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Springwater NEWS

Edition 639 - November 24, 2022 Serving Springwater & Tiny Townships and surrounding areas

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CP Holiday Train Returns to The Rails to Bring Festive Cheer to Springwater



The CP Holiday Train is returning to the rails for the first time in three years to bring holiday cheer to hundreds of communities across Canada. The train will roll into Springwater at 12:15 p.m. on Wednesday, November 30, 2022 at Highway 26 and Anne Street North.

The CP Holiday Train features a box car stage and a line-up of great musical talent to raise money, food and awareness for local food banks. The event is free to attend, with CP encouraging attendees to open their cupboards and wallets to help combat food insecurity in their communities. The Elmvale & District Food Bank and Barrie Food Bank will be accepting donations in Springwater to ensure those in need locally have enough healthy food this holiday season.

Anne Street North will be closed for the duration of the event to accommodate the expected foot traffic and allow for safe viewing. Parking, with shuttle service, will be available at the Simcoe County Museum (1331 Highway 26) and Tree Nursery Sports Park (2231 Nursery Road). Accessible parking is available to those with a permit on Anne Street North, however space is limited. A parking map is available on the Township's website at springwater.ca/CPHolidayTrain.

Performing on the train this year are Tenille Townes and Aysanabee. Tenille Townes is a Canadian singer-songwriter from Alberta whose debut album was named Country Album of the Year at the 50th JUNO Awards and Album of the Year at the 2021

Canadian Country Music Awards. Toronto-based artist, Aysanabee is Oji-Cree and from the Sucker Clan of the Sandy Lake First Nation. He is a singer-songwriter who uses folk, soul and alt-pop to tell stories about his life and reconnecting with his roots.

The live performances will run from 12:30 to 12:55 p.m. Audience members can also enjoy hot chocolate and candy canes, which will be given out for free beginning at 11:00 a.m.

Since 1999, the CP Holiday Train has helped raise over \$20 million and helped to collect over 5 million pounds of food for those in need across Canada.

For more information, please visit the CP Holiday Train website at cpr.ca/Holiday-Train.



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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.

Springwater News Front Page Article November 10 2022

When I got my Springwater News in the mail, I was very intrigued by the front page picture and the bold type "I AM CANADIAN". The picture made my think the article was about our military or possibly the sacrifices our military has made so that we can all be a "free Canadian". I was then surprised to read a story involving John Diefenbaker. I guess I might say I am as interested in John Diefenbaker as anyone else my age. When my wife and I did a cross Canada road trip in 2016, we stopped at a 'roadside attraction' in Saskatchewan which was like a little prairie town, including a wheat elevator. Amongst the railroad station, school, church and numerous business was the actual small (maybe 600 square feet) house John Diefenbaker grew up in. I was excited to walk through the house.

But, I digress. I would say that this article was most probably written by a senior aged, white Anglo-Saxon, Protestant (or Catholic) – WASP. I am a part of that grouping. And, I would say that this type of article might have been accepted in 1950, or even 1975, but I don't feel it is appropriate in 2022. I imagine that there are still many people in Elmvale that would give this a rip-roaring 'hurrah' for the sentiment in the article. However, in 2022, I feel we need to be more inclusive. Annie states "Do we continue in discrimination, or do we use words and actions that demonstrate to our children and others around us that we oppose what is wrong in the eyes of God? The kind of Canadian we are demonstrates that kind of Christian we are." These actual words are discriminatory. There are three major religions who believe in God: Muslims, Jewish people and Christians. Can you only be some kind of a Canadian if you are some kind of a Christian? Can a Muslim not be 'some kind of Canadian'? After English and French, the third largest spoken language in Canada is Mandarin. That would be Chinese people. Can a Chinese person not be some 'kind of Canadian' if they are not Christian or do not believe in God? If Annie wishes to "bring peace into our interaction with others", I would say she needs to be more inclusive in her writing. I don't believe she intentionally meant any harm in her article, but she really needs to educate herself on using inclusive language and not being so discriminatory.

I feel this article possibly could have been included inside the Springwater News as a 'personal comment' type of article, but I certainly do not feel this article should have been on the front page of the newspaper. In 2022, I would say we need to be some kind of Canadian by being more inclusive.

Ron Mills

Ontario Bill 23 Exploits the Public

There is a deep concern about Ontario's Bill 23 More Homes Built Faster Act, 2022, currently before the

Ontario Legislature. It appears to be an attack by the government on the rights of the public and especially on the family.

Housing is now a serious problem, but it seems that this great need for housing has been exploited by the Ontario Ford government for its own benefit.

This proposed legislation removes from municipal councils and individuals living in local communities, decisions relating to the building of houses in their area. Housing affects the family, as it relates to work, roads, sewers, schools, community centres and retirement homes in the community. Yet this bill denies the public from having any say in the development of housing in their communities.

Not everyone wants to live in dense urban areas, some want to raise their children in a suburban environment away from the density, noise, and congestion of the city. This bill however strips power from local communities (families) to decide how development will take place even though it directly affects their lives.

Simply put, Bill 23 takes away a residents right to have a say in local planning decisions and severely limits rights of appeal to the Ontario Land Tribunal. Further, Bill 23 gives the Ontario Minister of Municipalities and Housing vast power to over-ride local municipal Official Plans despite local support and approval of these plans.

Local communities by way of the elected officials on their city councils, collectively are supposed to decide the nature of the community. They however will no longer have a say in local development applications or have any input respecting Site Plan Control. As well their local councillors will no longer be accountable for development decisions. Instead, unelected, and unaccountable, bureaucrats at Queen's Park will make decisions affecting communities in which they do not live.

Bill 23 represents a major step towards centralization of housing policies at the micro level at Queen's Park. In doing so, it will lessen transparency in respect to development. Given the amounts of money involved in development and the occasion for corruption, both soft and hard, lack of transparency is a significant factor.

All of Ontario will be affected by this bill, but especially rural areas of Ontario will experience the reach of this contentious bill since that is where much of undeveloped land is located.

The Progressive Conservative Government benefits from Bill 23

According to the Toronto Star (Nov 17th, 2022), since 2018, developers have purchased large parcels of land included in the protected Greenbelt areas in the province even though they are protected from development. They purchased this land for \$278 million. These developers, however, now stand to gain large amounts of money when the land is rezoned under Bill 23. The Ontario Government has designated 15 areas slated to be removed from the Greenbelt. These 15 areas span 7,400 acres of Greenbelt.

The Toronto star further states that developers have contributed more than \$572 thousand to the Ontario Progressive Conservative party since 2014, the earliest year in Ontario's political donations database.

Pauline Guzik, President, REAL Women of Canada



Springwater News

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18,650 are delivered by Canada Post to:

760 in the Utopia/Grenfell 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 Phelpsston 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, Ebenezzer 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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EDITOR'S NOTES

by Linda Belcourt, Publisher, Editor, Owner

Christmas is right around the corner. In my efforts to help local business', I will be offering a shop local page in the next edition. I will discount my ad price in exchange for the business to offer a discount to the customer.

Let's all give a gift to the community by shopping local this Holiday Season. Everyone wins!

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Remembrance Day in Elmvale



It was one of the the best Remembrance Day Service’s Elmvale has experienced. All three schools attended; Elmvale District High School, Huronia Centennial Elementary School and Our Lady of Lourdes Separate School. It is the best attended service in recent years. Many local residents attended the service that began with the parade coming into the cenotaph area.

The highlight was the Elmvale District High School students singing during the service. They sang, “Oh Canada” and “Highway of Heros”. It touches all our hearts to see the youth of today being so passionate in remembering and honouring the soldiers that keep and have kept our freedoms and peace. Lest We Forget. A very touching moments was when EDHS grade 11 student, Jocelyn Leigh, sang a song she wrote called, “Outside the Battlefield”. Her great grandfather, Bruce McCracken, was a Airforce Air Gunner.

The EDHS music teacher Jesse Muldoon said, “She (Jocelyn Leigh) is a great part of the (music) program in the last two years.” The high school music program has been hard to resurrect since Covid. It was difficult to bring the program back. The school is based around the community and Mr. Muldoon is trying to get the students to perform around town as much as possible to show the community the support of the school. Tim Horton’s has donated seven guitars to the program. A local community member from Tiny, has also donated a drum set. “Music pulls the kids together.” said Mr. Muldoon. Students that normally would not pull together, can do so through this music program. The program has grown since the pandemic with a recording and sound production. The community wins, the students wins and the school wins, all due to music. Thanks Jesse Muldon for your passion and extra efforts it take to make such a successful and well known music program.



Announcement

North Simcoe Veterinary Services & Midland Veterinary Service are pleased to announce that Dr. Emily Young-On has joined our veterinary practices as a mixed animal practitioner. Dr Emily began her vete inary career as a volunteer at North Simcoe Veterinary Services before becoming an employe (as a veterinary assistant. Dr Emily graduated from the University of Guelph before completing her MVB at the College of Veterinary Medicine in Dublin, Ireland.



Dr. Joel Rumney - Large animal practitioner
Dr. Edith (Haberfellner) Rumney - Small animal practitioner
Dr. Rose Rumney - Mixed animal practitioner
Dr. Shauna O’ Brien- Mixed animal practitioner
Dr. Elri Oosthuizen - Large animal practitioner
Dr. Stefanie Nickerson - Mixed animal practitioner
Dr. Ashley Mann - Small animal practitioner
Dr. Suzann Abrey - Small animal surgeon
We are also pleased to announce that with the addition of Dr. Young-On, we are now able to welcome new farm animal clients to our practice.
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Township of Springwater Link

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November 24, 2022

Holiday Office Closure

The Township Administration Centre will close at 5:30 p.m. on Friday, December 23, 2022, and reopen again for business at 8:30 a.m. on Tuesday, January 3, 2023.

Upcoming Meetings

Committee of Adjustment
Wednesday, November 30 at 7:00 p.m.

Special Council Meeting
Wednesday, December 7 at 4:00 p.m.

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

The Township has transitioned its Council meetings to a hybrid format. Community members may attend in-person in the Council Chambers or remotely online. Council and Committee meetings are live streamed online at springwater.ca/Live.

To view the meeting agendas, please visit: springwater.civicweb.net/Portal

Water and Wastewater Bills

Residential water meters have been read by the Township's third-party contractor, WAMCO Waterworks. Bills have been mailed with a due date of November 28, 2022.

Bid Opportunities

State of Good Repair Roads Project (2022-40-PW)
Closes: December 12, 2022

Professional Engineering Consulting Services for Springwater Transportation Master Plan (2022-39-PW)
Closes: January 10, 2023

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



12:15 PM | November 30, 2022 | Anne Street North & Wenden Court

The CP Holiday Train is returning to the rails for the first time in three years to bring holiday cheer to hundreds of communities while raising money, food and awareness for local food banks. The train will be rolling into Springwater (Anne Street North & Wenden Court) at 12:15 p.m. on Wednesday, November 30, 2022. This year features performances by Tenille Townes and Aysanabee.

Proceeds will support the Barrie and Elmvale Food Banks. Anne Street will be closed during the event. For parking information, visit springwater.ca/CPHolidayTrain

Upcoming Holiday Events



- South Springwater Firefighters Association Charity Christmas Tree Sale - November 26
- Elmvale Tree Lighting - December 2
- Hillsdale Tree Lighting - December 3
- Midhurst Tree Lighting - December 3
- Elmvale Santa Claus Parade - December 4
- Elmvale Sleigh Ride in the Village - December 9
- Minesing Christmas Tractor Parade - December 9
- Anten Mills Tree Lighting - December 10
- Anten Mills Santa Claus Parade - December 11
- Santa's Firetruck Run - December 23 & 24
- Magic of Lights - November 18 - January 1

Get details and an updated list of events at: springwater.ca/HolidayEvents

Winter Maintenance Reminders



Parking is NOT permitted on roads from November 1 to March 31 between the hours of 2:00 a.m. and 7:00 a.m.



Remove items such as bins, basketball nets and planters from the end of your driveway and do not place steel stakes at the edge of the road to ensure the way is clear for snowplow operators.



Don't blow snow onto or across the road, into ditches, or onto sidewalks or neighbouring properties.



Community Support Helps Local Mental Health Advocate Make A Difference



When Angie Green-Hill set a fundraising goal for her annual mental health auction, she wasn't expecting to reach it so quickly.

"[the support] has blown my mind," Green-Hill said. "We raised \$10,000 in the first 24 hours."

Proceeds from the online auction are donated to support mental health services at Soldiers' Memorial Hospital. Thanks to community support, Green-Hill was able to donate \$20,000 this year.

"People are amazing," Green-Hill said of her auction supporters. "They want this to succeed and they know that money is going to a very good place."

Mental health services are a cause very close to Green-Hill's heart. She had previously received treatment in Soldier's Memorial Hospital's day program for a mental health crisis and says her experience contributed to saving her life.

"Nobody needs to suffer with this," Green-Hill said. "It's debilitating."

Angie's Auction takes place in May of each year to honour Mental Health Month. Green-Hill's supporters have raised almost \$100,000 through five successful auctions. The community continues to grow and rally around the "hidden problem", as Green-Hill describes it.

"Mental health has a very limited budget so if I can help them bring in \$10,000-\$20,000 every year then that's what I'm going to do," said Green-Hill. "They saved my life, and I'll give back until I can't do it anymore."

Thanks to Green-Hill's donations, many improvements have been made to Soldiers' Memorial Hospital's mental health services. Exercise bikes have been purchased for the unit and renovations have been made to the Extra Care Area to increase patient comfort.

"Angie's dedication to fundraising for Mental Health Services over the past five years has been a tremendous asset to Orillia Soldiers' Memorial Hospital," said Brandon Lewicki, Program Manager for Mental Health Services at Soldiers' Memorial Hospital.

There are also plans to refurbish the visiting room, named in Green-Hill's honour for her dedication to the program.

"On behalf of our team and patients, I want to thank

Angie for all of her time and energy to improve the patient experience, and contributions to our program," Lewicki said.

Though Green-Hill has received recognition for her advocacy, including a nomination for Citizen of the Year, she remains focused on making a difference in the community she has called home for 45 years.

Green-Hill would not be able to give back without the support she is given from her community, including many volunteers, sponsors, and local businesses.

Last May's auction was sponsored by Northern Birch Boutique and KC's Upscale Garage Sale. Local businesses also donated items for bidding, a gift Green-Hill was especially gracious for during the pandemic.

"I can't thank everybody enough," Green-Hill said of her sponsors, volunteers, and community members. "I can put their name on whatever item they donated, but to me, that's not enough."

Green-Hill looks forward to continuing her yearly auction in support of Soldiers' Memorial Hospital's mental health program and building community awareness.

"With National Philanthropy Day coming up on November 15, we believe it is so important to highlight the work Angie and her team have done to support mental health services," said Lisa Stanley, Director of Finance and Operations for the Soldiers' Memorial Hospital Foundation.

"Angie's efforts show the many ways people can give and make a difference within the community."

Green-Hill's circle of support gives to her cause in so many ways. She would like to give a special thank you to her parents, husband, children, coworkers at the Salvation Army Thrift Store, Erin Abbott, Maggie Buchanan, Melissa McIntyre, Kate Bailey, Wes Brennan Construction, and Leslie Newhall.

About Orillia Soldiers' Memorial Hospital Foundation

The Soldiers' Foundation is a proud partner of Soldiers' Memorial Hospital and the communities it serves. The Foundation fundraises to purchase medical equipment, sustain programs and assist the Hospital in maintaining its position as a leader in providing quality community-based healthcare. Our office is located at 146 Mississaga St. West, Orillia,

Massive Coalition of Groups Unite to Condemn Ford Government's Secret Sprawl Plans

Submitted by Rescue Lake Simcoe Coalition

Today a rare coalition of farmers, housing advocates, urban planners, environmentalists, labour unions, healthcare workers and community groups from across Ontario united and released a damning Statement of the Province's recently proposed recipe for sprawl: Bill 23 and the proposal to remove precious farmland and natural areas from the protected Greenbelt. The 7-page document is signed by more than 125 organizations and almost 100 individuals.

The 7-page Statement shows how the government's scheme will not create more housing or improve affordability but will supercharge expensive and wasteful urban sprawl, undermine environmental protection, threaten farmers, prevent the transformation of existing sprawl communities into climate resilient communities and transfer money from taxpayers to land speculators and developers.

"These proposed actions by the Province will not solve the housing and affordability crisis," said Geordie Dent, Executive Director of the Federation of Metro Tenants' Association. "Renters will have fewer protections. And people who are looking for housing they can afford in neighbourhoods they want to live in won't be any better off because of these proposed actions."

"Bill 23 and the proposal to remove farmland from the Greenbelt would harm farmers and reduce their capacity to supply Ontarians with the food we all need," said Max Hansgen, President of the National Farmers Union - Ontario. "These proposed actions would also take away farmers' rights to appeal development decisions that could harm their land and farm businesses and would make it much easier for land speculators to turn irreplaceable farmland into unsustainable urban sprawl."

"I am profoundly disturbed by the government's proposed actions," said David Crombie, former Mayor of Toronto and former Chair of the Provincial Greenbelt Council. "They won't solve the housing crisis but they would make it harder to fix our existing neighbourhoods, towns and cities as well as protect the farmland and natural areas that sustain them. If the Premier doesn't put the brakes on these ill-considered plans, we'll have more sprawl and much less local food and protection against flooding and the climate crisis."

"Bill 23 undoes all we've learned about how best to manage urban growth. It will severely hurt municipalities, both their revenues and their ability to plan and design their communities properly," said Anne Golden, former Chair, Task Force on the Future of the GTA. "This bill would make it much harder for municipalities to build a healthy and affordable mix of new housing within existing urban areas. Instead, the Bill would pave the way for the construction of more damaging urban sprawl on the very farmland and natural areas we'll need to get through the climate crisis."

"I hope the Premier listens to the growing chorus of Ontarians and hits the pause button on these terrible proposals," said David Crombie. "The good news is there are solutions to the housing crisis that can be implemented quickly. These solutions don't harm Conservation Authorities, the Greenbelt, farmland and natural areas. And they build on good urban planning and public participation already being used in cities across Ontario."



Hillsdale Elementary School

Hello Hillsdale! We are two months into school and we have had a wonderful start. On October 7, we had our annual Elmvale Fall Fair where our Huskies showed off their amazing art. Congratulations to Rhiley R for placing 2nd as Junior Ambassador. Way to go, Rhiley! And congratulations to all our talented artists and writers for placing first, second and third place in the art and writing competitions. Awesome job, Huskies!

We also held our annual Cross Country Race. Our Huskies practiced hard and they brought it to the test on October 12. They ran strong at Little Lake Park through puddles, hills, and uneven terrain. We are all so proud of our great runners. 36 runners entered and stuck with it until the end. 14 of our awesome runners made it to the County championships at Mount St. Louis to race against over 250 top athletes from the county. Congratulations to Jocelyn M for placing 7th, Ryker B for placing 19th, and many other runners for trying their hardest.

Intermediate volleyball and flag football has started

up this year. Our amazing volleyball team has been persevering with strong competition and going to other schools.

Thank you to Ms. Lewis for starting our school choir and Charlotte's Web musical for grades 3 to 8. We hope to see many of our talented students audition!

We have also welcomed Madame Chamney's service dog, Adele, from the Sweet Charity Dog Canine Ambassador Program for providing comfort and support to students when they need her. She has been doing an amazing job and was quickly loved by everyone at our school. Thank you for your comfort, Adele!

Our school has collected new or gently used socks to donate to the David Busby Center in Barrie. Our goal was 150 pairs, but our very generous students brought in much more and doubled our goal! Our younger student leaders made over 30 Remembrance Day invitations to give to our school community. We were so happy that many community members joined us for our service. We welcomed Master Warrant



Hillsdale Elementary School

Officer Krlin Quesnelle from Base Borden who shared some important messages with our school.

Along with all our big events, we have had picture day on October 12 and retakes on November 16. There were lots of beautiful photos taken! Our school also welcomed Diversity, Equity, and Inclusion Resource Teacher Meera Peters from the school board to teach us about Diwali. Firefighter Jeff and Firefighter Karen also came to our school with their firetruck to teach our students about fire safety. We then celebrated Halloween with a very fun dance and celebration wearing our awesome costumes. Our school has had a wonderful two months of school so far. We will continue to have lots of fun and kindness!

HEY DADS!



When was the last time one of your kids spilled something at the table? My answer...about 10 minutes ago. Water, milk, juice, tea, coffee: those are just the items that are in cups. What about the stuff on plates and in bowls? Cereal, oatmeal, spaghetti, mashed potatoes and other somewhat solidy-liquidy foods with a high viscosity. I've done some statistical analysis on the mathematics and probabilities of meal spillage at our house.

By my estimation we have approximately one spill per meal. Now this does not mean that we have a spill at every meal. There are those miraculous meals when not a single item is overturned in the span of that 30-60 minute meeting. However I believe the average holds true. For there are other less fortunate mealtimes when one or two or three or four cups tip over.

Follow my math on this for a moment. How many meals are in a day? Let's say three is a good number representing breakfast, lunch and dinner. Usually there are snacks sprinkled throughout the day which may or may not include drinks. I'd say that my kids probably have three other drinks per day, besides at mealtimes. And that's a low average. Now at our house we have 11 people eating these meals (3) and drinking these drinks (3). This means that on any given day there at least 66 opportunities for a cup to spill at a table or on a counter or on a floor: (3 meals + 3 other drinks) x 11 people. This doesn't include refills nor does it include plates or bowls tipping over which are also real-life possibilities. This meal-time accessory spillage may occur for a variety of reasons which I've spent far too much time considering.

The first reason for frequent spillage is the shape of the cup. If you're a dad that works in the design and engineering department of a cup producer please consider the following feedback from the marketplace. Cups with tiny bottoms and large tops. There is no reason for such an item to exist on earth. No good can come of it. Imagine taking a pyramid, putting it upside down, filling it with some sort of sticky liquid and handing it to a child who only a few days earlier had been drinking from a cup with a lid. That child will dump that sticky liquid all over the table! If that child is sitting beside his father the liquid will rapidly spread across the table, down the side and onto the father's lap. Not good! Cup engineering dads, please cease and desist from the manufacture of small-bottomed cups and I request you begin producing large-bottomed small-topped cups.

The second reason for table spillage is tabletop distractions. These are items, toys, games or books that aid not in the consumption of solids or liquids at the table but only aid in the reduction of the amount of tabletop area available for food-holding accessories to exist. This caused us to create a rule when our oldest were but young and inexperienced drinkers and drink-spillers. The simple rule clearly states, "No books or toys at the table." Seems reasonable doesn't it? And it even seems simple and memorable! But is it remembered? Is it implemented flawlessly 66 times per day? No, fellow fathers, it is not. It is frequently forgotten or even intentionally ignored. Thus, spills continue to spill.

But I will not shed a tear. As we've all been told, "Don't cry over spilled milk." Or water. Or cereal. Or orange juice. Someday we may sit alone at our tables and there will be only one person to blame for any spillage that may occur. We will hopefully remember fondly the days of much spillage around our tables but I doubt we will remember the spills as much as the spillers. Time Flies! Make every moment count!

Jason Weening sits close to the tea towels should he need to rapidly disburse them in the event that one of his 9 kids and one wife needs them. Hear more stories on his YouTube show at heydads.ca.

Proposed Changes to the Ontario Wetland Evaluation System a Dramatic Shift Away From Historic Wetland Protection

By Doug Hevenor, CAO of the Nottawasaga Valley Conservation Authority

In Ontario, wetlands are very important for flood control, water filtering, groundwater recharge and discharge. When there is a lot of rain or snowmelt, wetlands absorb and slow floodwaters, helping to alleviate property damage and can even save lives. In the face of climate change, these wetlands are ever more important as we experience more extreme storm events.

Wetlands are diverse and delicate ecosystems that provide important habitats for plants and animals. These include many familiar species, such as great blue herons, turtles, muskrats and beaver.

Currently, Ontario's wetlands are scored for importance through the Ontario Wetland Evaluation System. Wetlands that receive a higher score are considered provincially significant wetlands and are heavily protected. In the Nottawasaga Watershed, these include the Minesing Wetlands, Osprey Wetlands, Wasaga Beach Wetland Complex, Midhurst Wetland Complex and Silver Creek Wetlands and Copeland-Craighurst-Guthrie Complex.

On October 25, 2022, the Ontario government proposed changes to the Ontario Wetland Evaluation System in support of Bill 23, the More Homes Built Faster Act.

In the proposed changes, some scoring criteria have been removed from the Ontario Wetland Evaluation System, yet wetlands must still meet the same score to be considered provincially significant. This makes it much harder for wetlands to reach provincially significant wetland status, meaning that many of the wetlands have the potential to be slated for development.

Many wetlands in Ontario are grouped together in complexes – this includes wetlands big and small that are less than 750 metres apart. This is important for fish and wildlife that live in wetlands, as the entire complex makes up their habitat.

The proposed legislation changes will no longer allow wetlands to be grouped together, treating each wetland as its own entity. Smaller wetlands will most likely not meet the criteria to be provincially significant, and may be open for development.

It is important for wetland evaluations to be reviewed by arm's length agencies with an objective view. The proposed legislation is not allowing the Ministry of Natural Resources and Forestry or conservation authorities to review wetland evaluations, leaving this responsibility to municipalities.

If municipalities are responsible for development, as well as preserving natural heritage like wetlands, where do they find the balance? Many wetlands cross municipal boundaries. How will the different municipalities determine the level of importance for the wetland?

Ontario has legislated habitat protection laws for good reason. Since the 1970s, waterfowl populations have bounced back thanks to wetland protection. Species that did not enjoy the same habitat protection, such as grassland birds, have seen a significant decline within this same time period.

Most turtles in Ontario are endangered or species of special concern, mainly due to habitat loss. Turtles rely on wetlands for food, breeding, and hibernation. By protecting wetlands, they will continue to insects, fish and vegetation to eat, sand to lay their eggs in, and deep pools for hibernation.

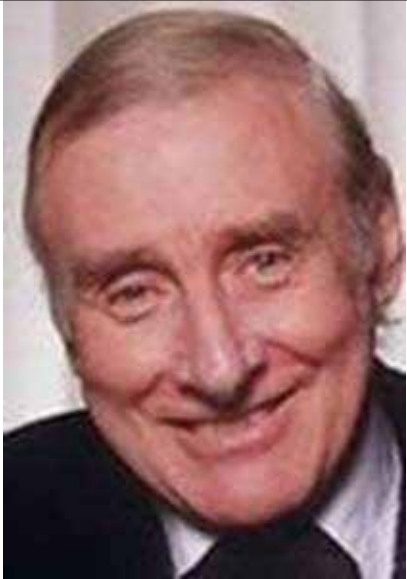
Ontario's wetlands are not only important for local animals – they support migrating birds from the entire Western Hemisphere. Many of our wetlands are resting stops for migrating birds travelling north. By allowing development in our wetlands, migrating birds will have fewer resting stops and more competition for food which will make these long migrations even more challenging than they already are.

It takes generations for wetlands to become viable, sustainable and ecological communities. The removal or damage to wetlands is not easily reversible, and many species may not be able to recover from this loss.

Please join NVCA and other conservation authorities voicing our concerns by commenting on the Environmental Registry of Ontario by November 24, 2022.

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- Across**
 - 1 Highway radios
 - 4 Coffee order, for short
 - 7 ___ out a living
 - 10 Clover, alfalfa, etc.
 - 11 Sicilian rumbler
 - 13 Spirit
 - 14 Mantel piece
 - 15 Great Lakes fish
 - 16 Proclamations
 - 17 Central city of Islam
 - 19 Parabola
 - 21 Photo-___ (media events)
 - 23 Animals
 - 26 Use binoculars
 - 29 Tough position to be in
 - 31 Range of operation
 - 33 Shrub found in New Zealand
 - 34 San'a is its capital
 - 35 Nada
 - 37 Brutally cancel, as a TV show
 - 38 Past capital of Japan
 - 42 Proposal to buy
 - 44 It's tender in Havana
 - 47 Large pond fish
 - 48 Mesozoic, for one
 - 49 Young adult
 - 50 Manage
 - 51 Motorist's need
 - 52 Letters that come before tore and pond
 - 53 "Raiders of the Lost "
- Down**
 - 1 Bud
 - 2 Unrobed
 - 3 Get in tune with
 - 4 Run-through
 - 5 Ending of the Bible
 - 6 Wildebeest
 - 7 Escapist
 - 8 Nanny's charge
 - 9 Hesitant expressions
 - 12 In the direction on the stern
 - 18 Like some lenses
 - 20 Boldly
 - 22 Hen or doe
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 - 25 Grazed
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 - 27 Billiards stick
 - 28 Fleets of warships
 - 30 Control
 - 32 Having no skills
 - 36 Byzantine images
 - 39 Creole vegetable
 - 40 See the sights
 - 41 Short gruff noise
 - 42 Plead for
 - 43 Financial nest egg, down south
 - 45 At all times (literary)
 - 46 Take a tour of



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SPIRITUAL and MENTAL HEALTH

Want Happily Ever After?

"For a marriage to have any chance, every day at least six things should go unsaid."

Unknown

In the early stages of a romantic relationship, part of the reason it feels so wonderful is that not only are we on our best behavior, but we give our partner a lot of positive feedback.

We listen attentively to all that is said, validating and supporting what we are hearing. We give each other our undivided attention. If there are things about the other that are not perfect, we just let them go because there is so much we do like. We are happy, not only because we love this person, but also because it feels delicious to be loved so unconditionally.

We create a happily-ever-after scenario in our minds, expecting that we will always feel this loved and cherished. We have only good things to say about our partner when we speak with others.

As couples get further into the relationship, things often change. Little criticisms can begin to creep in. Often these relate to ways in which the other is different from us. The assumption is that our way is correct, and the partner is doing it wrong. The critic sets him or herself up as the standard against which the other is to be judged.

Slowly, the one who was once complimented and adored, becomes the recipient of an often steady stream of comments about what he or she is doing wrong. When this happens, is it any wonder that the relationship is not what it once was?

There is a big difference between criticizing and asking for what we need. No one likes to be criticized. When we criticize, we are acting like a parent and treating our partner like a child. When we have an adult conversation about what we would like, this shows mutual respect.

Often communication is a problem, and couples end up in conflict rather than working together to find solutions. It is a good idea, while still in the early stages of a relationship, to have a discussion about how differences will be handled. Read together about effective communication in relationships. Think of this as insurance for a healthy relationship.

A partner probably chose us because it felt good to be around us. He or she felt loved, appreciated, and respected, no doubt assuming that would make for a happy relationship. It is tough to wake up months or years later wondering where all that good stuff went.

The truth is that if couples ensured that the other felt their love, appreciation and respect on a daily basis, the warm, good feelings of the early days would still be there. In fact, they would grow deeper.

If you wish to improve your relationship, criticizing your partner is not the way to do so. Showing interest, caring, concern and love, as you did in the beginning, is the best way to revitalize the relationship and keep it strong.

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

Annie's Journal

Written by Annie Warner Donnelly

Admiral William H. McRaven (U.S. Navy Retired), in his 2021 book, "The Hero Code" included this quote from André Comte-Sponville, a professor of philosophy at the Sorbonne in Paris:

"The point of forgiveness is to overcome our own hatred if we cannot make him overcome his; to achieve self-mastery if we cannot master him; to win at least this victory over evil and hatred and not add evil to evil; to avoid becoming his accomplice as well as his victim."

Of course, we can exchange the pronouns "him/his" for the pronouns "her and hers".

Is it true that unforgiveness has its roots in hatred? I think it's true that we often don't like someone we've decided to be unforgiving toward, but hatred? It's a harsh word, but then how do we describe our unwillingness to forgive a friend or a family member, to ask them to forgive us? What emotion puts friends and family members in the position of having to choose who to invite to a holiday gathering?

With holiday celebrations about a month away, our thoughts can turn to the relationships we struggle with. The high incidence of blended and estranged families increases the possibility of troubling events occurring. While Comte-Sponville's point of forgiveness may seem extreme, what he says about forgiveness is true: we achieve self-mastery (self-discipline, self-control) when we practise forgiveness.

Pastor Damson Oppong reminds us, "If we aren't careful, we will be fearful."

Are there times we deliberately try to avoid people because we haven't forgiven them, or they haven't forgiven us? Do we avoid God because we haven't asked for and received His forgiveness? Can we name the emotion that's causing this? Is it fear?

The Apostle Paul wrote in 2 Timothy 1:9 – "For God has not given us a spirit of fear, but of power and of love and of a sound mind." When forgiveness is hard, God makes it possible when we ask for His help.

Admiral McRaven has travelled the world. He's experienced many things we may never have the chance to experience. He says, "I came to realize that there is a hero in all of us ... The Hero Code is a moral code, an internal code of conduct that drives the human race to explore, to nurture, to comfort, to inspire, and to laugh so that societies can flourish ... for most of us, we must learn how to bring forth these virtues. We need to see them in the lives of others and try to mirror them in ourselves."

I believe it's Ralph Smart who said, "The first to apologize is the bravest. The first to forgive is the strongest. The first to forget is the happiest."

Anne Frank adds, "How wonderful it is that nobody need wait a single moment before starting to improve the world."

So, as we begin to think about the gatherings that will take place in December, who can we be a hero to? Let's remember that God is with us every step of the way. Amen.

Ask a Therapist: *by Sarah Covey*

On Disqualifying the Positive

Q: Sometimes I feel strange when I receive positive feedback or try to celebrate an accomplishment. It seems like I shouldn't be focusing on it too much - does that make sense?

A: I think that disqualifying the positive is a common cognitive distortion that most people have experienced at one time or another. But, like most distortions, there may be a few people who struggle with this more often than others.

In a way, disqualifying the positive is a form of minimizing in which a positive event is rejected, downgraded, or dismissed as unimportant. It is a strategy for making something positive seem insignificant even when that is not the case at all. It tends to paint a negative picture of every circumstance because the positive elements are not considered with the same weight or validity as the negative ones.

This negative bias is a problem because it causes an imbalance in the processing of information in your own mind. Even when there is good in a situation it is down played or disqualified so that only negative assessments dominate the story you are telling yourself about your circumstances. And, when all you allow yourself to consider are the negative components, you will naturally be much more cynical and jaded in your responses and perspectives. It may lead to undue critical thoughts, discouragement, grief, or other challenging emotions..

On the other hand, disqualifying the negative components can also have its dangers and distortions. There can be a form of toxic positivity that dismisses pain or suffering in order to pivot too quickly and superficially to a silver lining and this can be highly distressing and unhelpful. This distortion should be evaluated and avoided as well.

From a healthy thinking perspective, it is important to take in all the information and be as objective as possible, adopting a posture of curiosity and balanced consideration. When you are struggling to see hope or strength in a challenging situation, it can be helpful to talk to an unbiased, objective third party like a therapist to help elevate and identify a more balanced cognitive approach.

Therapy can help people to find healthier mindsets that are honest and provide a more complete picture that doesn't disqualify the positive while still holding space for the reality of the pain or challenge. Balance in our thought life can feel elusive but it is possible to find it with the right help.

Covey Wellness Centre is located at 12B Stone Street and our bookshop is open to the public every day except Sunday. Please visit CoveyWellnessCentre.com and submit the form on our Contact page to book an appointment or to inquire about our products and services. Follow us on social media @coveywellnesscentre and download and follow at Eventbrite for the latest updates and event tickets!



Rosie's Devotions

by Rosemary Hagedorn

Snow Squalls

It was a bright, sunny day as I drove into town. As the day progressed, the brightness slowly started to fade, and clouds started rolling in. The sun vanished and was replaced by heavy snowfall and developing winds. All of a sudden, I couldn't see anything. I was totally blinded by the whiteness all around me: a snow squall.

Snow squalls are caused when arctic air moves over a large expanse of warmer, open water in winter, causing convective clouds with heavy snow showers to develop, due to the large amount of moisture available. Usually these snow squalls don't last too long, but it is during such squalls that we literally can't see a thing.

This incident made me think of the many different trials that each of us has gone through or will face someday. I remember when the doctor told me that my husband had had a mini-stroke during his surgery on his carotid artery and that his left side was paralyzed. At first, I was shocked by what I had heard. At that moment, I "couldn't see" beyond what was said. My mind stopped working, and my ears automatically stopped listening when I heard the

word "stroke" and "paralyzed". To date, my husband is in a Long Term Care Facility and I "can see" that he is being cared for by loving nurses and personal support workers.

Yet, for many who are suffering from a disability, an injury, or an incurable illness, their situation is not going to change. However, in the light of eternity, our trials and tribulations of this world are only temporary, and we focus on the hope that, in Christ, ultimately things will get better.

Philippians 3:20-21 – For our citizenship is in heaven, from which also we eagerly wait for a Savior, the Lord Jesus Christ; who will transform the body of our humble state into conformity with the body of His glory, by the exertion of the power that He has even to subject all things to Himself. (NASB)

Prayer: Father God, help us to trust and believe that You are with us in our blindness and in our feelings of hopelessness. Remind

us, as You often do, that like snow squalls and thunderstorms, life's setbacks are only temporary, and that ultimately, in Christ, things will get better for each and every one of us. Amen.

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With Pharmacist Owners Jenna Loughheed and Carolyn Glover

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Pneumovax 23 pneumonia vaccine was recently approved by Health Canada. It contains the same 13 strains of pneumonia that Prevnar 13 covers plus 7 additional strains. Pneumovax 23 vaccine is also available and ministry funded. If you have not received any pneumonia vaccines as an adult, NACI (National Advisory Committee on Immunization) recommends people aged 65 and older to receive Prevnar 20 first, followed by Pneumovax 23 eight weeks later. If you have received Prevnar 13, you are not eligible for Prevnar 20.

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Sports with Patrick Townes



It truly saddened me as I sat down to watch the 109th Grey Cup on this Sunday night that I could not even name a single player that would be participating in the game. Nor could I tell you how the Toronto Argonauts or the Winnipeg Blue Bombers did

during the regular season. After looking at some of the statistics, it is a true final between the best team in the East Division and the best team in the West Division. I would not say I am a big football fan but I usually do pay attention to all sports throughout the year. The Canadian Football League for me however gets forgotten.

I wanted to see what the internet had to offer when it comes to comparing the Canadian Football League to the powerhouse National Football League. Here is a summary of the main differences between the two leagues found on How they play.com.

“Player Salaries: As of the 2021 season, the average yearly salary for a National Football League player was around \$2.7 million (American). On comparison, the average salary for a Canadian League Football player in 2021 was approximately \$80,000 (Canadian). The highest paid player in the National Football League is Patrick Mahomes at a whopping annual salary of \$45 million (American) and the highest paid player in the Canadian Football League is Zach Collaros at \$550,000 (Canadian) per year.

Field Size: A National Football League field is 100 by 53 1/3 yards with a midfield line at 50 yards. A Canadian Football League field is 110 by 65 yards with the midfield line at 55 yards. The end zones in the Canadian Football League are 20 yards deep and the end zones in the National Football League are only 10 yards deep.

Number of Downs: The National Football League implements four downs for a team to advance the ball 10 yards. The Canadian Football League only implements three downs. Supporters of the Canadian Football League say that this, along with other rule differences, creates a more exciting game to watch. Three downs were actually the norm for football in the early days of the sport. Football was created in the 19th century and was very similar to the sport that inspired it, rugby. Downs were implemented to prevent the stalling of the possession of the ball. Three downs were the initial standard, but Americans added a fourth down in 1912. There were talks in

Canada about adding the fourth down, but the start of World War I halted all professional games for two years. When games began to be played again, discussions on changing the rules did not continue.

Have the Leagues ever Played Against Each Other?: Between 1941 and 1961, 10 games occurred between Canadian Football League teams and teams from the National Football League and American Football League (These two leagues would merge in 1966 to form the National Football League as we know it today). These games typically took place in August or early September. These were preseason warmups for the National Football League teams. For the Canadian Football League teams, these were exhibition games occurring in the middle of their season. A Canadian Football League team would only win on two occasions; both times were actually the first and last interleague games. The Winnipeg Blue Bombers defeated the Columbus Bullies in 1941 and the Hamilton Tiger-Cats defeated the Buffalo Bills in 1961.” What would happen if these teams paired up against each other today?

The Toronto Blue Jays made their first newsworthy move of the offseason, by trading away Teoscar Hernandez to the Seattle Mariners. As far as this offseason for the team goes, I have the same opinion as the Toronto Maple Leafs, if it’s broke, fix it. The team did not win last season so there are changes to be made to improve the functionality of the offense, bullpen support, and teams can always use more starting pitching.

The offensive lineup needs to be more balanced, in terms of left-handed and right-handed hitters, speed and power, contact hitters and free swingers. Good teams typically have a good mix of right-handed and left-handed batters in a lineup so they match up well against opposing pitching staffs who mix up the arms. Left-handed hitters also protect runners when they are on first base making steal attempts easier. Either via a trade or free agency, the Blue Jays should not make any deal that brings in another right-handed hitter. Who are the targets? – Andrew Benintendi, Brandon Nimmo, Cody Bellinger and Shohei Ohtani. Bullpen support is desperately needed – they already received Erik Swanson who is an immediate boost to the struggling bullpen depth. Other targets include Michael Fulmer, Taylor Rogers and Chad Green. And now for starting pitchers, not much is needed, but the addition of players like Mike Foltyniewicz, Michael Wacha, Sean Manaea or Corey Kluber would add depth to the rotation.

Learning the Language of Curling

I’ve been in and out of the curling rink for almost fifty years,

And while I’m still waiting for my game to improve, I have learned the language of my peers.

You see, now that the game is televised with Gushu and Homan rising up to fame,

No one seems to have taken the trouble to explain the terms that apply to the roaring game.

A team is made up of four players whose language is seldom politically correct.

When you get a skip that doesn’t share his strategies, what more would you expect.

The skip holds the broom as a target and pretends that he’s in charge of planning

Although he knows the other players are second-guessing the shot that he is playing.

There is a scoreboard by each ice that took me a long time to learn to read,

But now I realize that if the other team is putting up a lot of numbers they are motivated by greed.

The people behind the window are referred to as the curling ‘gallery,’

But while they find my game entertaining, this sober thought has often occurred to me;

How come when I make a magnificent shot not one person has me in their view,

But when I miss a ‘take-out’ by a foot their eyes are stuck on me like glue.

The ‘hammer’ is what teammates would like to use on the skip when a ‘draw’ is too big a chore

Or he fires a misguided missile for a take-out that allows an opponent to score.

A ‘draw’ is a shot to some place in the rings that the skip has pointed out with his ‘broom’

Which if not made can be blamed on the sweepers or the fact that there wasn’t room.

The ‘free guard zone’ is the place in front of the rings where rocks that were thrown too light come to rest.

A ‘pick’ is what the skip says happens to his stone, when his aim is not the best.

‘Negative ice’ is another term the skip employs to explain a shot that misses by a mile.

‘Bury it’ is what you do with your head when your miss brings out the rare opposition smile.

A ‘kiss’ is a rock that touches another gently, then slips behind a ‘guard.’

A skip that wants more vigorous sweeping screams out to his team to ‘hurry hard’.

I have learned that a double is a consoling drink when the other team takes most of the ends,

But it’s entertaining to hear the game reviewed by folks that once had been your friends.

You’ll hear someone talk about a shot in which they made a perfect ‘raise’,

Not mentioning that it was a draw that was too heavy and is not worthy of your praise.

Some grumpy skip complains about the ‘flattened pebbles’, a rather weak excuse,

But for the crowd around most tables it will not save him from abuse.

I think we all turn up on curling days because of the folks with whom we connect,

And it doesn’t matter that the rowdy conversation is not always politically correct.

The Small Town Philosopher - Dec. 2017



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Canada World Cup Game To Be Aired at City Hall Rotunda Wednesday

The City of Barrie did invite residents to City Hall to cheer on Canada in the World Cup on Wednesday, November 23 at 2 p.m. when the team takes on Belgium. The game will be shown on a large television in the City Hall Rotunda.

“This is only the second time Canada’s men’s team has made the World Cup, so it is an exciting moment in our history,” said Mayor Alex Nuttall. “There’s nothing that unites us more as a community than sharing our national love for the greatest country in the world, Canada. Let’s come together and cheer on Team Canada.”

The last time Canada’s national men’s team qualified for the World Cup was 1986. Barrie City Hall is located at 70 Collier Street. Seating will be available. All are welcome and no registration is required.

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A TINY SENIOR MOMENT

Volunteering Can Be Good For Your Health!

*Submitted by Jan Perrault, Volunteer Column Writer
Senior Advisory Committee – Township of Tiny*

I'm sure you have noticed by now that the days are getting much shorter. It's quite a contrast to the long summer days with the sun setting much later. We've all set our clocks back and perhaps feel like hibernating until Spring! Well, since we don't have that choice, there are still ways to keep our energy and mood elevated.

Did you know that volunteering has its social, mental and physical benefits for people of all ages? Furthermore, there are many benefits particularly for the senior population. One of the biggest difficulties, especially after retirement, is staying social. Volunteering can pull us out of isolation, even if it's only for a handful of hours a week. It also feels good to give back to the community. So many retirees have a wealth of skills from all their years of employment that can be shared once they stop working. Or, volunteering is a great way to learn a new skill that your previous decades of work wouldn't allow. Personally, I have been retired for a couple of years now and I'm just beginning to offer some of my time to volunteering. This article is written on a volunteer basis and it's very rewarding to know that I'm helping get vital information out to the senior population!

The townships in the area use volunteers on a regular basis. The Township of Tiny has a free notification system that informs you about municipal information, including volunteer opportunities. Sign up by visiting www.tinyconnect.ca or complete a registration form at the Municipal office. Volunteer opportunities are also listed on the township website. The Township has a comprehensive training program for all positions. Springwater and Tay list volunteer opportunities on their websites; www.springwater.ca and www.Tay.ca.

Tiny will be offering a new program called, "Connecting through Cooking", and they are looking for volunteers. Starting in January, older adults (55+) and youth (ages 8 to 21) can sign up together for cooking classes. This program aims to teach young people and older adults to cook and shop for healthy, affordable and accessible food, while learning from one another and making new friends and connections. Each session includes a locally sourced food box, loaner equipment, and cooking recipes. Lessons and menus will be developed using Tiny's strong cultural roots. Each twosome will leave with one 'Make and Take' to enjoy at their own leisure. This program will

be offered at the Wyebridge Community Centre on Tuesdays and Thursdays from 4:30 to 6:30 pm. The best part of all is that an actual Chef, Andre Sanche, will be the instructor! The cost is \$20 per participant. So, if you are interested in helping out with this valuable program, visit www.tinyconnect.ca or call 705-526-4202 ex 271.

If you are not intending to volunteer, but still feel the need to venture out, this time of year always offers wonderful Christmas activities! For example, to kick off the season, Tiny will be having their Tree Lighting festivity on November 29th at Perkinsfield Park from 5-6:30 pm. Furthermore, Penetanguishene will be celebrating their Festival of Lights on December 2nd from 5-8 pm. It will take place at Town Dock and Penetanguishene Centennial Museum & Archives. The Wyevale Santa Claus Parade will be held on December 3rd in Wyevale starting at 7 pm. There will also be various other Christmas parades, so keep a lookout for information in your local papers!

For your information, following is a list of readily available resources and services:

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 at ctlink.ca or Call 2-1-1 for assistance.

Ongoing transportation needs are available through Community Reach and can be requested by phone at 705-528-6999, or email information@communityreach.ca.

Health and Support Programs:

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

Rocket Doctor – To speak with a doctor during off hours, and 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 Dial 2-1-1.

"As you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others." — Audrey Hepburn

MP Shipley's Update From The Hill



As the weather gets colder and days get shorter, I've heard from countless constituents who are concerned about the rising costs of home heating, gas, and groceries. This month, the Minister of Finance tabled the government's Fall Economic Statement. Unfortunately, the government's economic plan falls short of fully addressing Canada's cost of living crisis. On November 3rd, shortly before the government's announcement, I rose in the House of Commons to ask the government to stop the planned tax increases. I will continue to stand up for the residents of Barrie-Springwater-Oro-Medonte and request that the government cancel all planned tax hikes.

I've also been busy in Ottawa in my new role as Associate Shadow Minister for Public Safety. My position entails holding the government to account on matters related to public safety, national security, and emergency preparedness. An example of this is my work on the Standing Committee on Public Safety and National Security where my Conservative colleagues and I have been carefully studying Bill C-21. I have heard from plenty of residents who are concerned about how the Bill will impact small businesses, hunters, sport shooters, and airsoft players. I can assure all residents that I will continue to stand up for law abiding firearms owners whose firearm use for hunting and sports shooting is so important to our cultural heritage.

As always, my constituency office is available to assist you with any federal matters. Please contact my office at Doug.Shipley@parl.gc.ca or 705-728-2596 for assistance.

Sincerely,
Doug Shipley
Member of Parliament
Barrie—Springwater—Oro-Medonte

November is Fall Prevention Month

November is Fall Prevention Month, and the Simcoe Muskoka District Health Unit (SMDHU) is reminding the public that the risk for falling can increase with age and declining health, but steps can be taken to prevent falls.

Falls are a significant public health issue and are the leading cause of injury-related deaths in Simcoe Muskoka with 19,400 emergency department visits, 2,000 hospitalizations and 100 deaths due to falls in 2020. While falls can happen to anyone, for older adults a fall can be life-altering and result in the loss of independence.

When thinking about falls, safety hazards like

scatter rugs, stairs, or ice typically come to mind. The health unit's Staying Independent Home Safety Checklist can help you find and address the risks in and around the home.

However, safety hazards are only one piece of the puzzle. When someone falls there are other risk factors at play that are different for everyone. Some of these factors cannot be changed, such as one's age, gender, race, medical condition, and cognition. There are also factors that can be changed, including a person's physical environment, their health behaviours or choices, access to health, dental and pharma care, as well as access to social and physical activities.

Like a jigsaw puzzle, preventing a fall can be complicated and requires looking at the many different pieces that influence a person's risk level. To prevent falls it is important to consider how to make improvements to as many changeable risk factors as possible, both in an individual's work and personal life.

To learn more about fall prevention visit fallpreventionmonth.ca, the health unit's pages on aging and wellness or contact Health Connection at 705-721-7520 or 1-877-721-7520, weekdays from 8:30 a.m. to 4:30 p.m.

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GBGH Receives Funds for Highest Priority Capital Equipment and Technology



Photo Above: Scott Warnock, Executive Director Huronia Community Foundation and Lisa Wanamaker, Donor Relations & Stewardship Officer GBGH Foundation.

On October 27th the Huronia Community Foundation presented a cheque to the GBGH Foundation on behalf of the J.J. & Lillian Gignac Fund. The \$ 1,000 donation will be used to support the GBGH Foundations Impact Fund, which addresses the highest priority capital equipment and technology needs for Georgian Bay General Hospital. This year, some of the key equipment priorities are a bladder scanner for the ED & ICU, and a new ultrasound table and probes for Diagnostic Imaging. The J.J & Lillian Gignac Fund was established by the Gignac Family to honour their family member's great contributions to this community.

Golf Tournament Scores \$22,000 for GBGH



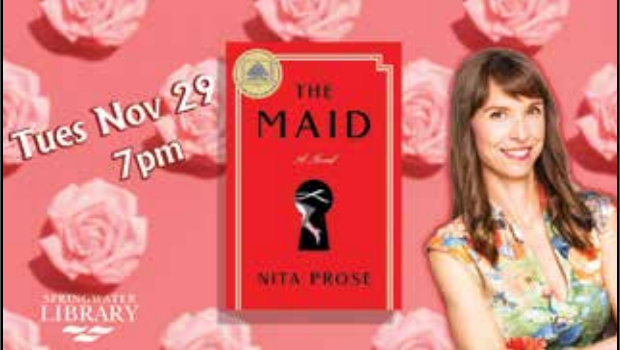
Photo above from left: Arthur Christakos, president, SEGBAY Chamber of Commerce; Lisa Nolan, Pure Country 106; Victoria Evans, community giving officer, GBGH Foundation; Sara Reimer & Fred Wareing, SEGBAY Chamber of Commerce; and Matthew Lawson, president & CEO, GBGH.

On Thursday, August 18, 2022, the Southeast Georgian Bay community came together for the SEGBAY Chamber of Commerce Golf Tournament, in partnership with Pure Country 106 and BOUNCE 104.1. Through registration, sponsorship, online auction and raffle, the event raised \$33,000 in total for its two charity partners: the GBGH Foundation and Wendat Community Programs.

This year, funds raised for the GBGH Foundation will support the Kickstart Your Heart campaign, which is raising funds for critical care cardiac monitors and ECG machines for Georgian Bay General Hospital. To learn more about the equipment needs at GBGH, please visit: <https://gbghf.ca/current-needs/equipment-needs/>



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Nita Prose via Zoom
Author Nita Prose will be chatting about her book, "The Maid". Featured on Good Morning America, this New York Times Editor's Choice, is both a Clue-like, locked-room mystery and a heartwarming journey of the spirit. Tuesday November 29, 7pm via Zoom.

Silent Auction
For the month of November we have amazing items, gift cards, gift baskets and something for everyone in our silent auction online. This is our annual fundraiser and we appreciate your support very much! Visit www.biddingowl.com (search Featured Auctions – Springwater Public Library) and get some Christmas shopping done early! Auction closes Wednesday November 30.

Homeschool Meet and Greet
This group meets Tuesdays at Elmvale Branch, 1pm-3pm November to December 6. Meet new families and share ideas. All ages welcome. Games and toys provided. This is a drop in program with no registration required.
Early ON Stay, Play and Learn
EarlyON for ages 0-6 + caregiver is back at the Elmvale Library Wednesdays and Fridays 9am-12pm. Registration required at earlyonsimcoenorth.ca

Tech Help
We offer one-on-one tech help weekly on Wednesdays with Armando at Midhurst branch 10:30am-12noon or with Carrie at Elmvale branch every other week on Thursdays 3pm-5pm.
Use the Cricut in the Library
Library customers will be able to book time (1 hour) to use our Cricut machines for their own creations with access to the Library's Cricut subscription! Midhurst: Tuesdays all day, Wednesday afternoons. Elmvale: Tuesday and Thursday evenings.
Animal Craft
Ages 5+ come by the library after school and start off your weekend with a FREE cute animal craft! Friday November 25, 3:30pm-4:30pm, Midhurst and Elmvale Branch. Registration required.

Santa Storytime
Santa is coming to the library! Saturday December 3, 10:30am at Elmvale Branch. He will share some stories, answer questions, sing some carols and you can even tell him what you would like for Christmas this year! Registration required.

Wooden Holiday Signs
Adults and families ages 10+ make your own custom wooden holiday sign at this festive workshop. Suggested donation \$5. Thursday December 8, 6:30pm at Minesing branch. Registration required.



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Under The Glass

Have you ever wondered, when you look at the quantity of things you have accumulated over the years, What am I going to do with this stuff?

Its interesting that our basic and often honed obsessions and compulsions to acquire and gather, can and often do go off the rails, with time, space and money.

Why ?

Time you may have more than you used to and you may chose to “invest it” in the gathering and acquisition activity.

Space, this is the deceptive one. We need a bigger space. Why?

To hold our obsessions. To give our treasures a place of display. To let others know what we have gathered in our picking activities.

The kids moved out, yet the place is crowded.

We should down size, where are we going to house our treasures? Even more painful, which are the treasures we need to pass on ?

Money, this is the collectors self lie that they all accept. Its worth XYZ on Ebay. There asking ten times what I paid on line.

Seriously, do you actually accept your own self delusional talk?

Reality check time, what I call “under the glass“ on my videos, usually I am holding a magnifying glass.

There are three relevant levels of valuation in the used goods or collector markets.

Level one: Common no value

Give it to your kids and grand kids to crash burn smash play with and generally abuse.

Level Two: Collector items

These are things that appeal to people who like to gather and collect these items. Most of the time it is not financial ,instead it is emotional ,historic, family ,advocation , therapeutic, boredom relief, but not financial.

Level three: Going up Investment Grade

Investment grade is the best and getter even better as quality improves and quantity falls.

The bulk of things out there are common with no intrinsic value and we would classify them as consumable, for kids, dogs, they get used up .

Possibly 30 percent are actually truly collector items. These are things that often are event or circumstance related, are identifiable with proof (we call that provenance) and are NOT mass produced to collect [though many companies do mass produce items under the guise of them being a valuable collector piece). To this end, witness collector plates as one of the greatest examples of a false value presentation.

I would legitimately suggest that less than 10 % of all the items available are actually true investment grade assets.

These are rare and often circumstantially created.

A simple rule for those who gather collect and acquire.

Purge your collection yearly.

Each year go to a mechanism or company and sell off the bottom thirty percent of your assets. Then take that money and reinvest in higher grade things. Acquiring is often more pleasurable that maintaining.

Under the glass is a column by Mr. David Kai a well versed knowledgeable industry pundit in collector and investment grade markets. With over 45 years of actual industry experience, his columns provide insight and as he says, “He hopes to provide rationality evaluating to asset class based investment decisions.”

A published author nationally and a well known TV and radio commentator on investments and asset classes, Mr. Kai, tries to provide insight to move away from the hype towards rational behaviour.

Currently he is a senior advisor to various corporations active in the auction, estate, investment grade acquisition and management of collections, with a special interest advising on emerging activity oriented and advocation oriented groups on investing in investment grade asset classes.

Update From Doug Downey MPP



Connecting more Rural Communities to Reliable High-Speed Internet

Reliable and High-speed internet are a vital part of being able to live, work and play wherever we choose, but especially in the more rural parts of Simcoe County. That’s why, the province, in partnership with the federal government, is proud to announce an investment of \$1.7 million to bring more high-speed internet access to over 1,645 families, farms and businesses in rural Simcoe County.

Modernandreliableinternetconnectioninfrastructure is how the province and the federal government will help to close the digital divide between large urban centres and rural communities. New broadband networks are currently being installed, or are up and running, in several communities across the County, and are supporting homes, farms, and businesses as they access essential services, work remotely, study from home, or connect with global customers.

In partnership with Southwestern Integrated Fibre Technology (SWIFT) Inc., the completion of construction of broadband infrastructure is now providing access to fast, reliable high-speed internet service to more than 430 families, farms and businesses in the community of New Lowell, as well as 1,215 families, farms and businesses in the

communities of Penville, Rich Hill, Connor, Hockley Valley and Rosemont.

Providing high-speed internet in these communities brings Ontario one step closer to delivering on its goal to connect every community with high-speed internet access by the end of 2025, while building stronger rural communities and laying the foundation for long-term economic growth.

The contacts to access high-speed internet in Simcoe County were awarded by Southwestern Integrated Fibre Technology (SWIFT) Inc., a not-for-profit corporation, initiated by local municipalities to address connectivity in Southwestern Ontario. More than \$255 million has been invested by the governments of Canada and Ontario and the private sector to bring high-speed internet access to more than 63,000 homes and businesses in Southwestern Ontario through SWIFT.

The governments of Canada and Ontario are each contributing more than \$63 million to SWIFT through the New Building Canada Fund’s Provincial-Territorial Infrastructure Component – Small Communities Fund. This partnership was announced on July 29, 2021, and aims to bring high-speed internet access to more than 280,000 households across Ontario through a total investment of more than \$1.2 billion, co-funded equally by both levels of government.

In 2021, Ontario passed the Supporting Broadband and Infrastructure Expansion Act, 2021 to help speed up construction of broadband projects. Ontario is also helping to remove barriers, duplication and delays, making it easier and faster to build high-speed internet infrastructure through the Getting Ontario Connected Act, 2022, which passed unanimously in the Legislature on April 11, 2022. This legislation helps ensure underserved and unserved communities across the province have access to reliable high-speed internet sooner and will help the government achieve its commitment to connect every region with access to high-speed internet by the end of 2025.

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COMMUNITY

Craighurst W I November Meeting



We had as our guest speaker Linda Belcourt, owner and editor of The Springwater News. (One only uses “the” for “the King” or “the Glenlivet”, and of course The Springwater News). Linda’s talk was on how one produces a newspaper, and she should know, with a 20,000 circulation number. And it’s a lovely hold in your hand actual paper production. She amused us with anecdotes and impressed us with her hours of work. She inspired us as she spoke about integrity and honesty, qualities that any newspaper must have. Craighurst W I was very fortunate to have her on our programme.

Then the actual meeting began in the usual way; Secretary and Treasurer were star performers. The Township of Oro Medonte answered our concern over

the state of our sidewalk. As with any bureaucratic answer we need to sift through the words, and separate the wheat from the chaff and get to the actual meaning. (I sound like a combine harvester operator) We had the sad news of the passing of one member’s husband, after a year long illness, and she and her family are much in our thoughts. We made plans for our December meeting, where we make up baskets for shut-ins in Craighurst. Also member were forewarned that we will be visiting our local ambulance station in February, giving them “Bears and Blankets” that they can use at accident scenes for children in distress. The adjournment gavel came down at 8:55, and we got home before the snow.

SEGBAY Supports Wendat Community Programs



Wendat Community Programs recently received \$11,000 from the South East Georgian Bay Chamber of Commerce (SEGBAY). This chamber represents businesses in the communities of Georgian Bay, Severn, Tay and surrounding areas.

SEGBAY holds an annual golf tournament in support of GBGH and Wendat. In 2016, SEGBAY made a commitment to share the proceeds of this tournament between GBGH and Wendat. Wendat’s share of the 2022 tournament is \$11,000. This brings their total donations since 2016 to a total of \$61,100. All of the funds have been directed to the annual operating costs of the Lorna Tomlinson Residence for Seniors. “Wendat is very grateful to be chosen as a recipient of

these funds” said Andrea Abbott-Kokosin, Executive Director, “with rising costs and our commitment to not pass those costs along to our residents, we really rely on the generosity of our donors to ensure we are able to continue to operate this vital facility. Wendat must raise \$100,000 annually to meet the costs of operating the residence.”

Founded in 1988, Wendat Community Programs mission is to provide high-quality care, and support to adults experiencing mental illness or age-related challenges in the Simcoe Muskoka area. For more information, contact Andrea at 705 526-1305 or andrea@wendatprograms.com

Minesing Moments

Hello Minesing friends! I hope this edition finds you all well and staying cozy after that large dumping of snow we got on the weekend.

This year could be a little more difficult for people who love to decorate their houses with lights and displays due to the increased cost of everything, but I do look forward to seeing what people can do to brighten up our village. I appreciate those who take the time, effort and money to participate in our village Christmas spirit!

We have a few events coming up in our village that I know everyone will be interested in.

Minesing Christmas Tree Lighting – Sunday November 27th at the Community Hall. Festivities begin at 4:30 and end at 6:30 p.m. Get your picture taken with Swampy and Santa, there will be Horse Drawn Wagon Rides, face painting by Mable Moon, Pizza provided by Cicco’s, Christmas Crafts for the kids, Photo Booth and a Mini Christmas Market. Admission is non-perishable food items, monetary donations or toy for the toy drive.

3rd Annual Minesing Tractor Parade, Friday December 9th beginning at 7 p.m. – 8:30 p.m. Come join our local tractors and farm equipment of all sizes as they show off their Christmas spirit. Donations will be collected at the end of the parade by the Rowland Brother’s. Have your donations of food, money or hygiene products ready for the elves to collect and all items will be donated to the Elmvale and District Food Bank. We can’t wait to see the special guests who are coming in from the North Pole and the Minesing Swamp! Feel free to check the Minesing Community Page on Facebook for more information on what items are needed by the food bank.

Wishing everyone safe travels as everyone is getting used to driving in the snow. Take your time and leave plenty of space between vehicles.

Until next time, prepare yourself for busy roads, parking lots and store lines as the festive season is upon us. Kindness is key!

The Ontario SPCA kicks off iAdopt for the Holidays

Adopt, enter the photo contest or donate to help an animal

Presented by Swiffer®, the goal of iAdopt for the Holidays is to find loving homes for as many animals as possible at Ontario SPCA animal centres across the province during the holidays. Last year, close to 600 animals found loving homes across Ontario during the iAdopt for the Holidays campaign. With many people enjoying time off during the holidays and being home together as a family, now is the perfect time to welcome an animal into your life.

You can also change the life of an animal in need this holiday season by making a donation. As a registered charity, the Ontario SPCA and Humane Society depends on the generosity of donors to provide care and shelter to animals in need as they wait to find loving forever homes. Visit iadopt.ca to donate. OR, new this year, adopt-it-forward by covering the adoption fee for an animal who may be overlooked by potential adopters because they are a senior pet or an animal with special needs.

If you’ve already adopted an animal, you can help promote the benefits of adoption by entering Ontario’s Cutest Adopted Animal Photo Contest at iadopt.ca. There are amazing weekly prizes to be won, with items from Swiffer® and more, as well as a grand prize awarded to the pet with the most votes.

To change an animal’s life during iAdopt for the Holidays, visit iadopt.ca

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NATURE

Maybe You've Seen One?



There is an animal that is in the area for the next little bit, it is one of my favourite's animals. Maybe you've seen one?

7 years ago, I moved out of the city and I retired from teaching and moved to Wasaga Beach but most people don't know one of the main reasons- I saw my 1st owl January 23, 2016, it was a snowy owl! It was amazing over the next couple of weeks I started to photograph and study them. I learnt that adult males are all white, while females and young males have black/brown bars. I noticed that a snowball, might

be more than just a snowball. So, I moved here as I wanted to be closer to these magnificent birds, even if just for a few months a year. The fact that I can now go for a drive and see anywhere from 0 to 14 Snowy owls and 0 to 3 species, is absolutely amazing to me.

Sometimes, I don't see any owls but when I do see an owl, it is breathe taking! It changes a bad day to good, and a good day to a great day. If I see an owl, not on private property, I try to make sure they don't expel extra energy by spooking them and enjoy. I know how awesome it is to see a wild animal,

safely in its natural habitat. So, I want to share that experience with others.

People come on various wildlife tours with me - walking and driving depending on abilities. Since, I can't guarantee animals as I don't bait them, we do engaging presentation with an eye training activity with a hope I get to share an experience of seeing the animal of interest.

Keep enjoying the wildlife.
Jason George
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ANTEN MILLS by Dennis Gannon

The weather outside is frightful, well maybe not that frightful but it definitely has changed in the past week. The temperature has dropped to below seasonal and we have had a plentiful amount of snow. All which means just one thing, it's almost time for the Anten Mills Community Recreation Association Christmas in the Village! Over the past weekend the lights on the community centre tree were checked and more were added. That brings our tree to have over 1500 multi-colored lights along with a twinkling star with several hundred lights as well. On the ground our displays will have close to 1000 lights, also. Definitely one of the best community displays in the area.

Christmas in the Village will begin on Saturday December 10 with our official tree lighting event. The evening begins at 5:45 PM when Snow Valley Ski returns with their fun for all, SnoTube slide. Mimicking the snow tubes at the resort, riders will get to have fun sliding down on smaller tubes. With an early start to the evening, hot dogs will be served along with hot refreshments. With the support of our Springwater firefighters, Santa will arrive at approximately 6:30. When Santa's arrives there will be an opportunity for photos at the fire truck. Come 7PM, the official countdown will begin and the tree and displays will light up for the season. Once the lights are on, the sky will be filled with fireworks capping off a fun couple of hours.

Sunday the 11th at 1PM, the 25th annual Anten Mills Santa Claus parade will begin its tour of the community. It's hard to believe that this community event has become our longest running tradition with great community participation. Entries are still welcome and so far we have had a good response. We have dancers, fancy vehicles, horses and dogs at the moment so nothing is too small or large for our parade. Again our volunteer firefighters will escort Santa throughout the parade. As is part of our community tradition, donations will be accepted for the Elmvale and District Food Bank at both events. The contact for the parade and tree lighting

is antenmillschristmas@gmail.com. It is important to remember that should extreme weather be upon us or emergencies be occurring there may be changes to the events. The best and most reliable place to get updated information will be our Anten Mills Community Facebook page. The parade route will be posted there as well.

A few years longer than our parade is the firefighters annual Christmas tree sale. Now in its 33rd year, the firefighters will be again offering fresh cut trees for sale. In the past the trees were available at the old fire hall on Findlay Mill Road next to the library. Due to construction at that location, a move was required for this year. Once again community support was offered and the tree lot will be at the Ice Cream Hut on Bayfield St. Trees go on sale this Saturday morning at 11 with hot refreshments, treats and activities. Santa Claus will make an appearance around noon and you will be able to get photos taken with him during the afternoon. There will be a limited supply of top quality trees this year so the best opportunity will be this weekend. If you like a fresh cut live tree, get there quickly and get yours.

Next Wednesday and after a 2 year hiatus the CP Holiday Train will be returning in support of the Elmvale and District and Barrie Food Banks. The train features great entertainment along with magnificent lighting on the train engine and cars. The train arrives at 12:15 with the entertainment starting around 12:30. Head to the CP Midhurst location at Hwy 26 and Anne St and remember to bring along a donation for the food bank.

The community signboard gets used frequently and fortunately for the family who changes the sign, the winter is a bit slower. Often inspiration or funny verses are posted. For the holiday season it might look a bit different. The best we can offer at this time is that you should pay attention to what is posted. You may reap some benefit from what you see.

On November 7, Anten Mills lost one of the pillars of the community. Cliff Lilley passed away at the young

age of 66. Cliff as many know was a huge supporter of what happened in the community. Whether it was one of the dances, fundraisers, or Christmas events, you were certain to find Cliff involved. He was instrumental in the construction of the pavilion at the community centre and was a huge part of the McLaughlin Street Santa Claus parade entries. Always willing to help our community, he did much for the cycling community locally as well. Cliff will be greatly missed and the entire Anten Mills village sends our sympathy to Karen, Elizabeth and Wes. May you Rest In Peace Cliff.

That's all for this week, THANKS for READING and BE WELL.

Anten Mills

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Canada and Ontario Increasing Access to High-Speed Internet Service in Simcoe County

More rural Ontarians will benefit from access to high-speed internet service

The governments of Canada and Ontario are each investing more than \$1.7 million to bring high-speed internet access to more than 1,645 families, farms and businesses in Simcoe County.

“Building modern and reliable internet connection infrastructure for rural communities is how Canada will close the digital divide between large urban centres and rural communities,” said Tony Van Bynen, Member of Parliament for Newmarket—Aurora on behalf of the Honourable Dominic LeBlanc, Minister of Intergovernmental Affairs, Infrastructure and Communities. “New broadband networks are now in service in several communities across Simcoe County, and are supporting homes, farms and businesses as they access essential services, work remotely, study from home, and connect with customers around the globe.”

In partnership with Southwestern Integrated Fibre Technology (SWIFT) Inc, the completion of construction of broadband infrastructure is now providing access to fast, reliable high-speed internet service to more than 430 families, farms and businesses in the community of New Lowell, as well as 1,215 families, farms and businesses in the communities of Penville, Rich Hill, Connor, Hockley Valley and Rosemont.

“I am proud that our government continues to deliver on our commitment to expand access to high-speed internet to rural communities across the province,” said Lisa Thompson, Minister of Agriculture, Food and Rural Affairs. “Providing access to high-speed internet in Simcoe County will help build Ontario and strengthen our important rural communities by

helping people stay in touch with loved ones, enabling them to access the supports, while providing a much-needed boost to the local economy.”

Providing access to high-speed internet in these communities brings Ontario one step closer to delivering on its goal to connect every community with high-speed internet access by the end of 2025, while also building stronger rural communities and laying the foundation for long-term economic growth.

“I thank Minister Thompson and the Ontario Government for showing great leadership and prioritizing critical infrastructure like enhanced internet services to support rural communities,” said Brian Saunderson, Member of Provincial Parliament for Simcoe-Grey. “Our residents and businesses will see great benefits from improved internet access, and I will keep working to ensure high-speed internet service is available to every corner of Simcoe-Grey.”

The contracts to increase access to high-speed internet in Simcoe County were awarded by Southwestern Integrated Fibre Technology (SWIFT) Inc, a not-for-profit corporation, initiated by local municipalities to address connectivity in Southwestern Ontario. More than \$255 million has been invested by the governments of Canada and Ontario and the private sector to bring high-speed internet access to more than 63,000 homes and businesses in Southwestern Ontario through SWIFT.

“Building and improving critical broadband infrastructure is key to promoting sustainable economic growth and social well-being in our small and rural communities across Southwestern Ontario,” said Gary McNamara, SWIFT Board Chair. “Together with our community partners, SWIFT is pleased to mark the completion of two high-speed internet projects in Simcoe County. Collectively these projects are now providing 1,600 additional homes and businesses with access to high-speed internet service and with these newly established fibre-optic networks now in place, we move one step closer to a more connected Southwestern Ontario.”

Quick Facts

- The governments of Canada and Ontario are each contributing more

than \$63 million to SWIFT through the New Building Canada Fund’s Provincial-Territorial Infrastructure Component – Small Communities Fund.

- On July 29, 2021, a Canada-Ontario broadband partnership was announced. This agreement will bring high-speed internet access to more than 280,000 households across Ontario through a total investment of more than \$1.2 billion, co-funded equally by both levels of government.
- The Ontario government is investing nearly \$4 billion to bring high-speed internet access to every corner of the province by the end of 2025. This proactive approach is the largest single investment in high-speed internet, in any province, by any government in Canadian history.
- In 2021, Ontario passed the Supporting Broadband and Infrastructure Expansion Act, 2021 to help speed up construction of broadband projects. Ontario is also helping to remove barriers, duplication and delays, making it easier and faster to build high-speed internet infrastructure through the Getting Ontario Connected Act, 2022, which was passed unanimously by the Legislature on April 11, 2022. This legislation helps ensure underserved and unserved communities across the province have access to reliable high-speed internet sooner and will help the government achieve its commitment to connect every region with access to high-speed internet by the end of 2025.
- Expanding access to broadband and cellular service is part of Ontario Onwards: Ontario’s COVID-19 Action Plan for a People-Focused Government, which includes more than 30 projects that are changing the way people and businesses interact with government.

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Jo Knows Nutrition



Gourmet Grilled Cheese – Cold Weather Comfort

After a chilly hike at Blue Mountain, a visit to the village for some comfort food was in order. So many dining options, but the grilled cheese parlour, CHEEZED won my heart and stomach with 12 signature sandwiches and their VEGGIE LOVER was to die for. Easy to make in your own kitchen, gourmet grilled cheese sandwiches are delish and can be customized to your liking. Serve with a soup or salad for a decadent and inexpensive lunch or dinner offering.

Our bodies need carbohydrates as a source of fuel and choosing whole grains over refined more often is recommended and associated with a lower risk of heart disease, diabetes and certain cancers. Whole grains are naturally high in fibre which helps you feel full longer.



GOURMET GRILLED CHEESE COMBOS VEGGIE LOVER

Whole Grain Bread-2 slices, 2 Tablespoon (30 ml) butter, margarine or seasoned olive oil–add 1/2 Teaspoon (2.5 ml) dried basil to olive oil, 1/4 cup (63 ml) Sun Dried Tomatoes-chopped, 2 Tablespoon (30 ml) Green Onions-sliced, 1/2-2/3 cup (125-167 ml) Havarti or Cheddar Cheese-Regular or Plant-based, 1/4 cup (63 ml) sliced avocado or chopped green pepper.

PIZZA PERFECTION

Whole Grain Bread-2 slices, 2 Tablespoon (30 ml) butter, margarine or seasoned olive oil–add 1/2 Teaspoon (2.5 ml) dried oregano to olive oil, 1/4 cup (63 ml) tomato sauce, 1/2-2/3 cup (125-167 ml) Mozzarella (Regular or Vegan) or Italian Blend Cheese-shredded, 1/4 cup (63 ml) Prosciutto or Vegan Pepperoni-chopped, optional

FETA AND SPINACH LOVE

Whole Grain Bread-2 slices, 2 Tablespoon (30 ml) butter, margarine or seasoned olive oil–add 1/4 Teaspoon (1.25 ml) garlic powder to olive oil, 1/4 cup (63 ml) Feta or Vegan feta-crumbled, 1/2 cup (125 ml) frozen spinach-moisture squeezed out, 2 Tablespoon (30 ml) Green Onions-sliced, 1/4 Teaspoon (1.25 ml) Ground Pepper

AVOCADO DELIGHT

Whole Grain Bread-2 slices, 2 Tablespoon (30 ml) butter, margarine or seasoned olive oil–add 1/4 Teaspoon (1.25 ml) garlic powder to olive oil, 1 avocado & 2 Teaspoon (10 ml) lime juice-mashed, 1/2-2/3 cup (125-167 ml) Monterey Jack or Cheddar Cheese-shredded, regular or vegan, salt and pepper to taste

INSTRUCTIONS

1. Heat a frying pan on medium heat. Spread the butter, margarine or seasoned olive oil on the outside of each slice of bread.
 2. Add the desired gourmet grilled cheese filling to the non-buttered side of one slice. Top with the other slice.
 3. Place sandwich in the frying pan and cook until golden brown, 3 to 4 minutes. Flip and cook other side until the filling has melted and the bread is golden brown, 2-3 minutes more.
- ENJOY!

Submitted by: Joanne Nijhuis MSc, RD, a consulting, media and culinary dietitian in Simcoe Grey Bruce.
www.joknowsnutrition.com
Instagram: [jo_knows_nutrition](https://www.instagram.com/jo_knows_nutrition)

Ontario Building Better, More Modern Health Care Facilities

Province Investing \$182 Million for Infrastructure Upgrades and Improvements in Hospital and Community Health Care Settings

The Ontario government is investing over \$182 million this year to support critical upgrades and repairs at 131 hospitals and 65 community health care facilities across the province.

“Our government is making investments to ensure Ontario’s hospitals and community health infrastructure continue to be state-of-the-art facilities,” said Sylvia Jones, Deputy Premier and Minister of Health. “This funding will also help build the capacity we need to end hallway health care and ensure people continue to receive world-class care.”

Ontario is providing \$175 million to hospitals through the Health Infrastructure Renewal Fund and over \$7.6 million to community health service providers through the Community Infrastructure Renewal Fund. This funding from the province allows its health care system partners to address urgent infrastructure renewal needs such as upgrades or replacements of roofs, windows, security systems, fire alarms and back-up generators. These are essential improvements that will in return deliver excellent care to patients on the frontline in a safe and comfortable environment.

Through the 2022 Ontario Budget: Ontario’s Plan to Build, and as part of its plan to build a stronger, more convenient and connected health care system, the government is implementing the most ambitious plan for hospital expansion in Ontario’s history. This includes supporting more than 50 major hospital projects that would add 3,000 new beds over 10 years.

Quick Facts

- To further support the high-quality care provided by Ontario’s hospitals, the government is providing an additional \$827 million to hospitals across the province, representing a four per cent increase from last year. This will ensure all publicly funded hospitals receive a minimum two per cent increase to their budgets to help them better meet patient needs while building a stronger health care system.
- To support growing demands on the health care system, Ontario’s investments over the next 10 years will lead to \$40 billion in health infrastructure across the province. These investments will increase capacity in hospitals, build new health care facilities and renew existing hospitals and community health centres.

Did You Know?



Olive oil -a major component of the Mediterranean diet - is linked to heart health and longevity. Rich in antioxidants, olive oil may help to protect the body from cellular damage which can lead to a range of health conditions. Although, olive oil is considered the gold standard of fats, butter or margarine in moderation, can also be part of a healthy diet.



Bearbells by Leslie Noonan



Fall is my favorite time to hike. The bugs are gone, the days are general cooler with no humidity, and I love the sound of leaves crunching under my feet. Of course, I do have to plan my routes with more care to avoid being mistaken for a chubby deer by an enthusiastic hunter. I wear my orange vest,

and my bear bells provide an extra level of noise protection. Unless the deer around here have bells on their toes!

Autumn is also when I am most likely to spot wildlife. I have seen very large porcupines, beavers, muskrats, pileated woodpeckers, fishers, bears and of course deer. I am amazed by the ability of deer to traverse the bush without making a sound while I must snap every twig and overturn every rock with a loud clatter. With the leaves gone and the underbrush thin, you would assume you can easily see the approach of critters. At least, that is what I thought until had a close call with a very large male deer with an impressive rack of antlers. I was hiking through an area of hardwoods with good visibility through the leafless tress. Out of nowhere this huge deer steps onto the trail no more than five feet ahead of me. Well I screamed, the deer squealed, the deer peed, and maybe I had a little accident as well. So much for me being the great outdoors woman, when a large ungulate can sneak up on me in a relatively open area. In my defence, I had thought deer were brown, but this guy was a grey that blended into the tree trunks, and his silent steps were as stealthy as a ninja. Once safely home away from the scary deer I learned that their fur turns from brown to grey in the fall. Deer camouflage!



Last week I was out back of the Wye Marsh. The days had been unusually warm and sunny and the trails were dry and dusty. I happened to look down and see such a strange little grey rock....with bright black eyes. A tiny snapping turtle had run out of energy while crossing this dry area. After a minute spent looking deeply into each other’s eyes, I deposited the little guy next to the swamp in the direction he had been heading. After a few minutes he slowly moved into the reeds and mud. Snapping turtles don’t lay eggs until they are 17-19 years old, and often live to seventy years in the wild. The eggs hatch in the fall and the babies will instinctively move towards water. If you feel you must help a turtle, such as one crossing a road, always move it in the direction it was going. Also, don’t move a turtle to an area you think might be better for it, as some turtles prefer to remain in a very small home area. Enjoy the autumn hiking season and all the wildlife it offers.



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Jocelyn Leigh, New Elmvale Musician, That Sang At the Elmvale Remembrance Day Service



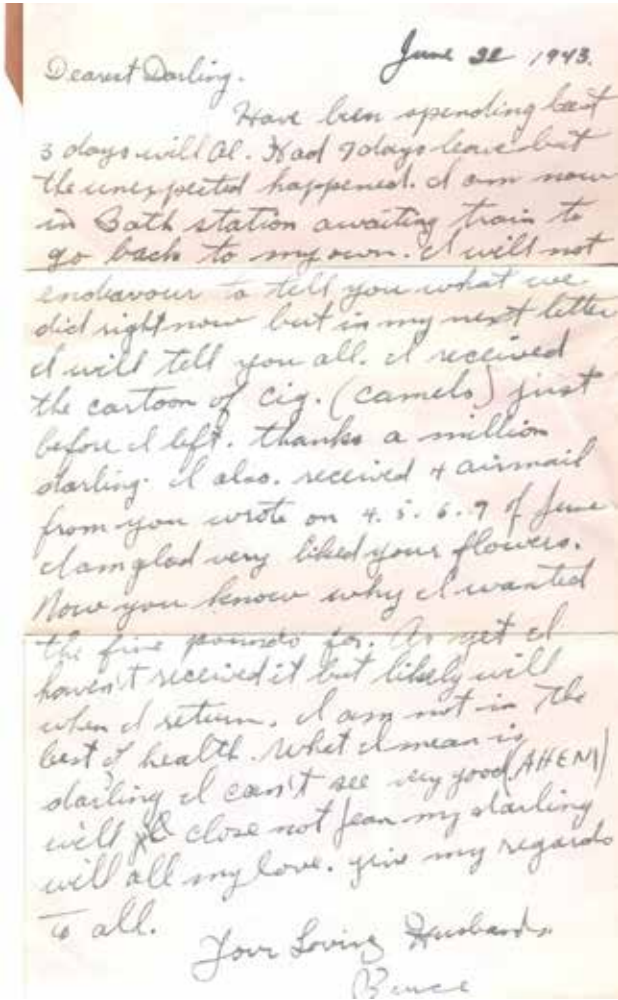
Written by Linda Belcourt

Jocelyn Leigh has been writing songs for three years now and wanted to write a song in honour of her great grandfather who was an air gunner in the second world war. She was talking to her grandma about him and all the stories she'd heard from his experiences in the war. Some of the stories were very interesting, while others were graphic. She ended up showing Jocelyn some of the letters that her great grandfather sent to her great grandmother during the years of the war. They were beautiful and Jocelyn knew she had to write something in tribute to them. The finished song is called "Outside of The Battlefield" and it tells the story of her great grandfather fighting in the war and everything he had to sacrifice for his country. The whole second verse is entirely his words from these letters. Jocelyn is so proud of her great grandfather for fighting and risking his life in the second world war and she knows that he would love the song Jocelyn wrote for him.

Remembering Loved Ones

Submitted by Jocelyn Leigh

I have been singing ever since I could talk and it has always been something that I love to do. When I was twelve years old, I used to take my older sister's guitar while she was working, and I would teach myself basic chords and strumming patterns. Not long after I learned to play guitar, I started writing songs. I write about anything that's bothering me, anything exciting in my life, or about interesting things I hear about in everyday life. In August of 2022, I decided I wanted to release my music to the world. Lucky for me, there is an amazing recording studio at EDHS, (the school I attend), and I have met an amazing producer, Wesley Covey, who is helping me record my album. I also have the help and support of my music teacher, Jesse Muldoon. The album is going to be called "Famous to You" and it will have fourteen songs on it. It will be streaming on every music platform at some point in the new year. I am so excited for what's to come with my music and I appreciate everyone who supports me and my dreams.



Photos and letter from Jocelyn's Grandmother's collection.



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Snow is Falling and Canada’s Ski Business is Poised to Flourish

Go Skiing Go Snowboarding Helps Canadians Turn Winter Blues into Winter WooHoos!

With snow beginning to blanket the land and skiers and boarders eager to hit the hills, Canada’s ski and snowboard industry is healthier than it’s been in years.

During the pandemic, outdoor enthusiasts returned to the slopes in record numbers, giving ski areas much needed optimism that this season’s revenues will recover for the industry, which funnels more than \$4 billion into the economy and provides jobs for more than 70,000 Canadians.



Stats tell the story:

- In 2021-2022, 350,000 more skiers and boarders joined winter lovers across Canada who love sliding on snow, increasing the number of domestic visits from 17.6 Million four years ago to 18.6 Million this past year
 - Over 8% of Canadians now participate in snow sports on a regular basis at ski areas across Canada.
 - 2021-2022 saw a significant increase in the number of Black, Indigenous and People of Colour who are skiing and boarding. In 2021-2022, 16% were visible minorities, up from 12% the season before.
 - At the Toronto Ski & Snowboard Show in late October, vendors reported a 20% increase in sales over 2019, the last time the show was live.
 - Ski shops on and off resorts in the past year recorded an over 30% increase in the sale of skiing equipment and apparel.
- “This overall growth is the best in 20 years and a reversal of the slow decline and/or stability we have seen since 2001,” says Canadian Ski Council President and CEO Paul Pinchbeck, noting that the

largest increase in active skiers took place in Ontario and British Columbia, where resorts reported a record number of visitors last season and significant increases in the sale of single-day lift tickets and season passes.

“Canada has always been a place where in winter people are tempted to hunker down and hibernate but as these numbers show, instead of giving in to the winter blues, increasing numbers see snow as an exciting escape, a reason to get outside to play and get healthy,” says Pinchbeck. “Ninety seven percent of people who tried skiing and boarding for the first-time last year, intend to come back this year. This is great news, and the industry is working hard to keep this momentum going.”

This rosy outlook has several ski resorts reviving expansion plans delayed by COVID, including the addition of new lifts and ski runs and construction of new accommodation space and retail outlets. In coming years, resorts will invest heavily in better eCommerce, ticket pickup and rental processes to help make the customer experience better than ever, says Pinchbeck.

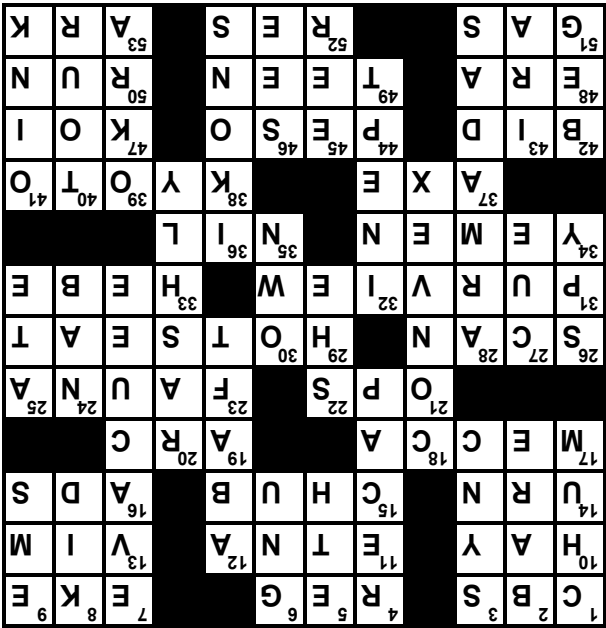
And the Canadian Ski Council, which is mandated to increase participation in recreational skiing, snowboarding, and cross-country skiing in Canada, is continuing to offer innovative programs to make winter sports more accessible for Canadians of all ages and abilities.

The <https://goskiinggosnowboarding.ca/> site created by the Canadian Ski Council has information about programs that show Canadians how to get started on skis and snowboards and enter the sport affordably.


These include the Grade 4 & 5 SnowPass, which for a one-time fee of \$29.99 enables kids to ski and snowboard at participating hills across Canada up to two times per hill, and Never Ever Days, a \$25 beginners’ program that gives anyone five years old and up everything needed to begin enjoying the slopes, including lessons and rentals.

Recognizing that people may have concerns related to Covid and the flu, Pinchbeck points out that skiing and snowboarding is a healthy outdoor activity that keeps people naturally distanced.

“That said, we continue to work with the health authorities in each province to be ready to implement any requirements issued to ensure skiing and boarding remain safe and healthy for all.”



Vanishing Barns: Remembering the 18th century gentle giants through photos, stories, diaries and genealogy.



Cathy Johnston Walton

Available from Cathy Walton at 705 728-1388 or snow-flake53@mail.com

Ritchie’s Feed or Simcoe County Museum.

Vanishing Barns - Cathy Walton has been researching barns in Flos and Vespra Townships (now Springwater) for the last six years and has published the results in the book “Vanishing Barns”.

If you are interested in a copy, please contact Cathy at 705 728-1388 or snow-flake53@mail.com.

Concession 9, W ½ Lot 6, Vespra Township
2595 Highway 26, Springwater Township

Beef Rings

Owners		
1950-present	Harold and Grace (Bertram) Adams	Built: 1909, demolished 1961
1926-1950	Eldon and Ruby (Jones) Adams	Dimensions: 40 x 60’
-1926	William Adams	Water Source: driven well
	Wesley Orchard owned for 2 years	
	John Plowright	
1910-1917	Irvin Johnston, 62 acres	
1882-1909	William Johnston (died 1894), Annie (Richards), Irvin Johnston, 50 acres	
~1868-1882	James Jamieson	
1866	Wm. C.W. McCulloch	

James Jamieson built an earlier workshop and barn.

In 1900 there was a beef ring at Annie Johnston’s farm. John Benson who lived in Minesing on Ronald Road was the butcher. The beef ring moved to George Plowright’s in 1933 on Concession 9, Lot 8. In 1934 it was moved to Eldon Adam’s farm. Eldon’s son Glen bought the farm and had a butcher shop for many years.

In 1909 Annie Johnston had a barn built. During the raising of the barn a timber fell and Jack Johnston, who lived on Concession 9, E ½ Lot 2, was hurt and broke his arm. Jack was taken to the house. Between the stress of the accident and the barn raising, Annie had a stroke and died at the age of 62. The acreage changed with Highway 26 cutting through several farms.

There was a foundation under the stable. The other end, with a granary supported on timbers had no foundation. Harold put a foundation on the entire barn in 1951 and raised cows for cream, milk for the pigs and a few layer hens. Farming was changing where 200 acres were needed. Harold had no place to expand, so in 1963 he started a trucking business.

Harold Adams, Alan G. Johnston, *A History of the Community of Minesing* p. 98.



Harold and Jim Adams pose in front of the new foundation added to the original barn around 1951.
(Photo courtesy of Harold Adams)



This 12 x 16 foot slaughter house is on Concession 8, Lot 9, with the 36” pulley still in place. During the depression Herb Johnston set up this slaughter house and sold beef around the area.



An earlier beef ring in Minesing began in 1900. It was first situated on Concession 9 W ½ Lot 6, Vespra Township. John Benson, the butcher for eight years, was paid \$1.75 to kill, cut the meat, and salt and deliver the hide to Barrie. During W.W. I hides sold for .60¢ a pound. The money from the hides went to the shareholders. The ring was divided into twenty shares, with some taking a half share. It was difficult to store meat during the summer so the beef ring ran for 20 weeks beginning the first week of May. Each shareholder brought a cattle beast from the pasture to the slaughter house. Boxes were arranged on an oil cloth on a shelf, the same cut was put in the same box every week, with the shareholders names rotated. At the end of the beef ring season a person with a full share would have received a whole beef. They would either pay or be paid for the difference in weight between the cattle beast they donated and the meat received.

George Plowright was the butcher from 1909-1933 and moved it to his farm on Concession 9, Lot 8. Walter Downey had the slaughter house in Minesing and killed more pigs than cattle. It was easier to scrape the hair off a pig if it was scalded. Two men who worked at the Minesing basket factory bought a pig and decided to scald it in the hot pot used to thaw out veneer logs. The steam engine used cylinder oil for lubrication which went out with the steam, blackening the water in the hot pot and the pig. They only tried it once.

In 1934 the building was moved on rollers to Eldon Adams’ on Concession 9, Lot 5. When Glen Adams took over the farm from his father, he continued with a butcher shop for many years.

The presidents listed were:
Mr. Wood 1900-1915
A. Orchard 1916-1925
Irvin Johnston 1926-1959
Harold Tracy 1960 until it ended after 1962.

A History of the Community of Minesing p. 47, Harold Adams, Alan Johnston

**\$1 TURNS INTO \$100,000:
GROUP OF SIX FROM SIMCOE
COUNTY CELEBRATES \$100,000
ENCORE WIN**

Saying “yes” to ENCORE paid off for a group of six from Simcoe County. They matched the last six of seven ENCORE numbers in exact order in the March 4, 2022 LOTTO MAX draw to win \$100,000!

The group members are:
Kyle Barnett of Barrie
Anne Wicklum of Wasaga Beach
Gaetan Bellemare of Barrie
Laura Foley of Barrie
Linda O'Neill of Barrie
Neil McFadden of Elmvale

Kyle, the group leader, says the group of coworkers have been playing the lottery together for less than a year. "We only play LOTTO MAX together and we always add ENCORE," he shared while at the OLG Prize Centre in Toronto.



"I scanned the ticket on the OLG App and at first I thought we won \$1,000. I looked again and realized it said \$100,000. The rest of the group was so excited, everyone was screaming in the office when I told them. We all started messaging our family and friends right away," Kyle said.

Kyle plans to use his portion of the winnings to pay off some bills and invest.

"I am glad we get to share this win together. It's a little bit of financial freedom," he concluded.

ENCORE offers 22 ways to win and can be played in conjunction with most lottery games for an extra \$1. There is an ENCORE draw every day.

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

The winning ticket was purchased at Shoppers Drug Mart on Maplevue Drive in Barrie.

Wisdom:
The ability to speak several languages is an asset, but the ability to keep your mouth shut in any language is priceless.



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**King’s Wharf Theatre Announces
A Season for Everyone**
Broadway Blockbusters, Musical Tribute and Fun Family Fare Set to Dazzle the Stage in 2023

The King’s Wharf Theatre has announced a spectacularly ambitious 2023 Season featuring four productions spanning the summer and fall. Mega-musicals, nostalgic revues, hysterical comedies, and plenty of family fare will be on stage June 15 to November 25.

“After a tough couple of years for everyone during the pandemic, we are excited to continue moving forward by uniting people through the shared experience of live theatre,” says Alex Mustakas, Artistic Director & CEO of Drayton Entertainment, the award-winning theatre company that operates King’s Wharf Theatre. “There really is something for everyone in our 2023 Season.”

2023 Season

The 2023 Season on the shores of Georgian Bay opens on a high note with Buddy: The Buddy Holly Story. This finger-snapping musical pays tribute to the golden age of music through renditions of Buddy Holly’s greatest hits – classics like “Peggy Sue,” “It’s So Easy,” “That’ll Be The Day,” and many more. This smash-hit celebration runs June 15 to July 1.

Next up is Fiddler on the Loose. Anchored by fiddler and showman Jesse Grandmont, this gregarious musical variety show features over 60 songs running the gamut of genres including “Dust in The Wind,” “Devil Went Down to Georgia,” “Tennessee Waltz,” “Orange Blossom Special,” and more. Fiddler on the Loose is on stage July 12 to August 5.

The season continues with the Broadway smash hit musical, Joseph and the Amazing Technicolor Dreamcoat. This dazzling spectacle by Andrew Lloyd Webber and Tim Rice is beloved by theatregoers around the world. It features famous tunes like “Go, Go, Go Joseph,” “Any Dream Will Do,” and “Close Every Door.” It is onstage August 10 to September 3.

The 2023 Season concludes with Drayton Entertainment’s perennially popular family panto. Next year’s offering is Peter Pan: The Panto. Brimming with adventure, this memorable tale about a boy who would not grow up becomes awash in swash and buckle. Audiences will be hooked November 8 to November 25.

Ticket Information

Tickets are on sale exclusively to Members on December 1. Tickets are on sale to everyone by phone and online 24/7 at www.kingswharftheatre.com beginning on December 14. The King’s Wharf Theatre Box Office will be closed to walk-up traffic and will reopen next spring.

To order by phone, please call 705-549-5555 or toll free at 1-855-372-9866. For more information about Drayton Entertainment’s complete 2023 Season on all seven stages, please visit www.draytonentertainment.com.

Season At A Glance

King’s Wharf Theatre
Buddy: The Buddy Holiday Story (June 15 to July 1)
Fiddler on the Loose (July 12 to August 5)
Joseph and the Amazing Technicolor Dreamcoat (August 10 to September 3)
Peter Pan: The Panto (November 8 to November 25)

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Community Special Events

Nov 24th, 2022
EDGE Gardeners Annual General Meeting and Christmas Demonstrations, refreshments.
Last meeting for 2022.

Nov. 24, 25, 26, Dec. 1, 2, 3
First Light, Sainte Marie Among the Hurons
5:30pm - 9 pm (7:30 pm last entry), \$10 admission
Family activities and live musical performances, all amidst the spectacular glow of thousands of candles.

Sat. Nov. 26 & 27, 10am - 4pm
Midhurst Arts & Crafts Home Tour
Talented, local artists are featured on this self-guided, home tour through the village of Midhurst. Maps are online at www.MidhurstArtTour.com. A Tea Room will be open both days at the Midhurst United Church.

Tues. Nov. 29 @ 7p.m.
Free Movie Event “Why the Nativity?”
Elmvale Presbyterian Church 22 Queen St. E.
All Welcome.

Fri. Dec. 2, 6:30 pm
Elmvale Maple Syrup Tree Lighting
Corner of Queen and Yonge Sts in Elmvale
After tree lighting; 7:00pm Hot beverages, popcorn, maple cotton candy, seasonal music, children’s crafts. Free admission. A donation to the Elmvale Food Bank would be appreciated.

Sat, Dec. 3, 9.30 am.-1 pm.
Mt. St. Louis Christmas Bazaar
Bazaar and Bake sale, vintage crafts, Christmas treats & treasures. Line 4 N. at Mt. St. Louis Rd.

Sat. Dec 3 at 7pm
“Together Again at Christmas”
St Paul’s Church, 308 King St, Midland
Tickets online or at the door, Adults \$20, Youth \$15. Children under 5, free admission

Sun. Dec. 4th, 2022 at 1 pm
Lions Santa Claus Parade
More information to follow next edition.

Wed. Dec. 7th at 7:00pm
Elmvale Presbyterian Church, 22 Queen St E
Welcome all to sing your favourite carols. Refreshments will be served. A donation to the Food Bank would be appreciated.

Fri. Dece. 9th, 2022, 6 pm to 9 pm
Elmvale Lioness Lions Sleigh Ride in the Village
ALL FREE! Horse an Wagon Rides, hotdogs, hot chocolate, hot apple cider, face painting, kids crafts, adult market place, kids toys available to win. All Elmvale and local area residences are welcome.

Dec. 10, 2022,8am to 11am.
Breakfast with Santa
Wyeval United Church,
846 County Rd 6 S, Tiny, ON
TTLC Members will be serving a breakfast with Santa. The cost is a donation to support Local Food Banks.

Sun. Dec. 11th
25th Annual Anten Santa Claus Parade
Open to all themes but with a touch of SILVER.
For more information - antenmillschristmas@gmail.com

Dec. 10 and 11th.
Christmas in the Village Weekend, Anten Mills
Our community will again put on a winter wonderland display at the community centre as the large tree gets lit and our ground displays are turned on. Santa Claus will make an appearance and thanks to a very generous donation. The sky will light up with fireworks.

Sun. Dec. 25th
Annual Anten Mills Santa Claus
Parade will take place starting at 1 pm.

Community Events

ONGOING EVENTS:

Bid Euchre
Elmvale Community Hall 1 pm - 4 pm Every Monday

Midland Bridge Club 427 William St, Midland
Mon. 12:45pm: Duplicate Bridge, **Tues 6:45pm:** Social Bridge, **Thur. 12:45pm** Duplicate Bridge, **Fri. 12pm:** Bid Euchre. Contact Vern 705-730-9998. Possible lesson if desired. midlandbridge@gmail.com

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.

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.

BARRIE-KEMPENFELT PROBUS CLUB
Meets at 10:00 am, third Thursday of month
Canadian Legion, 410 St. Vincent Street in Barrie

Bay Shore Senior's Club
Activities are in full swing - check out website at www.bayshoreseniors.ca for all activities. Call 705 361-1331.

E.D.G.E. Elmvale District Garden Enthusiasts
Meetings held 4th Thurs. of each month, 7:00 pm at Elmvale Legion.
Guests always welcome, no charge bring a friend.

Coffee Party
Last Thursday of the month 9:30 - 11a.m.
Elmvale Presbyterian Church
All Welcome, Cost: \$3

Low Impact Gentle Fitness Program
Weds. at 10am & Fri.'s at 11am
Elmvale Community Hall, VON SMART Program
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TIME TO ROCK & ROLL & DANCE



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EVENT

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Annual Tree Lighting

FRIDAY DECEMBER 2ND 2022
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7:00pm Hot beverages, popcorn, maple cotton candy, seasonal music, children's crafts. Free admission.

A donation to the Elmvale Food Bank would be appreciated.

AUCTION NOTICE



your community online auction centre

UPCOMING AUCTIONS

Tom Fahidy Estate, Waterloo - Nov. 27-Dec. 1 - antique furniture, Johnson-Handley-Johnson bedroom set, brass lamp, needlepoint
Douglas & Mary Black Relocation Auction, Guelph - Nov. 27-Dec.1 - antique furniture, antique original art, grandfather clock
Sutherland Estate Auction, Puslinch - Nov. 27-Dec. 1 - Royal Doultons, Aynsley tea cups, bicycles, wonderful collectibles
Year End Multi Consignor Auction, Guelph - Nov. 27-Dec. 1 - Dodge Caravan, Honda Ridgeline, tools & equipment, great finds
Helen Davenport Estate Jewellery Auction, Guelph - Dec. 4-8 - gold, platinum, sterling and gems; rings, necklaces, watches
Extensive Rural Home Collection, Erin - Dec. 4-8 - fly fishing collectibles, Mason's Vista dishware, outdoor décor, LP collection
Estate of Dr. Peter Lemiski, Erin Twp. - Dec. 11-15 - Horse trailer, 2013 Chevrolet Avalanche, gates, feeders, unique collectibles

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NOTICE



EDGE Annual General Meeting

November 24th at 7:00 p.m.

Elmvale Legion

Demonstrations on how to make a winter gnome and an outdoor arrangement

Refreshments, Lug a Mug

So, you drive across town
to a gym to walk on a
treadmill?

OPP REPORT

OPP Search for Missing Woman in the Penetanguishene Area

A 45 year-old woman is missing and police are searching for her after she was reported missing from her Penetanguishene residence were she was last observed during the morning hours of November 21, 2022. Members of the Southern Georgian Bay detachment of the Ontario Provincial Police were contacted in the afternoon hours of November 21, 2022, by family reporting her missing with concerns for her safety.

The missing person is Janey LAPHAM and is described as being white, 45 years old, 160 cm tall, 106 kilograms, long brunette coloured hair. She is likely wearing a dark coloured hooded jacket. Please see attached photo.

It is possible that she is headed to the Barrie area, likely by hitchhiking.

Anyone with information regarding her whereabouts is asked to call the OPP at 1-888-310-1122 or if you wish to remain anonymous please call Crime Stoppers at 1-800-222-TIPS (8477). Anonymous tips can also be provided online at ontariocrimestoppers.ca



CHARGES LAID IN FOUR SEPARATE IMPAIRED DRIVING INVESTIGATIONS

During the first weekend of annual Festive RIDE Campaign, members of the Collingwood and Blue Mountains Detachment of the Ontario Provincial Police (OPP) conducted seven RIDE checks at various locations within the Detachment area, where officers administered one Alcohol Screening Device test. Additionally local members of the Ontario Provincial Police (OPP) have laid charges in connection to four separate impaired driving investigations in Collingwood & Blue Mountains over the weekend.

On November 18, 2022, the Collingwood & Blue Mountains OPP responded to a traffic complaint on Highway 26 in Collingwood, it was reported the vehicle was nearly responsible for a head-on collision. The vehicle was located and stopped at Highway 26 at Arrowhead Road in The Blue Mountains. As a result of the roadside investigation, the driver was arrested for impaired operation and found to be in possession of an open container of alcohol.

As a result, Gordon HORROCKS, 58 years of age, of Whitby ON, has been charged with:

- Operation while impaired - Alcohol
- Operation while impaired - 80 plus
- Dangerous Operation of Motor vehicle

On November 19, 2022, Huronia West OPP stopped a motor vehicle on Grey Road 19 in the Blue Mountains for a traffic violation. The driver was investigated and found to have been consuming alcohol which resulted in his arrest. The driver was arrested for Impaired operation - 80 plus.

Nicholas BUBELA, 38 years of age, of The Blue Mountains ON has been charged with Operation while impaired - 80 plus;

Just after midnight on November 20, 2022 Collingwood and Blue Mountains OPP responded to a Motor Vehicle Collision in the underground parking at Blue Mountain Resort. The male driver was found to be impaired by alcohol and was arrested. Investigation determined that the driver was over twice the legal limit.



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OPP REPORT (continued)

Michael BAHEN, 45 years of age, of Clearview Township ON has been charged with:

- Operation while impaired - 80 plus
- Operation while impaired - alcohol and drug;

On Sunday night on November 20, 2022 Collingwood and Blue Mountains OPP stopped a vehicle for a traffic violation on Hurontario St in Collingwood ON and found that the female driver had been drinking alcohol. The female driver was found to be impaired by alcohol and was arrested. Investigation has determined that she was over two times the legal limit.

Nicole FOSTER, 31 years of age, of Collingwood ON has been charged with Operation while impaired - 80 plus

All of the accused were served a 90-day Administrative Driver's Licence Suspension and their vehicles were impounded for seven days. They are all scheduled to appear before the Ontario Court of Justice in Collingwood or Owen Sound, at a future date.

Five Impaired Drivers Taken off North Simcoe Roads in Recent Days

Despite the Festive R.I.D.E. kick off by police services across Ontario on November 17, 2022 members of the Southern Georgian Bay OPP Detachment have been busy with five impaired driving investigations between November 15-18, 2022. https://twitter.com/OPP_CR/status/1593364703379705861

A single vehicle into the ditch on Don Street, Penetanguishene at approximately 4:38 p.m. November 18, 2022 after investigation by officers has resulted in Ashley Wilson BURGESS 37 years of Penetanguishene being charged criminally with Operation while impaired - blood alcohol concentration (80 plus) and Drive While under Suspension.

The accused was released from police custody on a recognizance to appear before the Ontario Court of Justice on December 8, 2022 and as well, faces 90 day drivers licence suspensions as per the Ministry of Transportation (ADLS) guidelines and a seven day vehicle impound.

A concerned motorist called the OPP Communications Centre to report a possible impaired driver at approximately 3:13 p.m. November 18, 2022 on King Street, Midland. The suspect shortly after crashed into a vehicle in the LCBO, Midland parking lot. Attending officers conducted a impaired driving investigation resulting in Christopher Michael MOREAU 37 years of Midland being charged criminally with the following driving related offences of Operation while impaired - alcohol and drugs and further Operation while impaired - blood alcohol concentration (80 plus).

The accused was released from police custody on a recognizance to appear before the Ontario Court of Justice on December 1, 2022 and as well, faces 90 day drivers licence suspensions as per the Ministry of Transportation (ADLS) guidelines and a seven day vehicle impound.

A previously reported single vehicle crash on Simcoe County Road 93, Midland at 11:17 a.m. November 18, 2022 resulted in impaired driving charges for a 42 year old Penetanguishene resident.

A concerned citizen called the OPP Communications

Centre at approximately 10:27 a.m. November 18, 2022 to report a possible impaired driver in the area of Honey Harbour Road and the Kings Highway 400, Georgian Bay Township. Officers located the described vehicle nearby on Lone Pine Road and commenced an investigation. As a result of this investigation a quantity of Fentanyl and Cocaine was seized as well as related drug paraphernalia. Charged is the driver, Cody BLUE 43 years of Barrie with Possession of anything for use in, production of/trafficking in Schedule I or Schedule III substance and further Driving while under suspension and the passenger Ishneet SIDHU 22 years of Barrie with Possession of a Schedule I Substance- Cocaine. The involved vehicle was also towed from the scene. Both accused persons were released from custody after being treated by Simcoe County Paramedic Services personnel for drug related complications to appear before the the Ontario Court of Justice on January 6, 2023.

A previously reported report by a motorist of a possible impaired driver on Highway 12, Midland at 12:19 p.m. November 15, 2022 resulting in impaired driving related charges for a 63 year old Severn Township driver.

Assault Investigation Resolved Without Incident at Midland Retail Parking Lot

A call to the OPP Communications Centre at approximately 6:00 p.m. November 18, 2022 lead officers from the Southern Georgian Bay OPP Detachment into an alleged assault investigation at a Simcoe County Road 93, Midland retail parking lot.

After an original interaction with officers at the scene, an individual in the involved vehicle became non compliant.

Through investigation and assistance from the OPP Central Region Emergency Response Team (ERT) the individual was safely apprehended and transported to hospital for treatment.

No further details are available as this investigation is currently ongoing, there was no threat to public safety during this investigation outside of the involved retail parking which was cleared of patrons.

Penetanguishene Resident Nets Impaired Driving Related Charges After Spectacular Single Vehicle Crash

A Simcoe County Road 93 resident called the OPP Communications Centre at approximately 11:21 a.m. November 18, 2022 after observing a grey Nissan in the south bound ditch that had gone airborne once striking a nearby driveway culvert.

The lone driver was arrested at the scene and transported to detachment for further investigation. As a result, Andrew R. STAFFEN 42 years of Penetanguishene has been criminally charged with the following

- Operation while impaired - alcohol
- Operation while impaired - blood alcohol concentration (80 plus) and further withoprator motor vehicle with liquor readily available contrary to the Liquor Licence and Control Act

The accused was released from police custody on a recognizance to appear before the Ontario Court of Justice on December 1, 2022 and as well, faces 90 day drivers licence suspensions as per the Ministry of Transportation (ADLS) guidelines and a seven day vehicle impound.



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First Light Poised To Illuminate History For Its 22nd Year



Photo above: Ruth Sutherland, the traditional harp musician, performing for a captive audience in the Church of Saint-Joseph during First Light.



Photo above: A panoramic view of Sainte-Marie among the Hurons during First Light, an evening event that invites visitors to experience the reconstructed 17th century mission by candlelight.

Holiday-themed Event at Sainte-Marie Among The Hurons Remains A Seasonal Favourite

First Light, the beloved candlelit holiday event, is returning to historic Sainte-Marie among the Hurons in Midland, Ontario. Huronia Historical Parks will transform the reconstructed 17th century mission into a magical holiday experience from November 24 to 26 and December 1 to 3, illuminating the historic site with thousands of candles.

Guests will make festive memories as First Light transports them back in time to a world of holiday charm with live musical performers, unique activities, and lively historic demonstrations. Guided by lantern-lit pathways, visitors will enjoy the historic buildings, dressed up for the holiday season with fresh greenery and festive décor – all bathed in the beautiful amber glow of candlelight and cozy fires.

“First Light to Sainte-Marie among the Hurons is an exciting, one-of-a-kind holiday experience for people of all ages and it’s great to see it return,” said Neil Lumsden, Minister of Tourism, Culture and Sport. “With a variety of family friendly events and activities, I encourage everyone to make the trip to Midland. Ontarians who stay overnight in the area while visiting can claim up to 20 per cent of eligible travel accommodation expenses through our Ontario Staycation Tax Credit.”

After two years of reduced event programming due to the COVID-19 pandemic, Sainte-Marie among the Hurons is excited to host First Light’s traditional array of outstanding family activities and performers. Returning favourites include Ruth Sutherland playing traditional harp music in the Church of Saint-Joseph, hand drumming by Chris Walser in the longhouse, and the energetic fan favourite, Doug Feaver, performing holiday folk tunes in the chapel. Activities for families include quill pen writing, candle-making demonstrations, storytelling and much more.

For those who enjoy holiday shopping, more than 50 exceptional crafters and artisans will be located throughout the Brébeuf Event Centre, indoor museum and restaurant hall. Sainte-Marie’s Flint and Timber Gift Shop will also be open and offering charming holiday finds.

“We’re delighted to be back,” says Will Baird, General Manager of Huronia Historical Parks. “This event offers tremendous economic impact to the Heart of Georgian Bay region, attracting repeat visitors from across Ontario, the United States and the world – it’s just a great way to kick off your holiday season.”

Visitors have been invited to register for an event timeslot online from 5:30 pm to 9 pm. Parking will be available at Sainte-Marie among the Hurons, as well as Walmart in Midland, where shuttle buses will be running throughout each of the six evenings.

This year, visitors will also be treated to a special experience on Sainte-Marie’s outdoor Canadiana patio.

“Thanks to our exceptional partnership with the Martyr’s Shrine, The Big Canoe food truck will be serving favourites like hot dogs, poutine, and breaded cheese curds,” says Candice Moreau, Manager of Marketing and Visitor Services for Huronia Historical Parks. “With a roaring fire, roasted marshmallows, live music, and great food, the patio will offer an amazing ambiance under the stars.”

First Light has strong ties to community groups, and many will be involved in this year’s celebration. Community choirs will lift holiday spirits with performances on November 24 and December 1. In addition, community partners, including the Wye Marsh Wildlife Centre, will be offering presentations and demonstrations throughout the event. Sainte-Marie among the Hurons also asks that visitors bring non-perishable food donations, with the aim of filling a large canoe in support of the local Salvation Army Food Drive. Huronia Historical Parks would also like to thank the generosity of our sponsors: Tay Township, Newmarket Tay Hydro and Kool and Rock FM.

For more information, or to RSVP for First Light, please visit SainteMarie-events.ca.

Volunteers Return to Georgian Bay General Hospital

Earlier this month, Georgian Bay General Hospital (GBGH) was pleased to welcome back volunteers after a two and a half year hiatus due to the COVID-19 pandemic. Volunteers are once again helping in all areas of GBGH, much to the delight of staff at the hospital. Prior to the pandemic GBGH had over 100 volunteers regularly contributing throughout the hospital.

“Our entire team is incredibly happy to see our volunteers back in the hospital,” says Matthew Lawson, president and CEO of GBGH. “The volunteers are such an important part of our team - from helping on patient care units, to guiding visitors and more. We have really missed them throughout the pandemic as they are an essential part of our team at GBGH.”

As they are such an essential part of the GBGH team, the hospital is also looking to recruit more volunteers. There are currently needs in most areas of the hospital for volunteers including: Captains Café (coffee bar), Gift Shop, Information Desk, Emergency Department, Ambulatory Care, Recreation Therapy, Friendly Visitors – visiting patients, chatting and helping with small tasks. Virtual Volunteer Opportunities – making cards, virtual pen pals, and other at-home tasks for those who may not be comfortable coming into the hospital to volunteer.

“Volunteers are an integral part of our team at GBGH and we really missed their presence and positive energy during the pandemic,” says Kimberly Sutherland, Manager, Volunteer Resources, GBGH. “Unfortunately, not all volunteers who regularly helped GBGH and its patients pre-pandemic were able to return. We are actively seeking more volunteers as they greatly improve the patient experience and greatly help our staff in several ways. Volunteering at your local hospital is an amazing way to give back to your community.”

If you are interested in volunteering at GBGH, please visit the website to learn more about how to apply or call 705-526-1300 ext. 5374.



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ELMVALE DISTRICT LIONS CLUB

Elmvale District Lions Club Presents

The 2022 Elmvale Santa Claus Parade



Sunday, December 4, 2022 1:00pm

Theme: Christmas in Candyland
Free Public Skating: 2pm to 4pm - Elmvale Arena

Visit with Santa Claus

Sponsored by:

Body Works





Line starts at 12:30pm * The Parade will leave H.C.E.S School at 1:00pm
Have your letters ready for Santa - he will be picking them up during the parade!

Station 5 Elmvale Firefighters will be collecting non-perishable food items for the Elmvale Foodbank.

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Merry Christmas!



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Obituaries



PRESTON, Lloyd Earl

February 5, 1944 – November 18, 2022

Passed away peacefully at home with family by his side after a short battle with cancer. He grew up in Wyebridge Ontario, son of the late Earl and Hazel Preston. Devoted husband of Jo-Ann (née Hutchison) for 54 years. Loving father of Brent (Jill), Andrew (Debbie) and Karla. Proud grandad of Ethan and Cayden. He will be missed by many extended family members and friends.

Lloyd graduated from the University of Western Ontario and Teacher's College, which lead to a meaningful 33-year career in education. He was well known by staff and students at Barrie Central, Eastview, Stayner Collegiate, Barrie North, Nantyr Shores and the Adult Education Centre as a Teacher, Vice-Principal and Principal. He maintained a strong connection to his community through membership in various service groups and organizations as well as through his music, volunteering to play at various locations throughout Simcoe County and beyond.

In retirement he expanded his passion for teaching by sharing his love of old time fiddle music with many friends, young and old. He continued his family tradition for farming by growing many vegetables and flowers that he generously gifted to neighbours, friends and family.

When Lloyd learned of his prognosis, his wish was to return home where he could rest in comfort in a more familiar environment that was more accessible to friends and family. This wish was supported by Dr. Monnin and the staff from Bayshore Healthcare. Our family is forever grateful to them and the staff at RVH that took great care of him during the last months of his life. Visitation will be held at Adams Funeral Home (445 St. Vincent Street) on Sunday November 27th from 3 to 6 pm. A small private service will be held for Lloyd's Family, with plans for a larger celebration of life to be held in the New Year. In lieu of flowers, a donation to a charity of your choice to honour Lloyd's memory would be appreciated by the family.

Messages of condolence can be forwarded to the family through adamsfuneralhome.ca.

HAPPY BIRTHDAY

Happy 90th Birthday

Jean Whitton

Nov. 17

From Family and Friends

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In support of Life4KidsCanada.ca

6:00pm, Friday November 25th

Midland Cultural Centre - Rotary Hall

\$100 ticket includes Appetizers, Live Music & Trivia Contest

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80's 70's 90's



Obituaries



CICCONE, Ann
October 20, 1936 – November 8, 2022
After a full life of 86-years, Ann peacefully passed away on November 8 surrounded by her children.
Family was everything to Ann. Up until the final moments, her family was with her. In-person, through photos—she even met her week-old great-granddaughter over FaceTime.

Ann will be remembered for her humour and the joy she got from sharing meals, socializing and connecting with others. After losing Ralph, her husband of 46-years, in 2002, Ann spent her time adding to her chosen family: joining the Red Hat Society, volunteering in the gift shop at Georgian Bay General Hospital and weekly happy hour socials with friends.

Ann leaves behind: three beloved children and their partners, Diane & Paul, Susan, and Paul & Shelley; 10 grandchildren and their partners, Jessica, Zac & Kayla, Josh & Brittnay, Megan, Caleb, Spenser, Travis, Samantha, Amber, Cole and Cade; and, five great-granddaughters, Lylah, Quinn, Charlee, Iris and another joining the family in March 2023.
Her funeral is Friday, November 11, at Lynn-Stone Funeral Home in Elmvalle. Visitation from 10 a.m. – 12 p.m. followed by a service. Ann's celebration of life will take place after the service at Georgian Shores Swinging Seniors Club in Balm Beach.
Those who wish to remember Ann with a charitable donation, please support Hospice Huronia - Tomkins House, hospicehuronia.ca

Expressions of sympathy may be sent to the family at www.lynnstonefuneralhome.com



Obituaries



SHARMA, Tanesh
Passed away peacefully at the Georgian Bay General Hospital in Midland on November 10, 2022. Tanesh Sharma of Elmvalle in her 64th year. Beloved wife of Edward Gordon of Elmvalle. Dear mother of James Gordon.

Survived by her brother Gerry and sisters Cami and Letti. Pre-deceased by siblings, Ravi, Bish, Vish, Indra and parents Gaila and Gokarran Sharma. Tanesh will be missed by her many nephews, nieces, and many friends.

A visitation will be held at the Lynn-Stone Funeral Home in Elmvalle from 11 am – 1 pm on Thursday, November 17. Funeral Service to follow in the chapel at 1 pm.
Cremation.

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



Anne Ritchie (nee Phillips)
August 2, 1942 – November 13, 2022
Passed away peacefully at Sara Vista, Elmvalle, on Sunday November 13, 2022.

Anne Ritchie of Elmvalle in her 81st year. Beloved wife of the late Donald Ritchie. Dear mother of Cindy Ritchie and Trevor (Michelle) Ritchie. Proud Grandma of Alexis, Hank, and Blayke. Sister of Betty (Perley) Doucette of Barrie, Bob (Carol) Phillips of Wasaga Beach, Mary (Robert) Foster of Markham and Cathy Dawes of Toronto. Sister in law of Lois (Peter) McCloskey, Ken (late Nicole) Ritchie, late Doreen (Robert) Smith, Marilyn (late Phil) Kenny, and Dan (Karen) Ritchie.

Anne will be missed by her many nieces, nephews, large extended family, and many friends.
The Ritchie family would like to thank the Sara Vista of Elmvalle for their care and support.

Visitation to take place at Lynn-Stone Funeral Home Friday November 18, 2-4pm and 7-9pm. Service in the funeral home chapel Saturday November 19, at 1pm.

In lieu of flowers, memorial donations to St. John's United Church, Elmvalle Food Bank, or a charity of your choice would be appreciated.

Expressions of sympathy may be sent to the family at www.lynnstonefuneralhome.com



THANK YOU

Words cannot express how much we thank our family and friends for the expressions of Sympathy during our moment of sorrow. It was greatly appreciated.

We would like to thank the Doctors and Nurses of Cardiac Renal floor at RVH for the wonderful care they took of Goldie.

The Family of Goldie Crowe

IN MEMORY

In loving memory of **Ken Sheremeto** who passed away on November 30, 2019.

Your life was a blessing
Your memory a treasure.....
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And missed beyond measure.....

*We love and miss you Dad,
Mary, Bev Jen, Terry, Rob and Families.*

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Township of Springwater Holds Inaugural Council Meeting



On November 16, the Township of Springwater’s newly elected Council held its Inaugural meeting at the Township’s Administration Centre. Mayor Jennifer Coughlin and the Township’s five Councillors were officially sworn into office by the Honourable Jim Crawford for the 2022-2026 Council term.

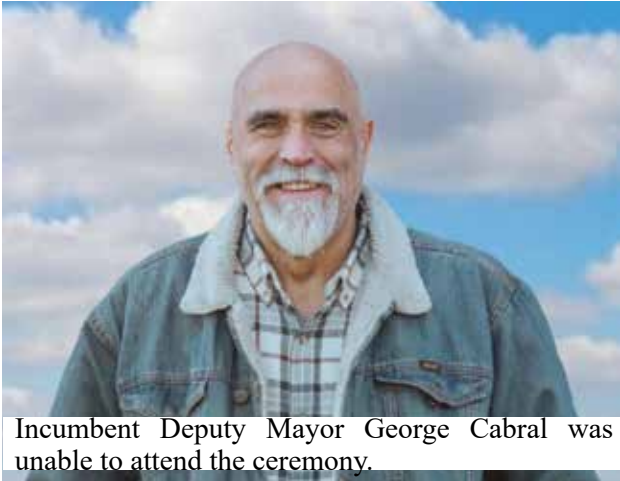
The ceremony took place before supporters, family and friends. Mayor Coughlin was joined by members of her new Council which included one incumbent—Ward 4 Councillor Anita Moore—and four new Councillors—Ward 1 Councillor Matt Garwood, Ward 2 Councillor Danielle Alexander, Ward 3 Councillor Brad Thompson and Ward 5 Councillor Phil Fisher. Incumbent Deputy Mayor George Cabral was unable to attend the ceremony.

In Mayor Coughlin’s Inaugural Council address, she thanked those in attendance and watching online, and spoke about her future vision for the term.

“It is said that the best way to predict the future is to create it,” said Mayor Coughlin when speaking to her new Council and Township staff. “I am excited to shape Springwater’s future together.”

Other members of Council expressed their own sentiments and aspirations for the coming years and

thanked family and friends for their support. Those who were unable to attend the ceremony can watch the Inaugural meeting on the Township’s YouTube channel at <https://youtu.be/5CcQOAsd8Sk>. Mayor Coughlin and Deputy Mayor Cabral will officially be sworn into Simcoe County Council on December 13, 2022 at 1:00 p.m. The next regular Council meeting is scheduled for November 23, 2022 at 6:30 p.m. as the Township’s first hybrid meeting.



Incumbent Deputy Mayor George Cabral was unable to attend the ceremony.



Ward 1 Councillor Matt Garwood



Ward 2 Councillor Danielle Alexander



Ward 3 Councillor Brad Thompson



Ward 4 Councillor Anita Moore



Ward 5 Councillor Phil Fisher

Views from the Cottage by Melanie Martyn



I am not a morning person. I will say that right now. I can stay up till two in the morning, working on research projects, binge watching *The Handmaid’s Tale*, making homemade jams, or rifling through old photo albums, but do not ask me to get up at 5 a.m. and do a run. I like to think I could exercise that early, but I have an issue connecting my brain to my lower limbs in the early morning hours. Thankfully, coffee was invented to entice me to rise from the stupor of half-remembered dreams and start the day with a slow transition to reality. The reality of our times.

I had always hoped that the retirement years would mean extensive trips to the far reaches of the planet and all the time in the world to read the books in my mini library that had a ‘must read soon’ note. The notes date back to Y2K! How is it that I have no time? How did the winter get here so fast? How is it

that I still was not ready? I managed to get my snow tires on before this recent deluge of frozen flakes, but I still can see lumps in the yard where the snow has buried my garden tools and the riding lawn mower is not even parked for the winter yet!

Many so-called retirees are not sitting out on the porch watching the world go by and bouncing grand kids on the knee. We are working still, in either full-time positions or have taken a part-time job in any capacity that will have us. You might see us greeting customers at the local Walmart, serving coffee at Tim’s, or even asking “Would you like fries with that?”. Inflation is quickly eating away at pension earnings and the trend of rising food and heating costs are making everyone nervous. Of course, there is also the other main reason; boredom. I am lucky to be in a vocation that does not put limits on age, and I would go bat-do-do crazy if I weren’t working right now. The goal is, however, to work smarter with less hours so that my wanna-do hobbies do not take a

back seat. Now is the time to learn French, play the piano, hike the Rockies, write a book, and fly a plane, not necessarily in that order.

but there is a vast number of seniors turning to self-employment. It is a wonderful time to venture into the entrepreneurial enterprises that you were afraid to try when a large family needed secure income on a regular basis. Having built a nest egg and enjoying a well-deserved pension income gives one the freedom to try new things. The ideas keep flowing so stay tuned!



As I mentioned, I am not a morning person, but I was up at 4 a.m. this morning to take a flight to Calgary, Alberta for the University of Calgary’s Celebration of Excellence and Engagement. A very good friend of mine, Mark Terry, PHD, is being inducted as a Fellow of ‘The Royal Society’ and I’ll be there to witness this auspicious moment and attend some of the lectures including “Circular Economy Driven Sustainable Plastics and Composites: Future is now in Mitigating Climate Change”. Also attending is the renowned author and psychology professor, Dr. Jordan Peterson, who’s opinions of late are being expressed far and wide on social media and at speaking events around the globe. It will be an interesting 4-day event culminating in an evening gala where I can finally put on some fine frills and ‘cut a rug’!

Always ‘on the run’, is the best I can do for exercise, until I get back! And hey, it is less than a month to Christmas! Happy shopping and chat soon!



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