is about taking the time to be clear about what you want to teach your child, being as patient and kind as you can be, and being consistent and following through.

It may seem like a big hassle when they are little and you have your hands full, and there may be times when you want to say, "Do it because I said so!". However, if you are not assisting them to develop self-discipline and to take responsibility, and instead you are relying on the authority (power) that you have over them, you will be left stranded if they reach a point when they no longer respect your authority.

So, if you say it is time to pick up the toys, then it is time to pick up the toys. Even if you have to stand there with them, or help to get them going, the toys must be picked up. If you say it's time to pick up the toys, and you say it fifteen times over a two-hour period, and go about your other work in between, then you are teaching them that you are not really serious. And ten years later they won't believe that you're serious about their curfew either

This is not so much about being stern and rigid, or creating a me-against-you power struggle, as it is about mutual co-operation and respect. It's also about flexibility in creating win-win outcomes. For example: "You don't want to put the puzzle away

because it's not finished yet. How about if we just move it out of the way and put all the other toys away."

If your children know that they can tell you what they need, and that you will listen, they will be more open and less defiant later on.

Many parents are so good to their children, perhaps catering too much to them so that they have almost everything they want. Parents feel that the children will really appreciate all of this as they get older and realize that they have had more than others. These parents also imagine that they will be spared the trials that other parents go through, because their children will like them so much.

Sadly, this often backfires. Children who are used to getting what they want as youngsters become frustrated and angry when suddenly parents are saying "No." They may want to start staying out late, dating, going to parties, etc. before parents feel they are ready. They may be sullen and demanding, and this is very painful for parents who feel they have given so much to their children. Not wanting to lose their affection, they may end up giving in to unrealistic demands, and then things rapidly slip out of control.

So enjoy the little ones, and let them grow at their own pace. But once in a while, look at them as though they were "teenagers in training." Ask yourself if the defiant little "No!" that is so cute now, will still be cute in ten or fifteen years. Attention to detail now, will pay huge dividends later on.

Gwen Randall-Young is an author and award-winning psychologist. Gwen Randall-Young Psychological Services Ltd. | Website (780) 464-7005 | gwendall@shaw.ca

PPL



BPP

CHECKING IN@PPL

News & Events at the

Penetanguishene Public Library

24 Simcoe Street 705-549-7164

www.penetanguishene.library.on.ca

PD Programs are here!

Painting Workshop for Children
Wednesday, September 14th from 04:00 until 05:00
This is a follow-along painting session, no materials needed. Watercolors. Cost: \$5.00 per participant. Sign up with your library card. 10 spots available.

Painting Workshop for Adults
Tuesday, September 20, 2022 from 02:00 pm – 03:00 pm
This is a follow-along painting session, no materials needed. Cost:\$5.00 per participant. Sign up with your library card. 10 spots available.


Edible Craft for Children
Wednesday, September 28th from 4:00 pm – 5:00 pm
Make a landscape, a creature, a person with candy, cookies, cream and other goodies. ALERT: Some items may contain peanut butter.
Cost: \$5.00. 10 spots available. Sign up with your library card.

New @PPL
Come to the library and check out our new Reading Tree! Check out your favorite book! Starting September 15th our Movies will be shown at the back of the library. Biweekly at 5:30 pm for children and the following week at 1:00 pm for Adults.

Like and follow us on Facebook: Penetanguishene Public Library
Follow us on Twitter: @PPLlibrarystaff
Follow us on Instagram: penpublib

THROWBACK THURSDAY

Photos and Editorial courtesy of Admin: Ric Archer, Facebook Group, You might be from Elmvale...If you...



Elmvale's first post office, built in 1862. Stood where current day Corner Cut is. Yonge St and Queen St. From a painting by the late W.D. Gilbert, Elmvale

EVENTS

SPECIAL EVENTS:
AUGUST

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

Aug. 20, 2022
Tiny Marsh invasive phragmites control work date.

August 31- September 2
Inflate-A-Fest, Wasaga Beach
The largest gathering of amusement inflatables for all ages to climb, bounce and play! Giant inflatables include traditional bouncy castles, obstacle courses, enormous slides entertainment and interactive games for all ages! Cash only ticked event. Visit www.wasagabeach.com.

Sat. Sept. 3. 11:30- 1:30:
Elmvale Presbyterian Church 22 Queen St. E.
"All You Can Eat" BBQ with corn. The price is \$12 for adults and \$6 for children 8 yrs and under. Proceeds to church projects. We will be there rain or shine.

Sat. Sept. 11, 2022 at 2:30pm
102nd Annual Memorial Service
at the Soldier's Monument Wayverley

BBQ on Sat. Sept. 24th at Perkinsfield Park
Tiny Township Lions TINY TOUR
Hunt for points of interest in the township in your own time. Collect discoveries and share them for prizes at the. Fee:\$20 per vehicle. See the Tiny Township Lions Facebook Page for more details.

Sunday, October 2, 10 - 4
Makers Market & Holiday Home Tour
Inspirational self-drive tour of 4 holiday decorated homes, shop the Makers Market, enjoy tea/coffee/snack at the Heights of Horseshoe. Tickets \$35 at the May Court Shop (54B Maple Ave. Barrie) or on-line at WWW.BARRIEMAYCOURTCLUB.CA/EVENTS (service fee will apply)

Oct. 7 & 8, 2022
Elmvale Fall Fair
Fair Grounds



Village of Midhurst

Community Recreation Association

Autumnfest Fall Fair

The Midhurst Autumnfest Committee is thrilled to announce that the Autumnfest Fall Fair is officially on for 2022, coming to the Midhurst Pavilion on Saturday, September 24. "Autumnfest has always been a great place for friends and neighbours to connect, local vendors to get their products to market, and an amazing fundraising opportunity for our Association," said Hale Mahon, Chair of the Midhurst Autumnfest Fall Fair and its parent organization, the Midhurst Community Recreation Association. "We're excited to bring this event back to residents after two years of cancelled events and are looking forward to connecting with our community once again."

2022 rendition of Midhurst Autumnfest will feature vendors, games and contests, food and fun for all ages. Stay tuned for more announcements on what to expect at this year's fair!

Autumnfest will run on Saturday, September 24 from 10 am to 3 pm at the Midhurst Pavilion, 41 Spence Avenue, Midhurst.

For more information, visit villageofmidhurst.ca/autumnfest or email info@villageofmidhurst.ca.

Community Events

EVENTS

ATTENTION SPRINGWATER VOTERS:
On September 13, 2022
Municipal Debate

WHERE: Midhurst United Church
91 Doran Road, Midhurst
TIME: 7pm

FOR CANDIDATES FROM
WARDS 3, 4 AND 5
PLUS MAYOR AND DEPUTY MAYOR

MODERATOR WILL BE KATE HARRIES

FORMAT: QUESTIONS FROM THE FLOOR

AWANA Kids' Club,

SK to Grade 8, Wednesday nights
6 to 8 pm, at Waverley Gospel Hall,
17017 County Road 27, Waverley
**Free BBQ and club registration
night, September 14 at 6 pm**

On Wednesday, September
7th, The Elmvale Active
Seniors' presentation centre,
located at 24 Yonge Street
will be closed from 10:00 AM
to 12:00 noon.



Springwater Sports Heritage
2231 Nursery Road
Minesing ON
L9X 1A8

The Springwater Sports Heritage Committee will be hosting their delayed 2021 Hall of Fame Induction due to the COVID pandemic on Friday October 21, 2022 at Snow Valley Resort. The reception will be from 5:00pm to 6:15pm, the dinner will be from 6:30pm to 8:00pm and the Ceremony to Induct our four athletes, three builders and two teams will begin at 8:00pm. The dress code for the event will be Business Casual. Tickets are \$60.00 for the evening event. Tickets can be purchased starting August 17th, 2022 online through the township portal. **The link is below.**

<https://webforms.springwater.ca/Recreation/Sports-Heritage-Banquet-Guest-Tickets>

You can also go to the township office and they will help you with the purchase of your tickets or call the recreation department at 705-728-4784, extension 2083 and they will help you with the online purchase.

This year we would like to extend our gratitude to our patrons who are supporting us with the 2021 Induction. They are;

Currie Truck Centre
Marshall Insurance Brokers
Powell Jones LLP
Sexton's Mechanical Ltd.
Key Mortgage Partners
Geranium Homes

Below is the list of Athletes, Builders and Teams that will be inducted that night.

Athletes

Adam Dixon - Sledge Hockey
Alanna Kovacs-Gunn - Track and Field
Alexandra Paul- Figure Skating

Teams

1954/55 Elmvale Comets - Women's Softball Team
1974/75 Minesing OASA Fastball Team

Builders

Frank Archer
Elmvale & District Lions Club
Allan & Laura McNabb

ONGOING EVENTS:

Bid Euchre

Elmvale Community Hall 1 pm - 4 pm Every Monday

Midland Bridge Club 12:45 pm - 4 pm

Tues.: Duplicate Bridge, **Wed.,** Learn to Play Bridge and **Thurs.:** Duplicate Bridge

Coffee Parties 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

Let's Do Lunch \$5:

Elmvale Presbyterian Church

Take-out- held **2nd Thursday of the month:** to order, call 705-322-1411 between 9 and 3pm on the Monday previous for pick-up Thursday between 11:45 and 12:15 at the East side of the church, 22 Queen St. E. Delivery in town only.

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Backhoes to Rhinestones and everything in between! This auction has got it all. Case 580B Backhoe, Case 580 Super M Extindahoe, Allis Chalmers 175 with Lucknow front mount snowblower, Cub Cadet Zero Turn mowers, gas powered golf carts, 12' aluminum boat, MTD wood chipper, Yardworks snowblower, Palram Glory Greenhouse, cedar rails, Whirlpool washer and dryer, Poulan chain-saw, Johnson 5.5 Seahorse outboard motor, Cabela's fly rod kit and fishing essentials, Nordic Track treadmill, tool chest and every conceivable tool, both electric and manual, for the workshop. Also includes antique oak armchairs, beautiful one-of-a-kind antiques together with never assembled pieces of furniture from the Bombay Company, vintage handmade quilts, a comfy 'gaming chair', vintage Onkyo tuner and amplifier and a lot of new interesting never-used technology as well. Do you know what an IrisScan is? We didn't either. Check out Lot 687. Enjoy the search and good luck!



UPCOMING AUCTIONS

Exquisite Home Downsizing, Guelph - Sept. 4-8 - 2007 Lexus IS250, bikes, wool carpet, outdoor furniture, table saw, Stihl trimmer

Estate of Eldon & Shirley Shantz, New Dundee - Sept. 4-8 - John Deere tractors, tools and hardware, tool chests, Royal Doultons

Estate Jewellery, Coins, Stamps & Collectibles, Guelph - Sept. 7-11 - gold and sterling jewellery, Birks sterling, coins, stamps

Marion North Extensive Estate, Brantford - Sept. 11-15 - Lilliput Lane Collection, Barbies, rock & mineral collection, unique finds

Estate of Helen Davenport, Wellesley - Sept. 25-29 - Steiner, Agco Allis lawn tractor, chipper, Dali & Picasso limited edition print

Estate of Hilda Mary Pincoe, Amaranth - Oct. 9-13 (dates TBC) - 1978 Triumph Spitfire, Cub Cadet mower, original watercolours

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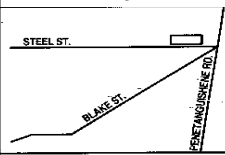
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The OPP Report

CHARGES LAID OVER WEEKEND IN WASAGA BEACH

Members of the Huronia West Detachment of the Ontario Provincial Police (OPP) laid 191 charges over the weekend in Wasaga Beach and the main arteries leading into Town.

Between Friday, August 26, and Sunday, August 28, 2022, preliminary numbers show officers responded to 327 calls for service and laid 191 charges. Of those, 154 were Highway Traffic Act (HTA)-related, which included 37 speed-related, 18 improper or no muffler, and 6 unnecessary noise.

In addition, three motorists were charged with impaired operation and officers conducted two RIDE initiatives.

There are numerous active investigations into the incidents that transpired in Wasaga Beach this past weekend, including property damage and break and enters. The OPP will conduct thorough and exhaustive investigations holding those responsible accountable.

Residents and visitors of Wasaga Beach who have not yet reported property damage or other crime from the weekend are asked to call police.

Anyone with any information can call the Huronia West OPP at 1-888-310-1122 or Crime Stoppers to remain anonymous at 1-800-222-TIPS (8477).

OPP ANNOUNCES CHANGES TO ITS PROVINCIAL TOW PROGRAM FOR 2023

OPP Introduces New Towing/Storage Operator Service Application/Requirements

The Ontario Provincial Police (OPP) is implementing changes to its Provincial Tow Program that affect how Tow & Storage Service Operators (TSSOs) apply to provide OPP-requested tow services in 2023.

Among the changes, TSSOs are now required to complete their own Electronic Criminal Record Check which includes an agency letter acknowledging this requirement. These links are now available on the OPP Provincial Tow Program webpage at opp.ca.

With the Ministry of Transportation (MTO)-led Tow Zone Pilot Program now in place, the OPP will adhere to the guidelines set out in this Greater Toronto Area (GTA) pilot.

For the OPP Provincial Tow Program (all areas outside the GTA Tow Zone Pilot Program scope), the existing practice of obtaining or dispatching a TSSO will remain the same as the current practice. Only TSSOs that have been approved to be on a Detachment TSSO Tow List will be dispatched for police requested tows.

TSSOs applying to be on an OPP Detachment Tow List (for the OPP Provincial Tow Program) must submit their application between September 1 (or earlier) and October 15 to be on the list for the following calendar year. TSSOs who were approved for the 2022 tow list are reminded that they must reapply to be accepted for the 2023 calendar year as outlined above.

TSSOs with questions can contact their local OPP detachment.

The OPP encourages all tow companies, operators and drivers to educate themselves about the rules and regulations around providing police-requested tow services under the OPP Provincial Tow Program.

OPP Marine Patrol Notes - Don't Feed the Bears

Boaters checked by marine officers from the Southern Georgian Bay OPP Detachment in even late August continue to be short on essential vessel safety equipment and lifejackets. Over the August 19-28, 2022, time period officers checked 82 vessels for safety equipment resulting in 12 operators being charged and 14 operators were warned for violations under the Canada Shipping Act.

Marine officers logged 69 hours of patrol time on the waters of Georgian Bay focusing efforts on Giants Tomb and Beckwith Island areas along with patrols of Gloucester Pool and the Trent System keeping a watch for impaired operators. Five operators were tested on the roadside screening device for blood/alcohol levels and two of those operators received a 3 - day drivers licence suspension and six operators were served tickets for Liquor Licence Control Act offences.

Numerous investigations were also conducted as the officers responded to 16 calls for service on numerous bodies of water located within the Detachment patrol area.

Officers are currently conducting an injury investigation after a unresponsive 55 year old male was removed from the waters of Six Mile Lake near Winding Way. Emergency Services were dispatched at approximately 8:30 p.m. August 28, 2022 to assist the male who had been operating a personal watercraft when he went into the water. Anyone with information or who may have observed this incident / has video surveillance footage is asked to contact the OPP at 1-888-310-1122 or opp.southern.georgian.bay@opp.ca .

OF NOTE - Don't Feed the Bears

Marine officers attended several islands on Georgian Bay and spoke with cottagers in reference to bear sightings and problems with bears. As the summer season nears to a close, so do the wild food sources that bears count on for their next meal. Leaving untidy garbage cans, poorly cleaned BBQ's, bird feeders and improper ways of disposing of food products only helps to invite bears and possibly their cubs to your cottage. Please review the following link to help reduce your problems with our four legged friends who live in the bush here all year long - <https://www.ontario.ca/page/prevent-bear-encounters-bear-wise>

Educating the public about safe driving practices with our community safety partners is a priority, if you see a possible impaired driver on our roadways, waterways or trails please "Make the Call" and dial 911 as impaired driving never ends well, please make a plan to get home safely.

TWELVE YEARS LATER, THE SEARCH FOR SONIA VARASCHIN'S KILLER CONTINUES \$50,000 Reward Offered

August 30th marks the 12th anniversary of the murder of 42-year-old Sonia VARASCHIN. Investigators have never stopped the search for the killer and seek the public's assistance to bring resolution to Sonia's family.

On August 30, 2010, officers from the former Orangeville Police Service (OPS) began an investigation after Sonia VARASCHIN's white Toyota Corolla was found abandoned behind a

business on Broadway in downtown Orangeville. On the same day, OPS requested assistance from the Ontario Provincial Police (OPP). On September 5, 2010, Sonia VARASHIN's remains were found in a wooded area just off of Beechgrove Side Road.

Twelve years later, the investigation into the murder remains active under the direction of the OPP Criminal Investigation Branch. The OPP will never close an unsolved homicide.

A \$50,000 reward remains in place for information that leads to the arrest and conviction of the person(s) responsible for the murder of Sonia VARASCHIN. Over 1,500 tips have been received from the public. Investigators continue to seek the one piece of information that will lead to an arrest.

Anyone with information, no matter how minor, is asked to contact the OPP at 1-888-310-1122 or Crime Stoppers anonymously at 1-800-222-8477 (TIPS).

View the reward poster here: <http://www.opp.ca/ecms/files/275540403.4.pdf>



OPP INVESTIGATING INCIDENTS IN WASAGA BEACH Aug. 28, 2022

Officers from the Huronia West Detachment of the Ontario Provincial Police (OPP) were kept busy last night with numerous calls for service in Wasaga Beach, including mischief incidents involving OPP vehicles.

Numerous investigations are underway to identify those responsible for Highway Traffic Act infractions and mischief incidents during the overnight hours of August 27 and 28, 2022, including property damage at the Canadian Tire on 45th Street and Walmart on Stonebridge Boulevard. A break and enter is also being investigated at the Walmart.

In the early morning hours of August 28, 2022, two OPP vehicles were damaged and their windows were smashed on Beck Street and Main Street. During the incidents, officers were inside the vehicles and one vehicle also had a canine inside. Thankfully, the officers and dog were unharmed.

The safety of our community and our officers is our number one priority and the safety of both was jeopardized last night. We want to make it clear that this behaviour will not be tolerated.

The OPP will conduct thorough and exhaustive investigations leading to arrest and prosecution. Those responsible will be held accountable to the fullest extent of the law.

Anyone with information on incidents from last night is asked to contact the Huronia West OPP at 1-888-310-1122 or Crime Stoppers at 1-800-222-TIPS (8477). When you contact Crime Stoppers you remain anonymous, you will never have to testify, and you may be eligible to receive a cash reward of up to \$2,000. Tips may also be provided through the Crime Stopper's website by visiting <https://ontariocrimestoppers.ca/>.



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HURONIA COMMUNITY FOUNDATIONS DONATIONS

A Smart and Caring Grant provided through the David and Delva Finch Fund, the General Mills Canada Community Fund and the HCF Community fund assisted BGC North Simcoe in keeping their summer campers well hydrated.

"BGC North Simcoe would like to thank the Huronia Community Foundation for selecting BGC North Simcoe as a recipient of a 2022 Smart and Caring Grant. The funds we received were used towards our "WATER IS BEST" initiative within our 2022 Summer Camp. Fund received gave BGC North Simcoe the opportunity to purchase reusable water bottles to be handed out at our summer locations in both Penetanguishene and Midland" said Ashleigh Twitchin BGC North Simcoe Programs Manager pictured with HCF Executive Director Scott Warnock.



The Midland Public Library is now able to provide another accessible format for their patrons. A Smart and Caring Grant supported by the John and Jan MacIntyre Community Fund, the Tom and Lucille Gay Memorial Fund and the LabX Fund at HCF has enabled the Midland Public Library to purchase a DAISY reader.

"The Midland Public Library is grateful for the support of the Huronia Community Foundation and their Smart and Caring Community Grants. This grant allowed us to purchase a DAISY reader for loan to readers requiring accessible formats other than our large print and audio book collections" said Trish Hayes CEO and Chief Librarian Midland Public Library pictured below with HCF Executive Director Scott Warnock



A Smart and Caring Grant provided to the Askennonia Senior Centre from the HCF Community Fund and A Mother's Love - Helping Hands Fund arrived just in time according to Executive Director Judy Contin.

"We will use it to cover repairs to our dishwasher so that we are ready when we resume events with food to provide safe programming. As you know, most of our programs have traditionally included light refreshments and we will be happy when we can confidently resume the service. On behalf of the Board of Directors and older adults in North Simcoe, thanks so much for HCF's continued support."

Pictured below HCF Executive Director Scott Warnock and Judy Contin Executive Director Askennonia Senior Centre.



Junior Farmers On The Fields of Fun This Summer

Another huge thank you goes out to Jason at Orr Lake Golf for helping us put on a successful annual Junior Farmers Golf Tournament and donating a portion back to our club!

Mike Franssen and Michaela Rossi on winning longest drive.

We send a huge Thank You once again to our sponsors & we look forward to seeing everyone next year!



Photo above: Congrats to team Zach McLean (Andrew Nagel, Evan Marlowe, Pat Brunet) for their score of -10 to win the tournament for males.



Photo above: Hunter Jamieson and Kristy Clement on winning closest to the pin.

Photo Below: Congrats to team Daniella Charlebois (Heather Mason, Natalie Calder, Kristy Clement) for their score of +2 to win the tournament for females.

Team John Schober for winning best dressed.



First Place

Baseball season has officially wrapped up! 1st place in the Elmvale Friday Night 3 Pitch League



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CWI August Meeting



Craighurst Women’s Institute continued their outdoor schedule of meetings, convening Aug. 16 at Craighurst Park. After lunch the meeting opened with Mary Stewart and her Collect. Minutes of July were adopted, the treasurer reported a goodly balance. The Catering Boss reported on the last job, which was very smooth, even though the eggs had to be boiled at midnight. (don’t ask)

The president welcomed another new member. Roll call was “what did you do yesterday?”, and answers varied from played golf to rode on a boat to worked a 14 hour shift to oversaw my outdoor bathtub deck rebuild (again don’t ask). On the program was “the state of Craighurst’s Sidewalk”. In 1906 the good citizens of the village collected money and installed a sidewalk, so they could walk to the CPR station and keep their feet from mud, snow etc. In those days folks from Craighurst went to the dentist in Alliston, since it was a lot easier to get on a train and go south that way, that to hitch up your horse and buggy and take the Penetang Road, with its ups and downs, to Barrie. Of course a hundred plus year old sidewalk will need maintenance. Maybe the cracked and rim-racked parts replaced, the steep bits brought back to a walk able state, the sloped parts put on even keels - you know, the usual stuff. So CWI voted to approach the Township for such good work.

Then we had a thorough talk about the state of the Health System in Ontario. The word “miserable” was used. Sobering facts about drug overdose rates, nurses retiring, resources mismanaged. Next meeting we will come up with our solutions to make the system better. And then we’ll go see Doug Shipley our MPP. Craighurst W I is all about “Home and Country” as the W I motto reads. Just then forked lightening struck maybe up Elmvale way, so we concluded our meeting and headed for the hills. We will be continuing in September, third Tuesday, in the Park.



**Reminder of Fall
Coming
From Old Fort Rd
Namesake**

Georgian Bay General Hospital Foundation Receives \$100,000 Gift from Seasonal Residents

A \$100,000 gift will provide vital funding to enhance the care experience for patients at Georgian Bay General Hospital (GBGH) in Midland, Ontario. Steve and Brenda, seasonal residents in Honey Harbour, made this gift to address some of the highest priority projects for the hospital in the coming year.

Steve and Brenda have spent summers on Georgian Bay for more than 50 years, and have relied on the health care services at GBGH in the past. The couple first heard about the need for critical medical equipment at GBGH through the Kickstart Your Heart campaign in February 2022, and it inspired them to connect with the GBGH Foundation to learn more about the hospital’s most important capital priorities.

“Our sons and their families live in the area, and have received exceptional care at GBGH every time they have needed the hospital,” shares Steve. “We are pleased that this gift will help ensure that the frontline care providers at GBGH have what they need to care for their patients. We know that updated equipment is so important so the hospital can do what it needs to do.”

This generous gift will support the GBGH Foundation’s Impact Fund, which addresses the highest priority capital equipment and infrastructure upgrades at GBGH. Some of the key equipment priorities this year include a hematology analyzer for the laboratory, a bladder scanner for the Emergency department & Intensive Care Unit (ICU), and a new patient bathtub for the 2N inpatient unit.

“The impact that Steve and Brenda are having at GBGH is remarkable,” shares Matthew Lawson, interim president and CEO, GBGH. “Amidst very challenging times in health care, providing functional, reliable and effective equipment for our teams makes their jobs just a little easier. The investment in equipment and infrastructure also means our patients can receive their diagnosis, treatment and recovery close to home, which is what we all want for our family, friends and loved ones.”

To learn more about making an impact at Georgian Bay General Hospital, visit www.gbghf.ca or call 705-526-GIVE (4483).



Photo Above: A \$100,000 gift, from seasonal residents Steve and Brenda, will provide vital funding to address some of the highest priority capital projects at Georgian Bay General Hospital (GBGH) in the coming year. One of the key equipment priorities this year is a new hematology analyzer for the laboratory.

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beloved Husband, Dad,
Grampa and Great Grampa.
A year ago August 31, 2021**


Those we love don't go away.
They walk beside us everyday.
Unseen, unheard, but always near.

Forever in our hearts.
*Love Margaret
Brian and Sharon
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CELEBRATION OF LIFE



On **Sat. Sept. 17th at 2:00 pm**, we will gather to celebrate the life of **Andrew John Poaps**, at Grace United Church, 350 Grove St. E. Barrie ,Ontario. There will be a reception at the church following the service.

**Everyone welcome,
Sirpa Seipio**



Lieutenant Governor to Visit MPL
for the Opening of Speaking of
Democracy Exhibition

The Midland Public Library is inviting our community to a special event.

On Friday, September 9 at 10:30am, we’ll be hosting the Lieutenant Governor, The Honourable Elizabeth Dowdeswell, to open a special exhibition, Speaking of Democracy.

On loan from the Office of the Lieutenant Governor of Ontario, the Speaking of Democracy Exhibition explores the roots of, threats to, and promise of democracy, through quotes from contemporary and historic individuals. The exhibition will be available at MPL from August 31—October 28.

The Lieutenant Governor will officially open the exhibition and explore the importance of democracy to the fabric of local community. To find out more or to let us know you’ll attend, visit midlandlibrary.com/event/speaking-of-democracy.

Midland Public Library aims to provide engagement, inspiration and empowerment, and to be a central part of what makes Midland and the surrounding areas a great place to live, work, and play. For further information about library events and programs, visit www.midlandlibrary.com

Obituaries



DESROCHES, Yvette Lucille
Passed away peacefully, surrounded by her loving family, at The Villa Care Centre, Midland, on Monday, August 15, 2022, in her 92nd year. Dear wife of the late Venard Desroches (July 2002). Much loved mother of Allen & Linda of Shanty Bay,

Elaine & Dave of Chatsworth, Tim & Mona of Tiny, David & Ann of Victoria Harbour, Theodore (Teddy) & Brenda of Revenna, Mary of Midland, Ivan & Tammy of Wasaga Beach, Judy & Roger Gagne of Midland, Lucille of Barrie, Peter & Linda of Perkinsfield and Lisa of Barrie. Proud mère of 17 grandchildren and 16 great grandchildren. Dear sister of Rita (Bob), Georgette (Bernard), the late Gil (Lucille) and Gerry (Pauline) and sister-in-law of Norbert and Flo (Lewis). Predeceased by inlaws Bernard, Prima, Vena and Monette. She will be missed by many nieces and nephews.

A memorial mass will be held at St. Patrick's Church, Perkinsfield on Friday, September 2nd at 1 pm.

Inurnment will follow at St. Patrick's Cemetery. Memorial donations to St. Patrick's Church, Perkinsfield would be appreciated by the family. Cheques to: 28 Robert St. W., Penetanguishene, ON L9M1N2 or made online: <https://stpatriksspe.archtoronto.org>

The family would like to express their sincere gratitude to the staff at the Villa Lodge and The Villa Care Centre for the wonderful care that was given to Yvette.

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



Obituaries



GOULD, Amanda

On August 24th, 2022, Amanda Gould passed away peacefully and now watches over us all from heaven after a courageous battle with cancer. Taken much too soon, Amanda left her mark on this world with her generous and caring ways. She loved to gather her friends and family for a celebration, to support those in need and to use her creativity for her many business pursuits.

Amanda is survived by her high school sweetheart and husband of 20 years, Randy and their three children Kiely, Liam and Mason. Dear daughter of David and Bernadette Hineman, loving sister to Jason (Claire), and the Gould family-Fran, Brenda, Rhonda and Jimmy. She was precious to her family who were the best of friends and her best friends who became family. She loved you all.

**‘Those we love don’t go away,
they walk beside us every day.’**

A visitation was held at Lynn-Stone Funeral Homes on 15 Yonge St., S, Elmvale on Wednesday August 31st from 2-4pm and 7-9pm.

A Celebration of Life will be held at 28 Algonquin Trail, Bluewater Beach on Saturday September 3rd from 1-4pm.

In memory of Amanda, donations to the Canadian Cancer Society would be appreciated by the family.

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



Creith, John Gillan

December 30, 1929 to August 27, 2022

Peacefully at Georgian Bay General Hospital, Midland, Ontario, after a lengthy illness. Husband of the late Helen Irene Tonn, father of Elizabeth (David), Jane, Carla and David

(Sharon); grandfather of Rachel, Jennifer, Aleisha (Mark), Michael (Polly), William and Cian; and great-grandfather of Sam, Maisie and Henry.

He is survived by five siblings; Frankie (the late Norman Legere), Billy (Ellen), Richard (May), Mary (Ronnie Sinnamon) and Alec (Agnes), and by thirteen nieces and nephews.

A visitation will be held at the Lynn-Stone Funeral Home in Elmvale from 5-8 pm Thursday, September 1, 2022. A funeral service will be held at the Lynn-Stone Funeral Home on Friday at 11 am.

The service may be viewed on Youtube starting at 10:55 am.

Youtube: Search: Lynn-Stone Funeral Home. Interment Elmvale Cemetery.

Donations to Operation Smile in lieu of flowers

Expressions of sympathy may be sent to
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McGRATH, Lorna Jean

Lorna McGrath (Strath) was born in Barrie on September 3, 1940. She passed away peacefully on August 19, 2022 at the age of 81.

Lorna spent her childhood in Crossland along with her brother, Cameron. She was married to her husband Don for 63 years. They resided on a farm east of Elmvale where they raised 5 girls.

Lorna was a long time member of The Silver Maple Women's Institute.

She will be sorrowfully missed by her daughters: Bonnie McGill-Ploeg, Julie (Mike) Trace, Sheila, the late Kelly and Mae (Daryl) Senick. She was a loving grandma to 6 grandchildren and 6 great grandchildren.

Lorna leaves behind her brother Cameron (Marie) Strath and in laws: late Beverley (Marion), Rodney (Nancy), the late Joanne (Beverley) (Caroline) Rawson, Brian (Sandy) (and the late Joanne Bishop). She will be greatly missed by her family and friends.

We will hold her close within our hearts and there you will remain, to walk and guide us through our lives, until we meet again.

Her daughters would like to give a heart felt thanks to the staff at Sara Vista who took great care of her these past few years. We know she enjoyed singing and dancing with each of you.

Lorna will be fondly remembered for sharing a cup of tea, home made treats, helping others and remembering the words to the songs playing on the radio.

Visitation will be Sunday, August 21, 2022 at Lynn-Stone Funeral Home from 1 – 4 pm.

Interment Elmvale Cemetery at a later date.

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

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



Elmvale Spitfires Ladies Fastball Champs

The Elmvale Spitfires had a very successful 2022 season, coming in first in the league for the season and first in the league for the playoffs. Thanks to coaches Dan McLean and Tim McGinnis for another fun and competitive season.

The Simcoe Ladies Fastball League consists of a total of seven teams: Elmvale Spitfires, Barrie Red,

Barrie Peaches, Western Herbert's Boots, Minesing Moose and Phelpston Cougars.

The Elmvale Splitfires only lost one game all season and every game the in playoffs. Go girls! All women athletes in this league are congratulated on keeping this skill level of play alive and entertaining to watch.



Back Row: Left to Right- Erin Moriarty, Lauren Klein Gebbinck, Jess Irwin, Shannon Webster, Ashleigh McLean, Coach Tim McGinnis, Adrianna McGinnis, Nicole Loughran, Madelyn Martin, Coach Dan McLean, Erin Barmanche.

Bottom Row: Left to Right- Holly Trace, Dara Beacock, Karla Martin, Theresa Laverty, Carey Coram. Missing from photo: Meghan Lillie

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Photo above: Left to Right, Lauren Klein Gebbinck and Adrianna McGinnis. The Elmvale Splitfire players are holding the league Championship Trophy and Playoff Trophy

Views from the Cottage by Melanie Martyn



‘DON’T YOU WANNA
RAINDANCE...’

Do you ever wonder what lies beneath? When you see Hoover Dam at the lowest levels ever, since 1937, and Lake Mead’s water level dropping twenty-six feet in one year, you are going to uncover some secrets!

I toured Hoover Dam in 2008 and you could see the ‘bathtub ring’ along the edges of the Colorado River as it feeds into the Dam which provides hydroelectric power and controls any seasonal flooding of the river. It subsequently fills Lake Mead as a major reservoir. This was a beautiful sight in 2008 and you could see many a fishing boat hoping to catch a forty-pound Striped Bass!

Tourists will have to think twice now before hanging the ‘gone fishing’ sign as there is only

one usable boat launch left (out of six). With 7.5 million visitors annually, there are going to be some disappointments for sure. A forty pounder, however, pales in comparison to what you might catch on your hook should you succeed in getting onto the lake’s shrinking expanse. As the waters receded, artifacts galore have shown up wedged deeply into the silty bottom of the lake. Imagine seeing a World War II-era Higgins landing craft, numerous shattered boat remains, trash and lost watches. Could be a treasure trove of gold or more misadventures unveiled as the waters edge shrinks.

More traumatizing would be the recent discovery by two sisters paddle boarding, who dug up what they thought might be an animal skeleton but soon discovered it was.... human. OMG, and what about the poor man in the barrel having been laid to ‘unrest’ since the seventies, in the murky waters. What a world...

recorded. Coffee production is expected to fall 23% this year, and low reservoir levels mean the country cannot fully utilize its hydroelectric plants, driving up their electricity bills. Coffee, and everything else is going way up!

The mighty river Danube is now at one of its lowest levels in almost a century, exposing the hulks of dozens of explosives-laden German warships sunk during World War Two near Serbia's river port town of Prahovo.

There were hundreds scuttled along the Danube by Nazi Germany's Black Sea fleet in 1944 while retreating from Soviet forces. This graveyard of German flotilla leaves quite a disaster for the people of Prahovo, from an ecological perspective. Seventy-six years later, a clean-up is in order.

In Madagascar, drought has left hundreds of thousands of people malnourished, to the edge of famine. A sad, sad, state-of-affairs in many areas of the world right now.

Closer to home, Orr Lake with its 4.4 miles of shoreline, does not appear to be suffering any major water loss thanks to the professionally managed dam on the southwest side of the lake and the year-round flow of the MacDonald Road and South Orr Lake streams. It was inn 1812, that a military road was built between Barrie and Penetanguishene, providing a route to Orr Lake. The newly accessible stands of pine surrounding the lake serviced at least three sawmills. The largest mill was owned by W.F. Orr, for whom the lake is named.

Truly, let us be thankful for the rains and the high-water tables here that will keep Orr Lake secrets safe for as long as possible. I lost a 12-foot aluminum fishing boat that went adrift, quite a few years back and no amount of snorkelling unravelled the mystery of “Did it sink or swim to a new home”?

We have been lucky to receive quite a deluge of rain in recent weeks which fully drenched my lawn and gardens. I happily stayed inside and listened to another of my old favs, “Rain Dance” by the Guess Who. Next time it pours, I will be ‘Singing in the Rain!’



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