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Springwater NEWS

Edition 642 - January 5, 2023 Serving Springwater & Tiny Townships and surrounding areas

Customer # 0003684814 / Publication/Admail # 0040027838

Freezin' for a Reason



Submitted by Lion Kelly McNamara

The Tiny Township Lions Club Annual Polar Dip was held January 1st, 2023 at Balm Beach. The water was approximately 1C as almost 70 Dippers made

their way into Georgian Bay for a brisk swim. Each Dipper was required to raise a minimum of \$25, and a whopping \$6000 was raised this year! One hundred per cent of this money raised goes to support the Lions Foundation of Canada Dog Guides.

Among our dippers was the Mayor of Tiny Township, David Evans, as well as one from Greenland and a couple from Saskatchewan. One woman drove up from Toronto that day to participate! Crazy but dedicated group of brave souls!

Lions Foundation of Canada

Dog Guides provides assistant dogs free of charge to any Canadian in need. Each dog costs \$35,000 to breed, raise, train, and have follow up training. These dogs are trained in Canine Vision, Autism Assistance, Hearing, Service, Seizure Response, Diabetic Alert and Facility Support. All funds for the dogs are provided through donations.

The Tiny Township lions Club would like to thank the Tiny Township Fire Station #2 (Wyevalle) for their continued support and the Corporation of the Township of Tiny for always having everything ready and available to us at Balm Beach!



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What Dogs Taught Me

When I'm out walking these days, those I meet have brought their dog along. They have little ones in cute sweaters and some with jaws that are big and strong. When I'm asked where is mine, I hesitate and then there is a line I like to say. "I, too, had a dog that was a constant pal, and I'm still practicing what he taught today."

He taught me the value of having a good nap before starting the rigours of the day,
And that things frequently go much better if you take time out to romp and play.
He taught me that when it's in your best interest you should practice obedience,
And that leaving messages for others on roadside poles often makes a lot of sense.

That dog taught me that when loved ones arrive home always meet them with a cheerful face,
And when you know that someone has had a bad day, let them have their favourite place.
When a food source is being threatened show that you're both strong and tough.
When you eat and drink do it with gusto, but stop when you've had enough.

On hot days drink lots of water, then flop down under a shady tree.
I'm grateful that he was able to teach me that the best things in life are free.
He taught me that even when you don't get your way, you don't walk away and pout,
That loyalty is the catalyst that turns the most difficult attitudes about.

He taught that there is nothing that lifts the spirits like the call that signals a long walk,
And you should show with your body language that you're glad someone else has a chance to talk.
He taught me that if you're digging for something that is buried keep going until it is recovered.
Don't pretend that your are something you're not because it will always be discovered.

And here's another little lesson that I found out to be true
Don't court another's disfavour by biting, when a simple growl will do.
Be generous of your time, and let your spirit uplift others in your company,
And if someone is having a bad day, keep quiet and occasionally nudge them gently.
Small Town Philosopher



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

THE NEXT PAPER will be on Jan. 19, 2023
Publications Mail Contract No. 1443739
Unaddressed Admail No. 3684814

Springwater News is published every two weeks and delivered by Canada Post and available at newsstands throughout the areas mentioned below. The opinions expressed in articles contributed by interested parties and through the 'Letters to the Editor' do not necessarily reflect the opinion of this newspaper and/or the editor. The editor reserves the right to edit all submitted articles or letters for clarity and space or to avoid obscenity, libel or invasion of privacy. All contributions must have the writer's full name, address and telephone number for verification including Letters to the Editor. Copyrights are claimed on all original articles.

Springwater News prints 20,000 papers per edition.
18,650 are delivered by Canada Post to:
760 in the Utopia/Grenfel area L0L 1B0 and L0L 1B2
3050 in the Barrie City/Rural area
4250 in South Springwater Township
130 to the new boxes in Minesing / Anten Mills
640 in Phelpston L0L 2K0
650 in Hillsdale including the Rural Routes L0L 1V0
2550 in Elmvale including the former R R# 1, 2 & 3 L0L 1P0 which includes Orr Lake, Waverley and some Tiny Beaches Road areas
265 in the Wyebridge area L0K 2E0
975 in Wyevale L0L 2T0 including Conc. 8 and some TBRS areas,
1325 in Perkinsfield including Balm Beach to Whippoorwill
1100 in R.R.# 1, L4R 4K3 (775) & 2, L4R 4K4 (300) areas of Midland which includes Vasey, Ebenezer and the area North-West of Wyebridge
2900 in Northern Tiny including SS 3, 5, 6, 7 & 8 of Rural Penetanguishene (Postal Codes L9M -1R2, -1R3 & -2H7)

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Subscriptions are available across Canada for \$60/year and \$100/year in U.S.A.

THROWBACK THURSDAY

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

Doctor Solves The “Blocked-Roads” Problem



Dr. D. Corvoran, of Elmvale, finds his “snowplane” pictured above, just the thing to get around to see his patients in this wintry weather. Despite the worst that King Winter has been able to do in the way of blocked roads, Dr. Corcoran has never had to miss a call. Mounted on four ski-like runners and “blown”

by an airplane propeller, the “snowplane” can attain a speed of 40 miles an hour and can negotiate roads that even horses cannot use. It carries four passengers, is fully streamlined and can be heated to a comfortable degree.



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EDITOR'S NOTES

by Linda Belcourt, Publisher, Editor, Owner

New Year Fresh Start!

The new year brings hopes and wishes for good luck. The past year has been a year of change for many, and with many events and social activities coming back. Springwater News brought back the Community Special Events (single special events) and Community Events Ongoing (events that happen once a week or once a month) sections.

I have created a fresh, new layout and I hear from people daily about how they are enjoying this new format. The website has been revamped as well and is on fire, as my marketer tells me. I hope to continue with a modern website for all to enjoy.

January is budget time for our municipality. To ensure that everyone is aware of what is happening in our municipality, council meetings including the upcoming budget will be covered by myself and Dominika Zapolnik, who has journalism and communication background. We both strive to keep residents informed by reporting accurate and timely information about what is happening in the township and on our council.

Like many of us in our personal lives, I also have some goals for Springwater News this upcoming year:

- hire more staff
- publishing more personal articles about the members of our community
- preserve stories of peoples lives from the past, when things were done so differently.

I am working on articles including, the history of our local postal offices and the history of Orr Lake Golf Course when the Crowe family owned it. Send me any pictures you may have. Together let's make news.

Happy New Year and I wish you all the best,
Linda Belcourt

Spreading Some Much Needed Christmas Cheer

This year two fund holders at Huronia Community Foundation provided some much needed financial support for the Food Banks in our area. Through generous donations from both the M Wayne and J Coleman Family Fund and the Cedar Ridge Classical Pops Endowment Fund, food banks in Midland, Penetanguishene, Victoria Harbour and Elmvale were able to provide some much needed assistance this holiday season.



Photo above: a presentation to the Society of Saint Vincent de Paul St. Mary's Conference in Victoria Harbour. Left to right Mary Warnock Secretary, Scott Warnock Executive Director Huronia Community Foundation and Janet Pattullo President.

Craighurst W I December Meeting



Craighurst Women's Institute "met" at HQ Restaurant Monday Evening and made merry. Our only business was to make up three baskets of goodies for "Shut-ins" in the community. After that was done we turned to the merry part. Stories old and new were circulated. There is "The Horseradish Story" and "The key's under the rug Story" and the "I spanked the Prime Minister's derrière Story" (don't ask). We toasted all of us, every one, and toasted our waitress

Faryn. A more pleasant and patient and very able server you would be hard pressed to find. Next we toasted the new Oro-Medonte Council, and then raised our glasses to the Men's Institute, who were meeting below us in another part of the Restaurant. The M. I. are all about telling tall tales and discussing feeding hay to horses. To be a member you must be a plus one of the Craighurst Women's Institute and be in good standing with Harold. Harold elected himself president this year, besides secretary and treasurer as well. But I digress. We wish the readers of the Springwater News all the best for 2023, and we'll be back in February.

A Little Bit More This Holiday Season

Through a generous grant totalling \$ 6,000 four North Simcoe Food Banks were able to provide a little bit more this holiday season. The St. Vincent de Paul Society Food Banks in Midland, Penetanguishene and Victoria Harbour along with the Georgian Bay Food Network (pictured here) received \$ 1,500 each from the Cedar Ridge Classical Pops Endowment Fund at HCF.



Photo above: Janice Haffey Executive Director Cedar Ridge Classical Pops and Alexandria Hamelin Executive Director Georgian Bay Food Network.

Support For Four Legged Friends

Once again this year our four legged friends are being supported through the annual grant from the Iris Catherine Stotesbury Fund. This year saw more than 200 adoptions at the Midland OSPCA and the grant will certainly be beneficial to the local organization.



Photo above: Scott Warnock Executive Director Huronia Community Foundation, Blair Stotesbury Fund Holder and Robin Elliott Community Development Coordinator and friend Midland OSPCA.

Hospice Huronia Strives For The Highest Level of Hospice Palliative Care

Hospice Huronia opened the doors of Tomkins House, a 5-bed Hospice Home in April 2020. Since then, we have cared for over 260 patients and their families.

Our team strives to provide the highest quality of care that our community deserves. To that end, we are thrilled to announce that two of our team members have achieved the highest level of Hospice Palliative Care Certification. The Canadian Hospice Palliative Care Nursing, CHPCN Certification has been awarded to Christine Preston and Carly Hoy.

"Christine and Carly have demonstrated their



Carly Hoy



Christine Preston



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RVH Welcomes the First Baby of 2023

Arriving at 1:59 a.m. on January 1, Barrie residents and first-time parents Danielle Doyle and Simon Hall welcomed their baby boy Wesley, weighing just over eight pounds, into the world.

Each year more than 2,000 babies are born in Royal Victoria Regional Health Centre's (RVH) Birthing Unit and while each one is a unique and beautiful miracle; it calls for a special occasion to welcome the first baby born in 2023.

In honour of the occasion, Victoria's Gift Shop, owned and operated by the RVH Auxiliary, is proud to sponsor the first baby of the New Year with a keepsake Born at RVH plush toy.



Photo above: First-time parents Danielle Doyle and Simon Hall welcome their baby boy and the first baby of 2023, Wesley, born January 1, 2022 at 1:59 a.m. at Royal Victoria Regional Health Centre (RVH) in Barrie.

dedication to their profession and to our community. Their specialized knowledge, skills and attitude to the delivery of comprehensive, coordinated and compassionate care to all persons with life-limiting illness and their families will only enhance the hospice experience here in North Simcoe." Says Debbie Kesheshian, Executive Director Hospice Huronia. "This certification is one of the most challenging that any professional can undertake. Both nurses have spent months preparing for the final examination along with the ongoing care they provide at the bedside. They are an inspiration to the other members of our team and our community can be assured that their loved ones will be well cared for under their leadership. On behalf of our Board of Directors and Team Tomkins, we celebrate this great achievement for our colleagues."

What is Palliative Care?

The Canadian Hospice Palliative Care Association definition is consistent with the definition established by the World Health Organization (WHO) 2005, which describes palliative care as: ... an approach that improves quality of life of clients and their families facing the problem associated with life-threatening illness, through the prevention of suffering by early identification and impeccable assessment and treatment of pain and other problems, physical, psychological and spiritual.



Township of Springwater Link

2231 Nursery Road
Minesing, Ontario
L9X 1A8

January 5, 2023

Upcoming Meetings

Special Council Meeting -
2023/2024 Budget
Monday, January 16 at 4:00 p.m.

Special Council Meeting -
Asset Management
Monday, January 16 at 5:00 p.m.

Special Council Meeting -
2023/2024 Budget
Wednesday, January 18 at 1:00 p.m.

Regular Council Meeting
Wednesday, January 18 at 6:30 p.m.

Special Council Meeting -
2023/2024 Budget
Friday, January 20 at 9:00 a.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.

Interim Tax Billing

The 2023 interim tax bills will be mailed in late January. Installment due dates will be in mid-February and mid-April 2023.

Failure to receive a tax bill does not relieve the taxpayer from payment of taxes or from liability of penalty charges for late payment.

If your mortgage company pays your property taxes, your bill will be marked 'do not pay'.

Registration is now open for winter fitness classes!



Browse and register for programs at townshipofspringwater.perfectmind.com

Bid Opportunities

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

Program Management of Roads,
Watermains and Sewer Projects
of the 2023 State of Good Repair
Projects with Options for 2024
(2022-49-PW)
Closes: January 25, 2023

Two 2-ton, 4-wheel drive, regular
cab and chassis diesel trucks, and
one 2-ton, 4-wheel drive, extended
cab and chassis diesel truck
(2022-49-PW)
Closes: January 25, 2023

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

Water & Wastewater Billing

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



2023 Tree Seedling Distribution Program

Severn Sound Environmental Association (SSEA) and the Township of Springwater are working together to provide residents within the Severn Sound watershed with reasonably priced, native tree and shrub seedlings for planting in early spring 2023.

Tree seedlings must be pre-ordered by **January 13, 2023**. Please note that a limited number of seedlings are available.

The pick-up for tree orders will be a Friday or Saturday in late April or early May 2023, dependent on weather conditions and the nursery's schedule.

For full program details, including a species selection guide and instructions for ordering, visit severnsound.ca or call 705-534-7283 x202.

Council Resolution Notice of Motion regarding Aggregates (Interim Control By-law)

Please be advised that at its Regular Meeting on December 21, 2022, Council of the Township of Springwater passed the following resolution:

C501-2022

Moved by: Moore
Seconded by: Cabral

Whereas a notice of motion was presented and carried at the November 23, 2022 Regular Meeting requesting a Legal Opinion regarding an Interim Control By-Law related to aggregate operations and land uses.

And Whereas Council received the legal opinion in closed session on December 7, 2022.

And Whereas Council was advised that the Planning Act S.38(7) regulates that "Where an interim control by-law ceases to be in effect, the council of the municipality may not for a period of three years pass a further interim control by-law that applies to any lands to which the original interim control by-law applied."

And Whereas the Township of Springwater adopted by-law 2020-041 "Interim Control By-law – Cannabis Cultivation and Production" on June 3, 2020 which covered all lands within the Township for a period of one year.

And Whereas an extension to by-law 2020-041 was adopted through by-law 2021-067 on June 2, 2021 for an additional period of 6 months.

Be It Therefore Resolved That due to the restrictions noted in S.38(7) of the Planning Act, the Township of Springwater is unable to enact another Interim Control By-law until December 3, 2024.

And Further That a letter be drafted and circulated in the Springwater News and to all residents who submitted comments to the Township regarding an aggregate pit expansion.

Carried

GBGH Remembers A Year Of Important Accomplishments and Momentous Milestones

As 2022 draws to a close, Georgian Bay General Hospital (GBGH) is taking a look back at some of the hospital's notable accomplishments and milestones reached this year.

"Over the past year, GBGH has continued to experience growth and change as we adjust to a new normal working among ongoing challenges like a pandemic spanning nearly three years, a nation-wide health human resources shortage and unprecedented patient volumes at our hospital," says Matthew Lawson, president and CEO, GBGH. "At the same time, the GBGH team has demonstrated exceptional resilience and commitment to our community and patients. I must thank them for all their efforts which have contributed to some exceptional accomplishments in the last year."

MRI Operational Funding Approval

On December 15, it was announced GBGH had received approval for operating funds to begin Magnetic Resonance Imaging (MRI) services. Prior to the announcement, GBGH was the largest acute care hospital in Ontario without an operating or approved MRI. Having an MRI at GBGH is another opportunity to bring care closer to home for nearly 4000 residents annually who will not need to travel as far or wait as long for this important procedure. GBGH's future MRI will not only serve the hospital's immediate community, it will assist in adding capacity to the system which reduces wait times across the region. GBGH will have to undergo some renovations to existing space to accommodate the new equipment and is committed to completing this work as quickly as possible pending further government approvals and the construction process. Given that government funding covers only the operations of the MRI, the GBGH Foundation will be working with the community and donors to raise the necessary capital funds to purchase and install a brand new MRI.

Rocket Doctor Partnership

In the spring, GBGH and Rocket Doctor entered into an innovative new partnership to provide an alternative option to the hospital's Emergency department (ED) for low acuity illness. In the absence of every patient having readily accessible primary care or physical walk-in clinics in our community,

access to Rocket Doctor's same-day and next day appointment services has provided patients with the option to avoid the hospital when they can be well-served through this virtual service. Within the first four months of the partnership, more than 1,100 patients - who would have otherwise attended the GBGH Emergency department for their minor illness or condition - were instead able to be seen virtually by a physician. Patient feedback from the partnership has been positive since this alternative option was available to our community.

MDRD Project & Surgical Expansion

Throughout 2022, GBGH has invested in equipment and optimizing its two operating rooms to expand the surgical program in alignment with the needs of our community. Part of this investment has included the completion of a major renovation to the Medical Device Reprocessing Department (MDRD), where the hospital's instruments, equipment and devices are sterilized to uphold the highest standards of safety. GBGH has been successful in its strategy to grow surgical volumes by investing in equipment, broadening the range services provided and optimizing its operating rooms. Finalizing the new state-of-the-art MDRD project complements the hospital's ongoing surgical expansion plans. During the last six months, surgical volumes at GBGH have reached 163 per cent of pre-pandemic levels meaning less travel and shorter wait times for local residents.

Freshflex Launch

Freshflex was launched at GBGH to bring patients an innovative new menu system built on the belief that fresh, flavourful and nutritious meals are an important part of everyone's healthcare journey. The Freshflex program prioritizes excellent food presentation, a wide variety of foods and delivering meals on real (unbreakable) dishes to provide a much improved dining experience for our patients. The project involved the purchase and installation of new equipment through funds raised by the GBGH Foundation. Since the new menu was launched, food satisfaction scores have increased to 94 per cent from approximately 60 per cent previously.

Prenatal Clinic

In June, GBGH opened a Prenatal Clinic to provide high quality, standardized care closer to home for

pregnant women in the North Simcoe community it serves. The clinic, which operates weekly at GBGH, is available to women in our community with or without a primary care provider to ensure all have access to comprehensive prenatal care. Dr. Chevy (Jan) Moreau, who joined GBGH last fall as the Chief of Obstetrics, has been a dedicated proponent of adding this service as part of the Birthing program's growth.

Dialysis

GBGH officially opened its new Dialysis unit in Midland at 611 Prospect Boulevard. Formerly provided at the hospital's Penetanguishene site, Dialysis services were permanently relocated to Midland in February 2022 after a four-year approval and construction process. The new site is bright and modern with state-of-the-art technology to serve Dialysis patients for decades to follow. The new space also includes private treatment spaces for each patient and additional room to increase capacity as community demand for enhanced kidney care grows.

Foundation Equipment Purchases

Thanks to the generous support of the community through the hospital's Foundation, GBGH was able to invest in new equipment this year, including a new ultrasound table and probes, a bladder scanner for the ED and Intensive Care Unit (ICU), and a hematology (blood) analyzer for the Lab.

Staff Survey

GBGH completed a comprehensive employee survey to determine how team members feel about working at GBGH. The most common themes confirmed by the survey results included high scores in the areas of teamwork (working together, feeling of belonging), staff understanding expectations and relationships with leaders.

About GBGH:

Georgian Bay General Hospital (GBGH) is a 113-bed acute care community hospital located in Midland, Ontario. The hospital offers emergency, ambulatory, acute, intensive and complex continuing care, as well as imaging, dialysis, obstetrical and rehabilitation services. GBGH serves the areas of Midland, Penetanguishene, Christian Island as well as Tay, Tiny, Springwater and Georgian Bay Townships.

\$1 TURNS INTO \$100,000: BARRIE RESIDENTS CELEBRATING 100,000 ENCORE WIN



Saying "yes" to ENCORE paid off for Samantha and Lincoln Marriner of Barrie. They matched the last six of seven ENCORE numbers in exact order in the November 1, 2022 LOTTO MAX draw to win \$100,000!

Samantha and Lincoln, a married couple, said this is their biggest win. "We were in shock and disbelief. We had to check the ticket several times to make sure it's real," shared Samantha while at the OLG Prize Centre in Toronto to pick up their winnings.

Samantha and Lincoln told their kids about their big win first, and they didn't believe them. "They thought it was a joke!" she said.

They plan to put their win toward finishing their

basement and will save the rest.

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 Zehrs on Cundles Road in Barrie.

Your Personal Exercise Program

Exercise Fundamentals Keep two things in mind when designing your personal exercise program. Exercise is essential that when you do any exercise that you perform the movements correctly, if you don't you will receive less than optimum benefit from the exercise. For each back workout pick 3-4 of these exercises and do 4 sets for each exercise.

Exercise Fundamentals Keep two things in mind when designing your personal exercise program. Although you're invigorated by a group exercise program, fitness training with others at the gym may not be an option. Time and money don't always allow for the luxury of fitness training at the gym.

You will need to work out at home. Statistics show that approximately two-thirds of all people with a club membership also own in-home fitness equipment. Setting up an in-home gym provides you with the best of both worlds. Try a plan mixed with aerobic and strength training activities. Cross training is a good way for you to approach your exercise program to maximize benefits and minimize boredom. Consider aerobic equipment like treadmills, exercise bikes, rowing machines elliptical trainers and aerobic steppers when setting up your in home exercise program.

Exercise is essential that when you do any exercise that you perform the movements correctly, if you don't you will receive less than optimum benefit from the exercise. It is very difficult to unlearn bad exercise habits, so it is best to learn the right exercise technique from the very start. You can fully contract the lats only when you arch your back. When training your lats, arch your back in the fully contracted position of each lat exercise to maximize the peach contraction and get full lat development.

For workout pick 3-4 of these exercises and do 4 sets for each exercise. You can vary the exercises you do for each back workout. This is one of the best power building exercises that you can do. Deadlifts work the spinal erectors, quadriceps, buttocks, hips, forearms, trapezius, lats Find Article, and abdominals. For more details visit <http://www.soundbodytrainer.com/>

Source: Free Articles from ArticlesFactory.com

Elmvale Pharmasave Tuesday Night Men's League Curling Champions



Photo above: Elmvale Pharmasave Tuesday Night Men’s League Curling winning team for the Fall 2022 schedule. From left to right, Russ Madore, Bill Claasse, Brent Ziliotto, Cecil Gratrix. The league runs a fall and winter schedule.

1	2	3		4	5	6	7		8	9	10
11				12					13		
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42	43			44	45	46			47		
48				49					50		
51				52					53		

- Across**

1 One-word query

4 Heating device

8 Stew vegetable

11 Shrouded

12 In the past

13 Make fun of

14 Time long past

15 Bone to pick

16 Valuable vein

17 Flung

19 Beach plus

21 Do library research

24 Dory

27 Resourceful

30 Quite

31 Flaxseed, sunflower

32 Pretty fast, on the highway

34 Larch

35 Type of tournament

36 Supply with weapons

38 Doesn’t dash off

42 Is down with

44 Puts into service

47 ___ the line

48 “To what do I ___ the pleasure?”

49 Just

50 Not at home

51 Get spliced

52 Stamp

53 Lady’s title
- Down**

1 Detective’s query

2 Overpriced

3 Disagreeable smell

4 Haunted house decoration

5 Undivided

6 Diamonds in slang

7 Took off

8 She, in grammar

9 Listen here

10 Add years to one’s life

18 Pencil accessory

20 Missing, in a way

22 Not to mention

23 Bottomless

25 Document

26 Pronoun

27 Foldaway, e.g.

28 Appearance

29 Satisfied

33 Craft

37 Flowers, for short

39 Speck

40 Part of BYO

41 Places on a table

42 Reporter’s question

43 Stupefied state

45 Observe

46 Vintage

Elmvale Coyotes U13B Team Sharing The Joy In Their Community



This year the Elmvale Coyotes U13B team wanted to share their love of the sport of hockey with their community members who aren’t as easily able to attend hockey games at the local rink. With the help of their team videographer, Steve Dziama, they put together a Christmas “hello” for the staff and residents at Sara Vista along with a video of an exciting hockey game. The kids also “autographed” hockey pucks which were tied up with a bow (using none other than red skate laces) to be hung as Christmas ornaments on the Sara Vista tree.

The Elmvale Coyotes U13B team has been having a very successful season so far this year and would like to thank the Elmvale Lions Club for their donation to help make hockey happen for the kids.

How to Motivate Yourself to Organize

... is probably not at the top of your list of fun things to do, is it? If your clutter is ... to get started. Here are someeasy tips to motivate yourself

Organizing is probably not at the top of your list of fun things to do, is it? If your clutter is overwhelming, it's especially difficult to get started. Here are some easy tips to motivate yourself to organize.

1. Dr. Martin Luther King Jr. said, "Take the first step in faith. You don't have to see the whole staircase, just just take the first step." You don't have to organize your whole house today. Just work on one small area--a drawer or a cabinet.

2. Buy a good organizing book. Once you begin reading it, you'll feel compelled to start organizing.

3. Forget embarrassment. Invite an organized friend to help you. Hire a professional. It's easier to organize when you can talk through the clutter.

4. Set the mood. Put on some fun music. Open the windows. Choose a starting point and just do it.

5. "Nothing in the world can take the place of persistence,"said Calvin Coolidge. Keep trying. Do a little bit daily or weekly and you'll soon find that you are more organized than you ever thought possible!

Source: Free Articles from ArticlesFactory.com

Palace Tavern

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MENTAL HEALTH

Navigating Adolescence

Adolescence can be a trying time for many. Neither parents nor teens are really prepared for it. Oh, we know it is coming, and we have heard stories, maybe even read books, but emotionally, we are generally unprepared.

From the time the newborn arrives, parents begin projecting upon the child, ideas of what he or she will be like. It is almost as though there is a blueprint in mind. As long as the child grows and responds according to the blueprint, all is well. Young children really have no power, and, for the most part, want to please.

Parents become lulled into the belief that they are in control, and this is how it should remain. Then one day, it all seems to change. Suddenly, even if there is obedience, it is accompanied by sullenness or surliness. There may be argumentativeness, or outright defiance.

The assumption is that the young person has been afflicted with a disease called adolescence or has morphed into an alien being called a teenager. Many parents search for an antidote—threats, punishment, withdrawal of love, or an ongoing campaign to return the child to his or her former compliant state. This only brings out more of the behavior they are trying to eliminate.

Truth is, the child is transforming, emerging from the cocoon of the parental design, into the butterfly of his or her own uniqueness. Some transitions are smoother than others. The child is developing the ability to reflect upon feelings, ideas and every aspect of life—even the behavior of his or her parents.

Adolescence is a time of passionate beliefs and strong feelings. Amidst all of the general uncertainty, adolescents have a strong sense of fairness and justice, albeit still fairly ego centered. They are learning to express themselves. This can feel threatening to parents and teachers.



Rather than reacting strongly and opposing them, it is important to validate their right to express themselves and think their own thoughts. Certainly, it is our job to help them learn to communicate with respect, and to teach them the difference between acceptable and unacceptable ways of speaking to us.

The best way to do this, of course, is to model it. If we get angry and yell at them, we should not be surprised if they communicate in the same way. If we remain calm and open to them, they are more likely to hear what we are saying. It must be a two-way process though, for they need us to hear what they are saying as well.

It is a little like when they were first learning to

make sounds and attempt words. We tried very hard to figure out what they were saying, what they were needing. We must do the same now, because with all the rapid growth, emotional turmoil and hormonal adjustments, sometimes they do not even know exactly what they want. Patience and love will get us closer to finding out and helping them to articulate their needs.

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. (780) 464-7005 | gwendall@shaw.ca

Ask a Therapist: On New Year's Resolutions

Q: I'm losing momentum with my New Year's Resolutions for 2023 and I'm not sure why? Can you offer some tips for creating sustainable habits?

A: As many fitness centres would attest, it is expected that enthusiastic people will flock to the gym with renewed dedication at the beginning of January but those same, once-energetic crowds may have already dropped out of their workout routines by February! It sounds like you are experiencing this similar challenging downturn in inertia with your goals and intentions for the year. Don't lose hope – you are not alone! You can still get back on track and make 2023 a year of amazing change!

Whether you are looking for positive momentum in the area of exercise, self-care, relationships, work skills, creative pursuits, or other worthy goals, below are 5 tips to help you reorient yourself to the changes you are trying to make and build a plan for healthy habits.

1. Go Smaller: If you make your goals for the year too big or too numerous you will find it harder to be consistent and will often give up altogether. Many great resources on habit formation recommend small, consistent changes over time in order to see the best results. Generally, it is also easier not to try to do too many things at once. Perhaps you need to simplify and start with one area or one small change. Once you have built some momentum there (21 days to form it and about 3 months to maintain it) you can layer on another area. Try not to overwhelm yourself as it can often yield poor results. Tackle one area at a time and start small and then build up once the consistency is in place.

2. Slow and Steady: Building slowly from a reasonable starting place helps establish the healthy foundational patterns that can support your ultimate goals. For example, if you are wanting to start your own mindfulness or centering prayer practice, consider starting with two minutes each day for a month and then move to 5 minutes the next month until you build up to your goal for the time. Two minutes is manageable and anyone can fit in that tiny, mindful moment but it may seem way too daunting to start at the 20 minute mark. Maybe just eliminate one unhealthy food each month from your diet and keep it out and start with something that is easier to overcome the natural resistance to change.

3. Understand the Barriers: You may find it helpful to spend some time sorting out what factors are holding you back from consistency. Determining

some of the underlying resistance to change and/or the factors that contribute to your ability to implement a new direction is an important step in finding your groove. Particularly with trying to break bad habits, it is often important to discover why an ingrained pattern of behaviour is hard to let go before you can move forward in healthier ways. A therapist is trained to help you walk through some of these cognitive and emotional roadblocks that may be difficult to ascertain without some guidance. She can also support you along the way as you conceptualize and implement healthier patterns.

4. Phone a Friend: Social support is a key factor in all successful change so, when you are trying to implement a new habit, consider joining a group or setting up a partner who will cheer you on and keep you accountable. There are some great apps to do this easily, like Habit Share, that allow you to track your habits and share your daily success with friends. There is strength in numbers and having someone that will give you a gentle nudge to stay on track when you need it can be a crucial component in staying the course.

5. Be Flexible: When you are trying to create a daily habit that requires a longer time commitment, try the 20/20 rule: 20 minutes, 20 times a month. Even though your goal may be to walk daily, give yourself some grace and know that some days it just won't happen but that doesn't have to mean that you can't reach your goal. Also, it's important to avoid an all-or-nothing mentality about your habits. For example, if you have decided that you will do a 20-minute run first thing every morning but you wake up and it's icy or you have overslept, you may feel like all is lost for exercise now for that entire day. A more flexible approach would be to create the goal of simply moving your body daily. Then, on the days that you cannot get out for a run, you will have the option of doing indoor yoga or weights, or even taking a walk on your lunch break at work, or going skating at an outdoor rink with your kids after supper. Don't give up on the whole day's

opportunity to meet your goal just because the exact form of exercise and/or timing doesn't come together. Try to reframe your goals to give yourself more ways to be successful and let the rigidity drop away.

While many of these tips are simple they are not always easy! It can take a while to get a sustainable rhythm for the new year but it can be done! Remember, success in one area will beget success in another area so let that positivity fuel long term change. Hopefully then, when January 1st rolls around, you'll have even more to celebrate!

Covey Wellness Centre is a psychotherapy group practice located at B-12 Stone Street and our wellness 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!

by Sarah Joy Covey, Clinical Director & Registered Psychotherapist (249)888-7955 ext.100

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MIDHURST PHARMACY

Let's Talk About...
Paxlovid (COVID-19 treatment)

With Pharmacist Owners Jenna Lougheed and Carolyn Glover

As of December 12, 2022 Pharmacists can prescribe the treatment for symptomatic COVID-19 with the medication Paxlovid.

Patient eligibility is dependent on specific criteria (ie age, date of onset of symptoms, kidney function etc). The positive COVID-19 test result can be from an at home self test available at the pharmacy.

Paxlovid has many drug interactions that can be managed by your pharmacist. This is why it is critical to get all of your medications filled at the same pharmacy.

Paxlovid is taken twice per day for 5 days and must be started within 5 days to be effective against reducing the risk of hospitalization and death.

If you are experiencing symptoms of COVID-19 and have received a positive result, we ask that you call the pharmacy rather than coming in. We can organize curbside service or delivery if needed.

For questions about this or your other health and wellness needs contact us today!

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ANNIE'S JOURNAL

by Annie Donnelly



In the beginning, God created ... This is the first thing we learn when we read the Bible. According to Jordan Raynor in his 2022 children's book called, "The Creator in You", human beings are created to create. Here is an excerpt that begins just after Raynor tells the children what

God created in the first five days.

"God created the world in a matter of days, a world for exploring, for work and for play. Before His day off, God had one more to-do: on His sixth day of creating, God chose to make you. And now you might think that our story is ending, but in fact this is just the beginning. God made you to look like Him – to act and work and create with Him. Because while in six days God created a lot, there are so many things that He simply did not – like bridges and baseballs, sandcastles and s'mores. God asked us to create and fill the planet with more."

In 2017, Raynor wrote his best-selling book "Called to Create." In his introduction, he wrote: "God brought something out of nothing. He established order out of chaos. He created for the good of others. Before the Bible tells us that God is loving, holy, or merciful, we learn that He is creative."



Imagine with me for a moment that it is December 31, 2023. When we look back at 2023, what do we hope to have accomplished?

Did we maintain a healthy lifestyle? Did we achieve and maintain financial stability and security? Did we improve our relationship with someone? Did we advance our career, start a new hobby, or read more? Did we do something for someone else?

Did we create something out of nothing? Did we establish order out of chaos? Did we create something for the good of others? In what ways were we creative?

Today, let's ask ourselves what we've been longing – hoping – wanting to do but have been putting off. Let's ask God what He hopes we will do this year.

A friend once asked Isidor I. Rabi, a Nobel prize winner in science, how he became a scientist. Rabi replied that every day after school his mother would talk to him about his school day. She wasn't so much interested in what he had learned that day. Instead, she always asked him if he had asked a good question. "Asking good questions," Rabi said, "made me become a scientist." (Source Unknown)

Let's learn to ask ourselves good questions every day, questions that will lead us to be creative in ways that will help us build a better life for ourselves and those around us.

This is the first week of a new year, twelve months to make a difference in our lives and in the lives of those around us - twelve months to create something that will last. Let's define what that is, implement it and then discover the good it does for us and others, and the joy it brings. Amen.

HEY DADS! by Jason Weening

HEY DADS! Happy New Year! Were you able to invest some time with your kids over the holidays? Maybe on the living room floor playing with Lego or on the kitchen table playing Battleship...or in an Orlando emergency room experiencing the customer service of the great American healthcare system? Can you guess which one I did?

We were blessed to be able to spend this Christmas in Florida (which I highly recommend, by the way). To add to the blessing, my 11-year-old son and I were able to spend some time together in the hospital on Christmas Day. He'd been having an earache for a few days and it was time to get some professional help. I don't always go to the Emergency Room but when I do...it's with one of my sons. The last time I visited with him he had cut his wrist after thinking it would be fun to smash his hand through a window. But that's another story.

My childhood recollections of the Emergency Room are light beige chairs, raggedy-looking people coughing into their arms and tables piled high with uninteresting women's fashion magazines. If you were lucky there was a Reader's Digest with a few pages of reader-submitted jokes to read. I forgot to mention the recollection of endless hours waiting and waiting until all the Reader's Digests had been read. Well this is not how things work in America!


The experience started on a positive note when the parking lot was not piled high with slushy brown snow to walk through in my running shoes. Nope. Just palm trees swaying in the breeze. The nice security guard then gave us a little pat down (never had that happen at RVH) and we waited for a minute behind a guy in a wheelchair at the desk. But while we waited was there an endless stream of boring news blasting us on the television? Negative. There were Christmas movies playing. Little Ralphie was shooting the masked bad guys with his Red Ryder BB gun. Appropriately American and we liked it.

I was shocked when the man at the front desk told us he was from Mississauga and had moved to Florida. Sounded like a good idea to me. He got our info, we waited for a few minutes on a comfy couch and then a nurse called us in. We quickly saw a doctor who gave my son some medicine and some ear drops and we were on our way...in less than an hour! I've certainly never followed that timeline in a Canadian hospital. To be fair I also haven't dished out \$500 on my way out of a Canadian hospital so I guess you get what you pay for.


We had to go pick up a prescription at the only pharmacy open on Christmas Day so as we waited we experienced the other side of the customer service spectrum as we got a snack at an American McDonalds. I don't recommend eating there but Chick-fil-a is closed on Sundays (and soon coming to Barrie it appears!).

So dads even if your Christmas Day didn't go exactly as planned hopefully you were able to enjoy some time with your kids. If you didn't do that, there's a weekend every seven days so you can try again soon. Time flies! Make every moment count!

Jason Weening tries to avoid taking his 9 kids and one patient wife to the hospital. To hear more about his mistakes check out his Youtube show at heydads.ca.



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Teaching Children Kindness

"Treat everyone with politeness and kindness, not because they are nice, but because you are."

Roy T. Bennett



Every year parents bring school aged children to see me because they are suffering from poor treatment by other students. Fortunately, there is growing awareness of the problem bullying creates, and most schools have developed policies for dealing with it.

There are behaviors, however, that may be just shy of bullying, but damaging, nonetheless. I would urge all parents and teachers to talk to students about these behaviors, because they may not realize now devastating, they can be.

Criticizing, ridiculing, or making fun of others is hurtful. Excluding or shunning others is cruel. Students must be reminded of the importance of treating all others with kindness and respect.

Sadly, some clients who are teachers tell me that this kind of behavior is increasing. What does not help is when parents start saying mean things about other students or get overly involved in their child's social experience at school.

I have heard parents judge children at their child's school. They talk to other parents and decide that a certain child is "bad." Children overhear the parents saying mean things about a child, and naturally think it is okay for them to do it.

It is sad when parents gang up against a child. Why are we then surprised when later their own children gang up on someone, making their lives miserable. We learn what we live.

Even if you do not particularly care for someone, you can still be polite. None of us is "better" than anyone else: we should treat everyone as an equal. I would urge parents to explain to their children how wrong it is to bully another.

Help them to understand that not everyone comes from a happy home, and one who acts out may have learned that behavior at home. When I worked in the school system, I often noted that those who acted out, had an older sibling at home, or even a parent, who treated them the way they are now treating others.


Many individuals are injured emotionally from previous experiences or current life situations, but these injuries cannot be seen from the outside. When you are unkind to someone, you have no idea how much pain you may be triggering for that individual.

Conversely, when you are kind to someone, you have no idea how important your act of kindness or friendly demeanor might be to that person.

Our world needs more compassion, but we are seeing more divisiveness. I have always believed that to change the world we must start with the children. For this to happen, adults need to draw on their higher wisdom. Others need to upgrade their programs, so they are not modelling hate.

We each have tremendous power to bring joy or sorrow to others. This may be the single most important thing we ever teach our children. Teach them well.

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.



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BCA Members Generously Supporting Simcoe County



The Barrie Construction Association (BCA) is a mixed-trade association that supports approximately 400 of the industrial, commercial, institutional companies in and around the Simcoe County region.

Our members not only build and rebuild our community, they also work towards supporting charities and other organizations.

This year, members donated over \$80 000 to Food Banks in Simcoe County.

The BCA would like to sincerely thank the members who took up the challenge and made this special time



of year a little easier for those in our community who need a helping hand. They are:

Aerarium Development, Burling Ranger Company, Canadoor Door Systems, Century Masonry, Cowden Woods Design Builders, Duivenvoorden Haulage, Eisses Excavating, Enslin Electric, Garage Supply, John Eek & Son, Landmark Environmental Group, Marandola Contracting, Ontario Construction News, Pearson Engineering, Rutherford Contracting, Sunbelt Rentals, Tatham Engineering, Telequip Systems, Vipond Inc. and Will Marshall Insurance.

Women Supporting Women



The Barrie Construction Association (BCA) is a mixed-trade association that supports approximately 400 of the industrial, commercial, institutional companies in and around the Simcoe County region.

Women within our association have joined to create our Women in Construction Group (WiC). This group works to develop and promote networking, professional development and leadership opportunities among women in the construction

industry and they consistently carry out their activities with the highest level of ethical standards and appreciation to our community, peers, environment, and the construction industry.

The group has worked tirelessly to support the Women & Children's shelter this year by gathering donations. The presentation of these gifts was made on December 16th, 2022.



MP Shipley Wishes You a Happy New Year. Welcome 2023!

A new year brings a renewed sense of hope and optimism for what is to come, and a time to reflect on all we have learned from the past year. I am excited to see what opportunities the new year will bring for those in our region.

As I take time to look back on the last year, I continue to be extremely grateful for the opportunity to serve as your Member of Parliament. In 2022, I had the opportunity to attend many events in Springwater including grand openings, fall fairs, and Santa Claus parades and had the pleasure of meeting many constituents in the riding. I look forward to attending many events and meeting even more people in our great community this year. I will continue to bring your concerns to Ottawa and work hard for the residents of Barrie—Springwater—Oro-Medonte.

To keep up to date on what I am working on in Ottawa, and in the riding, I invite you to follow me on social media, where you can find me on Facebook, Twitter, and Instagram as @DougShipleyBSOM. I also invite you to subscribe to my monthly e-Newsletter, which you can do by visiting my website at www.dougshipleymp.ca

From my family to yours, I wish you a happy and healthy new year!

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

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

10 Minutes a Day to Organize Your Office

No time to organize your office? Follow these daily steps to organize and then maintain your office.

1. On Mondays, de-clutter your office. Remove at least one item which you don't use at least monthly. Take those personal items off your desk. Throw away pens that don't work. Reduce your ketchup/salt/napkin supply by 90%.

2. On Tuesdays, take inventory. Review your supplies and make a list or place an order. Take a few minutes to look through an office supply catalog. You'll find a myriad of useful organizing items.

3. Think on Wednesdays. How can you make better use of your computer? Can you develop a spreadsheet to help organize some aspect of your job? Do you need to find and register for a computer class? Do it today.

4. Thursday is sorting day. Go through all those business cards and small pieces of paper which have accumulated throughout the week. Put them where they belong. Also put away any reference materials you've been using.

5. Have fun filing on Fridays. End your week by cleaning up all the paper lying around your office. Purge your files. Have a mean and clean filing system which you can actually use.

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Georgian Hospitality Students Work With Muskoka-area Resorts to Learn About Sustainability



Photo above: Georgian College Hospitality – Hotel and Resort Operations Management students worked with three Muskoka-area resorts this fall in a new course that addressed sustainability in the hospitality sector.

Georgian College introduced a new course this fall where students in Hospitality – Hotel and Resort Operations Management worked with three Muskoka-area resorts to address sustainability in the hospitality sector.

The course, Sustainable Hotel and Resort Operations, focuses on the United Nations (UN) 17 Sustainable Development Goals and was developed for several reasons said Steven Hilborn, a professor in Georgian’s Hospitality, Tourism and Recreation programs.

“Georgian signing the United Nations Sustainable Development Goals Accord in 2021 was one of the reasons, but those of us in the hospitality industry have always understood the precarious balance we maintain with our environment,” said Hilborn. “The majority of tourism is based in areas of natural beauty and ecological significance, and while the industry is dependent on those who travel to experience these beautiful environments, we must take steps to ensure they’re protected.”

For the past 14 weeks, 143 third-semester students worked on developing a Sustainability Action Plan Report with three local resorts – Muskoka Beer Spa, Grand Tappatoo Resort and the Sherwood Inn.

"We were very excited to see Georgian students learning and embracing sustainability in the tourism industry," said Melissa Whittle, Director of Sales and General Shenanigans, Muskoka Beer Spa. "With tourism being a significant part of the local economy, it's imperative that we all work together to not only keep Muskoka beautiful but encourage businesses, guests and local residents to keep sustainability

front of mind. We look forward to building a solid foundation for those in the community and everyone in the future."

The students also worked with Green Step Solutions – a green certification based in British Columbia who provided oversight and context, and Regional Tourism Organization 12 (Explorer's Edge) who provided funding. They have a new mission statement to help ensure sustainable activity within their tourism area.

During the course students learned about the UN sustainability goals, the three pillars (economics, environment and social) and ways to apply them in real-world scenarios. After spending the first half of the semester in the classroom, they went out to the resorts and conducted their own sustainability audits. This included staying at the resort, eating in their restaurants, touring the resort and meeting with management.

Students finished the semester by presenting their final reports to the partner resorts. In addition to learning about the importance of sustainability, they also learned the importance of motivation noting that the best recommendations were the ones that could be easily implemented, did not impact the customer's experience negatively, helped the environment and local area, and saved the business money.

Rie Asada, an international student from Japan, said he learned that we need to be better for our environment, our guests and also for our employees.

“In my home city Kyoto, I used to be annoyed at the strict policy of separating waste, and I only took public transportation because I was too scared to drive,” said Asada. “Since being in Canada, I only realize now I was being sustainable. In this course I learned about what’s happening in the world, what sustainability is, and what I can do about it. I have to be willing to do more things, such as using less water, finishing all the food I buy, or unplugging unused home appliances. However, these are practices of the general people, and the hospitality industry requires further steps.”

The course will be offered again next fall and students will work with three different resorts. If you’re a resort operator looking to participate next year, reach out to Steven Hilborn at steven.hilborn@georgiancollege.ca.



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Regular FREE Programs

Tuesdays: Storytime with Miss Amanda (Elmvale) 10:30am

Wednesdays: EarlyON Stay, Play and Learn (Elmvale) 9am-12noon
Storytime with Miss Amanda (Midhurst) 10:30am
Tech Help with Armando (Midhurst) 10:30am
Musical Jammers (Midhurst) 1pm

Thursdays: Tech Help with Carrie (every other Thursday at Elmvale) 3pm
Knit 2 Together (Elmvale) 6pm

Fridays: EarlyON Stay, Play and Learn (Elmvale) 9am-12noon



Snowman Snowball Shooter

January’s Krafting with Kathy kit theme is a snowman snowball shooter. Kits available while supplies last starting Thursday January 5. FREE.

3D Snowflake Decoration Program

Ages 8+ (or younger with family helper) are invited to join us at the library and learn how to make paper snowflake decorations for your home on Friday January 6, Midhurst and Elmvale Branches, 1pm-3pm. Registration required. FREE.

Animal Program

Ages 5+ start off your year with some fun animal crafts. We will be learning about animal habitats and making an animal marionette. Saturday January 7, Elmvale Branch, 10:30am-11:30am. Registration required. FREE.

Cricut T-shirt Program

Starting in 2023, we will offer a monthly Cricut project that customers can book a time to use the machine. January’s project is to make your own custom T-shirt! One T-shirt per booking (sizes available are Youth Large to Adult XL). Cost \$2. Midhurst Branch: Tuesdays 10:30am-2pm, Wednesdays 1pm-4pm, Thursdays 4pm-6pm or Elmvale Branch: Tuesday/Thursday evenings 4pm-6pm. Registration required.

Creative Adults

Learn to sculpt a clay replica of the mid-century modern Eames House Bird. Suggested donation: \$10. Saturday January 14 at Midhurst Branch, 1pm-3pm or Monday January 23 at Elmvale Branch, 2pm-4pm.

Working Through BIG Feelings

Ages 4-7 (plus one parent) sign up for this one hour workshop with Sheera, a Child and Youth Counsellor with 20 years of experience, to give your child coping strategies to work through BIG feelings. Tuesday January 17 at Midhurst Branch, 4:30pm. Registration required.

Intro to Cricut

Ages 13+ let your imagination soar and sign up for a class to learn about the amazing Cricut machine you can use in the library! Cost \$5. Thursday January 19 at Elmvale Branch, 6pm-7pm.

Dino Day

Listen to a fun dino story, create your own fossils, hatch your own dinosaur and see if you can hunt down some missing dino bones. Cost \$3. Friday January 27, 10:30am-11:30am at Elmvale and Midhurst Branches. Registration required.



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Under The Glass



What is valuable?

It's all about the marks!

Often, we find ourselves coming across something that looks as if it could be very valuable. It looks valuable! It feels valuable. It has survived in its state for x number of years, how do you find out?

Marks are an important part of the puzzle. Marks are identification symbols placed on an item by an artisan, company or a distributor, that clarify what you are seeing. You see marks on manufactured items made of , currency ,silver, gold, both for day to day use, display ,on all jewelry or ingots. Marks are incredibly important in the world of historic items such as swords, blades ,and firearms. Marks from manufacturers, Countries and engravings on surfaces such as armories, garrisons, forts , are the only validation available. Hint, if looking for a mark on a sword or fixed edge item ,and you cannot see it on the edge of the blade under the guard, is often hidden under the handle. In the world of ceramics, pottery, tea cups and glassware, these marks are usually on the underside.

Generally speaking, items created for the collector markets are less valuable than items created for the usage market that have survived with some sort of validation attached. Provanance is a term used for validation documents that prove the use or association of an item to a valuator event or personality; “game worn shirt by famous hockey player”; “Signed sports card “by famous sports personality. Provanance [validation] would be a letter from someone credible stating that the item was associated and how. A picture proving or showing the signing of an item is further proof.

Don't be discouraged when you find out that the item you have is more common and less valuable than you thought. Steps to create value include research and a reasonable opinion by a person who knows the worth of the item you have. See if you can find or get from your source any attached validations documents ,pictures. See if you could get a letter from a party regarding usage. Take it to a dealer in vintage and high end items and ask,” what do you think its worth?

This is a service we often provide free of charge to our clients in our stores.

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Update From Doug Downey MPP



Ontario Investing in Small, Rural and Northern Communities

Funding will support economic growth and job creation in Oro-Medonte, Springwater and Simcoe County

The Ontario government is providing over \$6 million to help renew and rehabilitate local infrastructure in Oro-Medonte, Springwater and Simcoe County. The funding is being delivered through the Ontario Community Infrastructure Fund (OCIF) and is part of the government's overall investment of \$400 million in 2023.

“This funding has become key in our partnership with municipal and rural partners, and helps them plan future growth with the knowledge they will have stable, annual funding to help achieve their goals,” said Doug Downey, MPP for Barrie – Springwater – Oro-Medonte. “Ensuring this long-term planning can take place is essential to help municipalities ensure critical infrastructure meets growth in these communities.”

OCIF provides funding to eligible communities every year to help them address critical infrastructure needs, including road, bridge, water and wastewater projects. Additionally, this funding helps strengthen these communities by providing municipalities with the stable, ongoing and flexible funding they need to address issues and meet community needs.

“Ontario's small, rural and northern communities, like Oro-Medonte, Springwater and Simcoe County are essential to the growth and prosperity

of the province,” said Kinga Surma, Minister of Infrastructure. “Our government is continuing to provide stable funding to meet local infrastructure needs and provide support in response to pressures from inflation. By supporting key community infrastructure projects, we are helping to grow and build safer, more resilient communities for generations to come.”

Municipalities will receive funding through a transfer pay agreement that specifies the municipality's payment schedule, based on its allocation. Under the OCIF Formula Component transfer payment agreements, municipalities are required to submit high level plans for their OCIF investments in the spring, and report on actual investments in the fall. This allows the Province to track how the OCIF funding is spent, and ensure that each municipality receives the correct allocation for their needs.

In December 2021, the Ontario government announced an additional \$1 billion for critical infrastructure projects that support economic growth and job creation in small, rural and northern communities, bringing the government's total investment to nearly \$2 billion dollars over five years.

QUICK FACTS

- OCIF supports local infrastructure projects by providing stable and predictable funding for rural and northern communities, as well as for communities with populations under 100,000.
- Funding allocations are based on a formula that recognizes the different needs and economic conditions of communities.
- In 2022, the government provided \$400 million in funding through OCIF, an increase of \$200 million from the previous year. Communities may accumulate their funding for up to five years to address larger infrastructure projects.

ADDITIONAL RESOURCES

- Ontario Community Infrastructure Fund Recipients
- Ontario Builds map
- MPP Doug Downey Doug.Downey@pc.ola.org

Priority investments

We're focusing investments in nine key areas:

248 Broadband projects	350 Child care projects	2,252 Community projects
721 Education projects	73 Health care projects	1,099 Northern projects*
328 Recreation projects	446 Roads and bridges projects	459 Transit projects



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GBGH Gives Back To The Community Through Food Drive



Photo above: From left – Matthew Lawson, president and CEO, GBGH; Angie Saini, vice president, Clinical Services and chief nursing executive, GBGH; Janetta Moreau, Facilities clerk, GBGH; Yvette Dusome, president, St. Margaret’s Chapter (Midland) of St. Vincent de Paul; Patty Donaldson, volunteer, St. Margaret’s Chapter (Midland) of St. Vincent de Paul; Angela Puddicombe, supervisor, Facilities, GBGH; Katy Ghovanlou, manager, 2 East inpatient unit; and Andrea Sheehan, Pharmacy Technician, GBGH.

Georgian Bay General Hospital (GBGH) held its annual Holiday Food Drive to collect donations for the St. Vincent de Paul Food Banks in Midland and Penetanguishene. The Food Drive, was organized by GBGH’s Facilities, Environmental Services and Communications departments. Several hundred kilograms of food and toiletries were collected for community food baskets over the three-week food drive.

Care Cart Brings Smiles to GBGH Team



In September 2022, the leadership team at Georgian Bay General Hospital (GBGH) partnered with Tom Smith Chevrolet Buick GMC to launch an initiative to bring smiles and snacks to front-line workers at the hospital. The Care Cart is stocked with snacks, treats, drinks and an assortment of non-food items, and is taken around daily by leaders of the organization to departments in the hospital, giving the teams something to boost their energy and spirits. “With everything our team has been through we wanted to find a way to raise their spirits,” says Derek Desroches, communications specialist and care cart

champion, GBGH. “It brings so much joy every time the cart goes out, our teams love when it stops by their departments.” Steve Jacklin, owner of Tom Smith Chevrolet Buick GMC heard about the Care Cart, and was inspired to support the initiative for its first year with a donation to buy the cart and keep it stocked. “We are proud to sponsor the Care Cart for the teams at GBGH,” says Jacklin. “These folks are working so hard to look after our community – our neighbours, friends, loved ones – and it is so important that we do what we can to look after them as well.”

An Investment in Mental Health Care for GBGH



On November 28, 2022, Karen O’Coin made a \$2,500 investment in healthcare at Georgian Bay General Hospital (GBGH). The gift was inspired by Nicole Kraftscik’s personal mental health story, and will support the development of a mental health program at the Midland hospital. Karen O’Coin has worked in the investment industry for more than 25 years, and currently works with BMO Nesbitt Burns in Orillia as an Advisor and Financial Planner. Although she doesn’t personally live in the North Simcoe community, she has many clients and friends who call the area home, and wanted to make a gift that would benefit all of them. “Reading Nicole’s story was very powerful for me, as I’ve known Nicole for a long time,” says O’Coin. “I wanted to make a gift that would honour her story, and hopefully inspire others to do the same. Mental health is something that’s very near to my heart, and I’m investing to help GBGH bring more acute mental health services to the region.” Currently, GBGH cares for approximately 1,700 mental health patients every year, or about three patients in crisis every day, but the hospital is not equipped or funded to care for mental health patients. GBGH has submitted a Capital Submission to the Ministry of Health to bring a comprehensive acute mental health program to our hospital. To learn more, visit: <https://gbghf.ca/current-needs/mental-health/>

A Loving Tribute For The Holidays



For more than 30 years, Bill and Arlene Schumacher called Sand Castle Beach in Tiny Township their summer home. When Arlene passed away suddenly in October 2020 – just a few months shy of their 60th wedding anniversary – Bill continued to support the causes they both cared deeply about. This year, Bill has made another gift of \$14,000 to honour Arlene’s memory, celebrating their beautiful love story and investing in healthcare for his entire cottage community. Thank you for helping this kind gentleman share the memory of the love of his life.

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ANTEN MILLS by Dennis Gannon

Welcome to 2023! The new year is definitely starting off on a different weather note with the mild temperatures and lack of significant snow that we have seen since Christmas.

It has been noted on a number of occasions that we have the benefit in this community of having a dedicated group of volunteer firefighters who rise to any event with determination and community spirit. As a community we should take the opportunity to thank the members of the Springwater Fire and Emergency Services for the efforts they put in over the holiday season. Most people are not aware that they attended several very serious motor vehicle collisions and a structure fire during the holiday period. They responded with determination and dedication to help those people in need. On Christmas Eve when the weather could be described at best as terrible, they still escorted Santa Claus through the community. Where we were watching blizzard type conditions were howling yet there they were, driving Santa Claus around the village. Thank you from all of us in Anten Mills and Minesing for your commitment. When we speak of commitment we would like to recognize two members of the fire department who have recently retired. Kevin Johnston was the District Fire Chief in Hillsdale and a longtime member retired in November. Lorrane Cooney retired on December 31 as the District Fire Chief from Station 3 Minesing. Lorrane gave 25 years of service to the community as a volunteer firefighter and was in the Santa Claus Christmas Eve tour. Lorrane also sat on the Township of Springwater Committee of Adjustment for the past 10 years providing his expertise to the items that came before the committee. To Kevin and Lorrane, thank you for all that you have given to the Springwater community and we wish you well for the future.

As we look back at 2022 and the events that occurred in our community thanks to the Anten Mills Community Recreation Association, we had a very eventful year. The rink was operational thanks to those who shoveled and flooded it regularly. During the March Break a babysitter and home alone course were held at the community centre with a good turnout.



On the Easter weekend a fabulous Easter Egg Hunt occurred with a great turnout that was fun for kids of all ages. In May with the assistance of 880, a community engagement session with woodfired pizza and movie occurred. Throughout the summer, Sunday morning pickup ball had the kids running the bases and learning some ball skills.



There was another movie night with the firefighters that saw kids get wet, learn how to handle a fire hose and watch a great movie again under the pavilion.

October saw two great events happen. The Anten Mills Autumn Artisans and Crafters Fair had many people in attendance who were able to purchase locally made items.



Then we had the Halloween Bash. A fun filled event where the witches, superheroes and damsels all had fun along with their guardians with a number of fun activities. Throughout the summer and into the fall, euchre has been played at the community centre on Thursday evenings. December saw our Christmas in the Village. The Tree Lighting on Saturday night had the children lined up to go down the Snow Valley SnoTube ride which was great fun. Hot dogs and hot chocolate, Santa Claus with the firefighters and the countdown to the tree lighting and fireworks rounded out the evening.

That Sunday, the 25th annual Anten Mills Santa Claus Parade hit the village streets with great



enthusiasm. It was definitely a fun filled weekend to start the holiday season off. To all these events donations to the Elmvale and District Food Bank were received and generous donations made their way to those in need.

These events were made possible by a small but dedicated group of people who live in the village. Not one person did everything and some new faces joined the group and had a great time helping at the events. Since 2020 and the beginning of the health crisis, the Anten Mills CRA has not held a formal meeting. In February, an Annual General Meeting will be held in accordance with the Township of Springwater policy as the CRA is recognized as a Board of the Springwater Council. Late this month a planning meeting to discuss future events will likely be held and information on where and when will be posted on the Anten Mills Community Facebook page. Supporting these events is up to the community. They do not happen unless there is someone who is the event sponsor. Over the next little while think about how much fun these events were and how others could be and consider attending the meeting to learn and offering your input. This is our community and for over 50 years the community association has been the catalyst for community events. Let's keep it going.

In the coming weeks Springwater Council will be discussing and approving the municipal budget for 2023. With a number of new members of Council they will get an opportunity to see where our tax dollars get spent on projects and requests. With new members on Council they heard from you when they went door knocking prior to the election. It is time now to remind them of what is important to you this coming year and in the future. You can find each member of Council's information on the Township of Springwater website and for our Ward 3 councillor you can email Brad directly at brad.thompson@springwater.ca. He would be happy to hear from you.

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

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The Elms' Leaflet

All of us on the Board of Directors for the Elmvale Active Seniors Residence hope that all of you on our contact list have a happy and enjoyable new year. We hope that

each of you can look more optimistically at 2023, since the pandemic, which has occupied so much of our attention for the past three years, seems to be less demanding of our time and resources. A year ago, we shared the design that our architects prepared for us and, since that time, we have been engaged in the long and involved Site Plan Approval process. Much of this year has been spent waiting for, and then engaging in consultations with, all of the AHJ (Authorities Having Jurisdiction). As residents and taxpayers in our own local municipalities, we should all be pleased that our municipal employees in the planning departments examine, scrutinize and question the multitude of reports and documents that are submitted in support of proposed developments. However, as a group of volunteers who are actively trying to bring a retirement village to Elmvale, the process is very long and requires multiple revisits to some of our submissions. Our request for SPA was undertaken in April and has not yet been finalized. Apparently, EASR is not alone. Many projects in many municipalities which began before or during the pandemic are faced with the difficulties associated with staff shortages and a backlog of work both in the municipal offices and in the offices of all of the myriad of consultants and engineers. Hopefully, we will see our SPA granted early in the new year!

We were pleased to welcome all of the current members of EASR to a "Meet and Greet" at the Elmvale Public Library on December 6th. This informal session allowed our group to mix and mingle and get to know one another. We hope that many more of you on our contact list will choose to join EASR and become more active in the project.

During the meeting, our Chair, Dan McLean, summarized the highlights of the past year which included finalizing and submitting the site survey, site plan, fire safety plan, functional servicing report, stormwater management plan, environmental impact study, geotechnical study, hydrogeological study, traffic impact analysis, archaeology report, shadow study, lighting design study, landscaping plan, site grading and drainage plan, elevation plans, sediment and erosion control plans, etc. We also opened a Presentation Centre and hired Betty Cook to welcome visitors Mondays, Wednesdays and Fridays between 10 am and 2 pm.

As always, we encourage you to frequently consult our website at www.The-Elms.ca as the most recent developments are posted there. You can also call us at 705-322-4004 and arrange an appointment to visit the Presentation Centre.



Photo above -- Elms Phase 1 - Elm Flats and Garden Homes (looking North)
(Architects Rendering)

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Georgian College WOMEN’S inTUITION Celebrates Milestone Funding Achievement



Photo above: Kevin Weaver, Georgian College President and CEO and Giselle Bodkin, a partner with BDO Barrie, celebrate the incredible milestone of raising more than \$765,000 for the WOMEN’S inTUITION endowment. Founded by Bodkin, this fund was created in 2015 to break down financial barriers for women studying at Georgian.

This December, Georgian College celebrated the incredible milestone of raising more than \$765,000 for the WOMEN’S inTUITION scholarship endowment. Founded by Giselle Bodkin, a partner with BDO Barrie, this fund was created in 2015 to help break down financial barriers for women studying at Georgian.

More than 250 donors contributed to the fund, resulting in over 235 awards, scholarships and bursaries that have been given to female students, allowing them to focus on their studies to achieve their academic, career and personal goals.

“Education has always been the great equalizer for earning an income and being able to support yourself,” shared Bodkin, WOMEN’S inTUITION founder and Georgian Advancement Committee member. “I’ve always been a doer, and after attending a special event focused on female empowerment, I knew there was more I could do to help create more opportunities for those students that need it.”

From that moment, Bodkin’s mission became

personal. Her late sister-in-law, Leanne Kavanagh, was a registered nurse who had put herself through Georgian’s nursing program. While Kavanagh tragically passed away from brain cancer, she had a long and fulfilling career as a nurse, and WOMEN’S inTUITION was opportunity to open doors for other women with similar financial challenges.

“I think back to Leanne,” recalled Bodkin, while speaking to a packed room of donors and supporters. “She started as a bartender, and worked tirelessly at that job while studying part-time in Georgian’s nursing program to build a new career and life for herself. Tirelessly. How many more women can we help so they won’t have to worry about finances and start putting themselves first? How can we create those opportunities?”

To celebrate the milestone, supporters were treated to a morning featuring special performances from local female friends of the college, including Barrie’s first female Poet Laureate, Victoria Butler, and live local artist, Alexandra Gronfors, who finished a

commemorative painting reflecting the themes of the fundraising initiative during the duration of the event.

“We are honoured by Giselle’s commitment to an unrivaled student experience,” said Kevin Weaver, Georgian College President and CEO, while delivering remarks. “Giselle’s tenacious advocacy for improving the lives of women and their communities by ensuring access to postsecondary education is infectious. Reaching this fundraising goal would not have been possible without her leadership and fierce championship of this ground-breaking initiative. You were the visionary and continue to be the driving force of WOMEN’S inTUITION.”

Donors to the campaign created a number of new awards and scholarships in addition to funding a permanent endowment that will provide annual financial support to students.

The WOMEN’S inTUITION fund is now a permanent program at Georgian. For more information on WOMEN’S inTUITION or to make a donation, please visit the program website. [experience.](#)

I Love Owls

By Linda Belcourt
also published in Jan. 20, 2022 edition

Many people are fascinated by owls. They are majestic, mysterious, and quite cute. They fly silently because they have soft edges to their feathers. They can catch their unsuspecting prey by flying silently at night. Their night vision and incredible hearing give them a great advantage. Owls hunt mostly by their keen sense of hearing. They can land accurately on a mouse through deep snow and do not require to see the mouse. When you observe an owl, it will move its head from side to side. They are triangulating, very accurately, the distance and location of a focused noise they hear.

The turfs you see on the top of the head of an owl are not ears. These tufts act more like eyebrows. The ears are found at the side of the head. They have a facial disc that concentrates the sound to the edge of the disk much like a satellite dish. The ear is located

where the facial disk meets the side feathers. If you spread the feathers back a little here, you can see that the ears look a lot like ours. I do not recommend that you do this. Leave this one to the professionals. One ear is lower then the other to help in triangulation of sound.

The Great Horned Owl can take prey larger that themselves. It will hunt for mammals and birds but will also eat rodents, and frogs.

Their piercing eyes coloured, light yellow, give owls that majestic appeal. Eyes that are light coloured like yellow generally can see better in the dark than dark coloured eyes. Owls can rotate their head almost 360 degrees. They need this ability to turn their head because their eyes do not roll around like us humans. Our eyes are round. Owls’ eyes are oblong and don’t rotate. Their eyes almost fill their skull and are very large. The Barred Owl appears larger than the Great Horned Owl but the body is actually smaller with larger feathers. Their facial disk is larger than the Great Horned.

The Barred Owl call is known by the hooting “Who Cooks for you?” The Great Horned has a loud distinctive drawn-out Hoot than is sort of husky.

Many people don’t realise that Great Horn Owls and Barred Owls are

nesting right now.

“Males generally find a territory by December and a nesting site by January. Despite the cold, eggs are laid at the end of January through February, as this gives the large bird’s chicks enough time to develop before spring arrives.” Tom Warren. “Get to Know the Habits of Barred and Great Horned Owl!” Old Farmers Almanac. Almanac.com/nesting-season-owls.

If an owl swoops down near you, they’re just focused on mating and nesting—and will chase away intruders while hooting loudly. They are hunting aggressively and will take all opportunities to take any available prey at this time of year. If an owl swoops down at you then take the cue and leave their nesting area immediately. It is illegal to capture any native species including owls so love them from a distance, shoot only with your camera.



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SWISS STYLE BREAKFAST MUESLI – OVERNIGHT OATS PACKED WITH A NUTRITIONAL PUNCH

This healthy and filling muesli recipe is so easy to prepare and done in less than 5 minutes. Better tasting than store-bought granola and more economical to boot, make it the night before for a delicious breakfast or snack the next day. This version was inspired by the wonderful Swiss restaurant chain, Movenpick which is no longer.



INGREDIENTS

- 2-3 whole apples, any variety, peeled and grated
- 3 cups (750 ml) plain yogurt, any style
- 1/4 cup (63 ml) honey or maple syrup
- 1 1/2 cups (375 ml) rolled oats
- 1/2 cup (125 ml) wheat bran
- 1/2 cup (125 ml) sunflower or pumpkin seeds
- 1/4 cup (125 ml) almonds or sesame seeds
- 1/4 cup (125 ml) raisins or dried cranberries
- 2 cups (500 ml) frozen mixed berries

INSTRUCTIONS

1. Toast the nuts and seeds until lightly browned, if desired.
 2. In a bowl, combine the apples, yogurt, honey or maple syrup, oats, wheat bran, sunflower or pumpkin seeds, almonds or sesame seeds, raisins or dried cranberries. Mix well.
 3. Gently add the frozen mixed berries.
 4. Put this mixture in the refrigerator for at least 8 hours before serving.
- Enjoy!



Joanne Nijhuis MSc, RD is a consulting, media and culinary dietitian in Simcoe Grey Bruce on a mission to entertain and educate through her love of food. In addition to recipe development and writing for several publications, Joanne offers cooking demos/classes and counselling – in person or online via Zoom Health.

For more information, email Joanne at jo.knows.nutrition@outlook.com.

www.joknowsnutrition.com

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

Did You Know?

Muesli (pronounced meu-zli) was created over a century ago in Switzerland by a physician named Maximilian Bircher-Benner as nutritious breakfast for his hospital patients. Superior to a bowl of oatmeal or breakfast cereal, muesli is higher in protein, fibre, antioxidants and vitamins and minerals. The more fruit, nuts, and seeds that are added, the higher the nutritional value.



Bearbells by Leslie Noonan



My New Year came in gently and quietly, which is great to say as I was working nights, and as anyone in health care will tell you, “quiet” is not a word to be used lightly. As the Times Square ball dropped, I wished the few patients still up a Happy New Year, and shared a laugh with my co-workers.

It was a pleasant evening, and reminds me that it is up to each of us to make the most of our own situations. I could have been grumpy that I had to work, or I could enjoy the company of those I was with. My choice.

I had an unexpected surprise as I was walking into work across the parking lot that night. I heard the sound of footsteps behind me in the snow, and turned expecting to see a fellow co-worker. Instead, within five feet of me, was a large red fox. The fox stopped and looked directly at me before slipping away into the bush. When I related the experience to a co-worker, she was excited and proceeded to tell me what a lucky sign this was. I was curious and did some research. It seems many cultures view the fox as a lucky omen and can be a powerful message from those who have passed on. The fox may also be a sign for you to embrace your own abilities which will allow you to overcome obstacles. Of course, other cultures say the fox is a warning about people trying to trick you or deceive you. I choose to take it as a positive experience for my year ahead. This meant I spent more time than was good for me browsing hikes, and researching dream areas to make a wish lists for both the coming year and those in the future.



My list starts with the Avon trail, a technically easy 114 km trail near Stratford that I had planned to complete last year. Unfortunately I was struck down by Covid and lost all ambition to do anything but walk from the kitchen to the bedroom. Next on my wish list is the Le Cloche trail through Killarney which is considered a challenging route, taking 5-7 days through rugged scenery and covering almost 80 km. From there I would head out east to the spectacular Cabot Trail in Cape Breton. Cliffs, oceans, fiddle music and pubs, yes please! I am also excited to add European routes to my list. The Beara Trail in Ireland, the Hadrian wall hike in England, or the Malerweg trail in Germany. Really, there are so many trails I would love to travel. Solo female hikers are more common in Europe and the routes are generally considered safe. There is also the option to join other hikers or use a travel group with 24 support.

Whether I get to knock any of these trails off my bucket list this year, or instead have to settle for day or weekend hikes, I am excited for the start of hiking season. For now I will snow shoe, or perhaps considering the temperamental weather, slog through mud on the local trails, and perhaps I will have the privilege of seeing another fox in my travels.

What Is Identity Theft?

Identity theft refers to the preparatory stage of acquiring and collecting someone else's personal information for criminal purposes. It became illegal in 2010 to possess another person's identity information for criminal purposes.

Identity theft techniques can range from unsophisticated, such as dumpster diving and mail theft, to more elaborate schemes. Technology makes it easier to gather information and build profiles of potential victims using techniques such as skimming, phishing and hacking. Computer spyware and viruses, designed to help thieves acquire personal information, are also commonly used.

What is identity fraud?

Identity fraud is the actual deceptive use of someone else's identity information (living or dead) in connection with various types of fraud (for example, pretending to be someone else and using their debit card or credit card data).

Criminals can use your stolen information to access your computer, email accounts and bank accounts. They can open a new account, transfer money, and apply for a loan or new credit card. They may also be able to obtain a passport or receive government benefits.

While you probably can't prevent identity theft entirely, you can minimize your risk. Identity theft is on the rise and it can happen to anyone. It can happen to you. By managing your personal information wisely, cautiously and with an awareness of the issue, you can help prevent becoming a victim of identity theft.

Signs to watch for

- A creditor informs you that an application for credit was received with your name and address, which you did not apply for.
- Telephone calls or letters state that you have been approved or denied by a creditor that you never applied to.
- You receive credit card statements or other bills in your name, which you did not apply for.
- You no longer receive credit card statements or you notice that not all of your mail is delivered.
- A collection agency informs you they are collecting for a defaulted account established with your identity and you never opened the account.

How to protect yourself

- Be particularly wary of unsolicited e-mails, telephone calls or mail attempting to extract personal or financial information from you.
- Ask yourself if you really need all of the identity documents you carry in your wallet or purse (such as Social Insurance Number (SIN) card, birth certificate). Remove any you don't need and keep them in a secure place instead.
- Periodically check your credit reports, bank and credit card statements and report any irregularities promptly to the relevant financial institution and to the credit bureau.
- During transactions, it's safer to swipe your cards yourself than it is to allow a cashier to do it for you. If you must hand over your card, never lose sight of it.
- Always shield your personal identification number when using an ATM or a PIN pad.
- Memorize all personal identification numbers for payment cards and telephone calling cards. Never write them on the cards.
- Familiarize yourself with billing cycles for your credit and debit cards.
- Shred personal and financial documents before putting them in the garbage.
- Notify the post office, your bank and credit card companies when you change your address.

What to do if you become a victim

If you are a victim, do not panic, in most cases you will not be out any money. When you've been careful about disclosing your personal information, the losses will likely be attributed to the banks and or companies associated with the fraud.

If you suspect that your personal information has been compromised and is now being used to commit fraud or theft, act immediately!

Contact the fraud departments of the two major credit bureaus and request that a “Fraud Alert” be placed in your file. Order copies of your credit report from: Equifax: 1 800 465-7166 or Trans Union: 1 877 525-3823

Contact the fraud department of creditors for those accounts that appear to be compromised. Related fraud and mass marketing fraud.

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You're Not Alone!!



Photo above on left, white tail deer and photo above on right, shows a beautiful Barred owl camouflaged.

By: Jason George

This time of year, can be really tough for many people, including myself. So, I'm going to share a tip with you that seem to help me on those not-so-great days/weeks. I head out on a nature adventure; I never know what I'll see but I know that I'll slow down and stop stressing about the things that are bothering me. Some call this - nature therapy, disconnecting, or connecting with the mother nature but getting outdoors is so good for the soul. When I'm having a bad day, I turned to nature and it turns bad day - better, but when I'm having a good day, I also turned to nature and make it a great day.

Try to just step outside your door and appreciate the beauty that is around us. Try going for a stroll, journey and just enjoy the moment. Dress for the weather of course and go enjoy! Put the phone down for 10 minutes, go and enjoy mother nature, then go back to whatever you were doing. If you enjoyed it,

do it for longer than 10 minutes and repeat as often as needed.

This time of year, it is super important to try and stay motivated and positive. Some days are going to be better than others, and that's fine, but find those good moments in each day and build on those.

One might encounter a neighbour deer crossing their path. Stop and appreciate how graceful these white tail deer move, are as they bound through the forest and fields. The thing that interests me most about deer are their antlers, and how the males grow new ones each spring.

The lucky and observant people might notice dark eye close by and see a beautiful Barred owl camouflaged. If you have ever experienced an owl in that wild, you'll understand just how magical they are. These nearly silent hunters are located in and around the trails that we call home.

So, maybe you didn't see an owl or a deer on this

adventure out into mother nature, but I'm hoping that this journey will help to bring a smile to your face and maybe next time you'll see some wildlife, or the time after that. Regardless I'm willing to bet, you probably had some fun during this outdoor adventure - maybe even smiled or laughed a bit. Feel free to tag along virtually as I take you on my journey's on YouTube – Jason George Photography or book your own private tour <https://www.jasongeorgephotography.com>

Each day gets longer and brighter than one before. So, make the most of those few extra minutes of day light.

Till next time stay safe,
Have fun,
Keep enjoying wildlife.

Jason George Photography
Check out www.jasongeorgephotography.com
Contact me for all your Photography needs
No Job is too BIG or too small.

Heading Into The Toughest Weeks To Collect Blood



**Join our team
and make all
the difference.**

Join us at
blood.ca/PFL



Winter is a challenging time to collect blood, platelets, and plasma. December through January is full of winter activities, organizations vying for the attention of consumers, weather impacts in most parts of Ontario and an influx of seasonal viruses and illness that often make it more difficult for us to staff donor centres and donation events and disrupt donor attendance. Recent findings from a new survey suggest six in 10 [62 per cent] of eligible donors in Canada agree that donating blood or plasma over the holidays is important, but only one in 10 (14 per cent) plans on booking an appointment. The national inventory of several blood types is far below optimal. Winter cold and flu season is upon us, our cancellation rates have jumped significantly, and we're heading into the toughest weeks to collect blood and blood products. Winter storms could further impact collections, and more than 25,000 open appointments must be filled across Canada by Dec. 31. We are asking donors to book and keep their appointments or look for appointments that are open today. Patients are waiting for new and returning blood and plasma donors to make all the difference today and throughout the winter months. Your donation could help bring someone home this winter season. As reported earlier this year, the number of people who donate regularly has decreased by 31,000 during the COVID-19 pandemic which continues to

disrupt blood supplies. Patients' needs are still being met by the smallest donor base in a decade, but this is not sustainable. Now is also the perfect time to rally your community or organization to give as a group through our Partners for Life program to increase the amount of blood products available for patients this season.

Every donation counts. Donors of all types help to keep Canada's Lifeline strong.

- By contributing to Canada's Lifeline, a simple donation could go on to save a life and change so many more.
- Every donation causes a ripple effect that goes on to have a lasting impact in the lives of others.
- Plasma and blood donors are both essential to meet the needs of patients. Donating blood or plasma helps save lives and ensures the safety and reliability of Canada's Lifeline.
- Cancer patients, accident victims and people with rare, life-threatening, chronic, and genetic conditions rely on blood, platelets, and plasma donations every day.
- O-negative blood donors are especially needed because this blood type can be transfused to any patient. In times of emergency or for newborn patients, O-negative blood, the universal blood type, makes a lifesaving difference but all blood types are needed.
- Late cancellations and missed appointments make it challenging to collect blood products. If you make an appointment, please try to keep it. If you are unable to make it to your appointment, please cancel it so we can find someone to take your place and consider re-booking as soon as possible.
- Donors who give as part of a group with our Partners for Life program contribute hundreds of thousands of donations every year. We ask all of our partners to continue their dedication to patients by rallying their members to make a special group donation this season.
- Everyone who can is encouraged to participate. Ask a family member, friend, or colleague to book an appointment to donate at the same time as you, or give in honour of patients as a group by joining or

starting a Partners for Life team. Together, you can make donating blood a new meaningful tradition.

- Visit blood.ca, use the GiveBlood app, or call 1-888-2-DONATE (1-888-236-6283) to find and book an appointment at a donor centre near you.

The Give 3 in 2023 challenge asks people to create a lifesaving habit right away that they can continue through a commitment in 2023.

- Give 3 in 2023 is a way for people in Canada, no matter where they live, to commit to giving to others. It's the greatest human connection we can make.
- The Give 3 in 2023 challenge asks people across Canada to commit to supporting patients in three different ways starting today, throughout the winter holidays and into the new year.
- A donation of any type doesn't just make a difference, it makes all the difference.
- It is easy to get a head start on your Give 3 in 2023 commitments. You don't have to wait until the new year to get started, you can begin your challenge today. Visit 3in2023.blood.ca for more details and click on the link to Give 3 in 2023.
- o Give blood, give plasma, give platelets.
- o Post about your donations to social media, encouraging others to give.
- o Share @CanadasLifeline social posts to spread the word on the need for more donors.
- o Join the stem cell registry or register to be an organ and tissue donor.
- o Give a financial contribution.
- o Bring a friend to your next donation appointment.



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GO FORWARD

4-H Club Over 100 years....

For over 100 years, 4-H has been one of the most highly respected youth organizations in Canada. They are an organization of 23,000 youth members, aged 6 to 25, and 8,700 volunteers in 1,800 clubs across the country. 4-H Canada is a not-for-profit organization that is focused on strong leadership for world-class positive youth development experiences in Canada. But the fact is, they are so much more.

The 4-H Vision

In 4-H Ontario, youth become contributing citizens who impact positive change in our communities.

We're proud to influence the following areas:

Youth

- Learn skills
- Leadership, meeting management, public speaking, responsibility, mentoring, critical thinking/problem solving
- Gain valuable experience
- Come together with other youth, leaders, communities, mentors, volunteers, friends
- Increase their personal resources
- Networking, seeing the big picture, education, job opportunities, community service/volunteer experience

Families

- Increasingly involved in the community because of their children's involvement
- Learn leadership skills from observing and participating with their children and volunteers
- Network with other parents

Volunteers

- Feel pride when youth succeed
- Learn skills from youth (such as technology)
- See positive outcomes for both the youth and the volunteer

Community

- Greater appreciation and understanding of community
- When the community works together, more is connected

- Higher quality meetings due to parliamentary procedure
- Youth see more opportunities for employment

Land Acknowledgement

4-H Ontario recognizes that we live, learn and work on the traditional, ancestral and unceded territory of many Indigenous Nations and communities that have, and continue to call Ontario home. Our main office in Guelph/Eramosa, ON is located on the ancestral land and territory of the Anishinabewaki, Haudenosaunee, Attiwoonderonk, Mississauga and the Mississaugas of the Credit First Nation. This territory is also covered by the Haldimand Treaty of 1784 and Treaty 3 of 1792.

We recognize and commit to the work that follows this acknowledgement to ensure reconciliation and a bright future for Indigenous peoples and youth.

We encourage all residents and visitors of Ontario to learn about the land you walk on, and do your part in supporting and preserving Indigenous traditions, cultures, languages, Ways of Knowing (knowledge) and spirituality.



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 10, W ½ Lot 2, Vespra Township
1193 Fralick Road, Springwater Township

Concession 10, W ½ Lot 2, Vespra Township
1193 Fralick Road, Springwater Township

Owners		
~2001-present	Ron and Joan (Coulson) Pearson	Built: ~1875, burned June 1, 2018 Water Source: artesian flow by house and by barn
2000-2001	Mervin's Fralick's daughters Myrtle, Bernice and Marion	
-2000	Joseph Jr. Fralick	
1908-	Joseph and Alice (Bailey) Fralick	
-1907	John and Lydia Kerfoot	
1887 ¹	sons John and Thomas were farmers here	
1868-1871	William Kerfoot, Cool Cullen County, Kilkenny, Ireland	

Emma and Thomas Kerfoot kept a diary. "Nov. 1874: Burning heaps, roots and logs. George went to Barrie and bought 5 bags of apples at 65¢ per bag. July 1875: We fixed up scaffolds to put up pulleys for hay fork. Feb. 1882: Emma got 22¢ for butter and 11¢ for eggs.

Joseph and Alice Fralick came from Uxbridge in the winter. There were double door and threshing floors two boards thick. A silo was inside the barn on the east end made with wood, staves and rings. Geordie and Joe Jr. Fralick rearranged the bottom of the barn, creating more stables instead of stanchions. The flow at the house ran strong enough to put water into the upstairs bathroom.

Ken Fralick, Ron and June (Corbett) Pearson, *A History of the Community of Minesing* p. 92, 102, *A History of Vespra Township* p. 645, 651.



Ronnie Pearson and his sons Mike and Geoff farm together.



Joe Fralick Jr. carved his name into the barn boards near the stable.



The barn burned in 2018 and was rebuilt by Murray Scott the same year. There was no livestock in the barn when it burned. The driving shed to the left also has hand hewn timbers.

Internet Scambusters

The #1 Publication on Internet Fraud

<https://www.scambusters.org>

By Scambuster Keith

This Week's Scam Alerts

2023 outlook: The Internet Theft Resource Center (ITRC) warns that impersonation will be the big mover to drive growth of scams in the coming year, along with social media account takeovers and romance/dating scams. Other experts have said they expect to see a further sharp rise in the use of ransomware.

The Center also predicts an increase in con tricks and fraud targeting immigrants and ethnic minorities who don't have good command of English.

USPS trick: Ignore any text message you receive saying the United States Postal Service can't deliver a package because your address is incomplete. For instance, it may say they don't have your house number. Victims are told to call a toll-free number where they're asked to pay a \$3 fee to update records, using a credit card. USPS doesn't operate this way and the crooks not only get your \$3 but also your card number.

Pet threat: If you're a pet owner, beware of crooks claiming to be from your county or city animal service department claiming you owe them money from a past due fine. It's just the latest version of a longstanding scam in which crooks pretend to be from local courts or police to demand supposedly overdue payments.

Thinking Of Going Solar? Watch Out For These Scams

Solar panel installations look like they're hitting a record in the US this year and next. And so does the level of solar scams.

If you're in the market for this advanced technology for your home, watch out! There are plenty of legitimate solar firms across our nation, but there are also lots of crooks. We can help you spot them before you get burnt.

Undoubtedly, solar power - tapping energy directly from sunlight - is a fantastic renewable energy source.

In fact, enough sunlight hits the earth's surface every couple of hours to power all our energy needs for an entire year. It's capturing it that's the challenge. But with rising fossil fuel costs, advances in panel technology and their falling prices, installations are surging.

Possibly, twice as many people will have installed panels this year compared with 2021. And the number is expected to continue growing in 2023, which is why scammers are licking their lips.

The Most Common Solar Panel Scams

Con artists take advantage of the fact that most of us know little about solar technology, like how it works, how much it costs, and how much a householder might save. They target potential victims through door-to-door canvassing, emails, telesales, and online ads, especially on social media.

Some solar scammers pull off the simplest tricks of all by overcharging or installing poor quality products. But the most common tricks use exaggerations and lies. Well, what else would you expect from scammers!? For example:

- The system will be free.
- There are no upfront costs, or they'll be refunded.
- Misleading information about federal and state financial assistance and tax credits.
- Wild claims about the savings you'll make and the amount of time it'll take to recoup your investment.
- Time is tight. Scammers will suggest a special deal or aid program is about to expire so you must act now.
- Other high-pressure sales tactics aimed at getting you to sign up.
- Claims they've installed their systems on neighboring homes.
- Suggesting their system is the only one allowed by law or qualifying for financial incentives.
- Fake statistics suggesting a huge rise in utility prices is on the way.
- Imposters claiming to be from your state or utility provider or working in partnership with them.

Crooks may also offer a bid price without even doing an inspection, offer you a price that's too good to be true, and promise they can arrange special low-cost financing. All red flags.

A common trick is to get you to fill in a form "to see if you qualify." Although this is also an approach used by legitimate firms, scammers use these forms to steal information about you. In some cases, they're not even solar panel providers (though they

may claim to be). Instead, they want to sell on your information as leads, sign you up for a loan, or even for identity theft.

A Note About Leasing

In addition to buying a solar panel system, you may also be able to lease one. A scammer is unlikely to tell you how this works and mislead you into thinking you got a good deal.

There are two types:

1. A Power Purchase Agreement (PPA). The solar firm installs and maintains the panels and charges you for the electricity it produces, usually less than a utility company would charge.
2. A solar lease. The firm installs the panels and you pay them a monthly fee. It's like a rental program.

Scammers may not explain that you don't own the panels and therefore that they won't add any value to your home. There may also be hidden extra fees and you likely won't qualify for any financial incentive programs.

Protect Yourself From Solar Scams

The most effective way of avoiding solar scams is to educate yourself and do your research first. That means gaining a basic understanding of the technology; knowing the different types of systems; finding out average costs; and checking out the reputation, licensing, and insurance of any firm you're thinking of doing business with.

There's plenty of research info online. The average price for a single home installation, for example, is somewhere between \$12,000 and \$25,000, but you can find the number for your state and lots of other information at Solar Reviews, an independent research site: <https://tinyurl.com/Scambusters-SolarReviews>

Another useful source of information and guidance is Solar United Neighbors (solarunitedneighbors.org), a nonprofit set up by system owners to campaign for fair treatment and energy prices.

Other safeguards include:

- Getting multiple bids and comparing them side by side.
- Asking for references from satisfied customers.
- Don't be pressured into making an instant decision, no matter what the salesperson says.
- Make sure you get a contract and read it carefully and completely before signing.
- Don't sign until you have a firm quote with a cost breakdown.
- Ask plenty of questions to test knowledge. If they don't know, refuse to tell you or get angry, these are red flags.

Generally, beware of unsolicited sales approaches and check the credentials of any claimed salesperson.

It's important to bear in mind that some of the very same lines that scammers use also apply to legitimate companies. For example, there may well be good financial programs and low/no upfront costs in your area. That's why it's important to do your research in advance.

AnyDesk Trick: Thousands of us receive fake messages every day pretending to come from online retailers alerting us to account problems or orders we didn't place. There's usually a contact number which, if you call, connects you with a scammer who will try to get you to install an app called AnyDesk. This is a perfectly legitimate app enabling PCs and phones to be accessed remotely. You can guess the rest. Unless you want someone elsewhere to be able to access your devices, don't download and install it.

You Didn't Win: One of the longest running sweepstakes scams using the legitimate name of Publishers Clearing House (PCH) has suddenly reappeared, big time. The Identity Theft Resource Center (ITRC) reports a 240 percent increase in September alone. The tricksters tell victims they've won but need to pay to collect winnings and provide bank account and Social Security details. The real PCH doesn't request any of this. You didn't win; make sure you don't lose.

10 Warning Signs Of A Love Bomb Cheat

Are you under siege from a love bomber - someone who blasts you with so much fake affection that you fall under their total control?

Psychologists have labelled love bombing among the cruelest tactics underpinning romance scams, which cost Americans more than half a billion dollars last year, much of it through online relationships where the pair never meet. So, it's important to recognize the symptoms before you fall victim.

You've probably read stories of online dating scam victims who've sometimes lost their entire

life savings. But this isn't always because they're gullible; it's also because they feel powerless to repel the scammer's demands for money, even when they suspect something isn't right.

What Is Love Bombing?

The nonprofit Cybercrime Support Network describes love bombing as, "Showering you with over-the-top affection, flattery, gifts, and praise early on in the relationship to win over your affection and attention. This tactic... is used by the scammer to manipulate you into jumping into a relationship sooner and more seriously than you originally intended."

Of course, it also operates outside the scam world in relationships where the bomber is a narcissist - a self-obsessed, arrogant person, interested only in advancing their inflated opinion of themselves.

Both in the real world and in romance scams, the perp uses love bombing in the early days of the relationship, often sending love messages, money, flowers, and gifts several times a day to the point where the victim feels overwhelmed. They may seem to be over-generous; then the manipulation begins.

Here are some of the other red flags to watch for from the outset:

1. They brag about themselves, their looks, and their expertise, often in investing or other types of money-making.
2. They say they love you almost immediately and certainly within days or weeks, telling you they want to be with you all the time.
3. They use pet names and affectionate terms like "honey" and "sweetie" before you feel ready for this type of talk. You start to get the feeling that things are moving too quickly.
4. They claim to be worried about you and about losing you, so they need to keep checking on you.
5. They say you were made for each other, calling you a "soul mate."
6. As they get to know you, they tell you things you want to hear and about plans for things you can do together - like buying a house.
7. They try to force you into making some sort of commitment to them, almost from the get-go.
8. Having flattered you and made you feel like a star, they switch tactics, criticizing and pretending to be angry, upset, or offended because you won't do as they ask or because you're trying to put the brakes on.
9. You start to feel like you did something wrong and owe them something. It's as if you have to recover the relationship by pleasing them.
10. They pretend to be jealous and try to cut you off from friends and family so you start to feel more dependent on them.

How To Shelter From Love Bombs

Oftentimes, victims of love-bombing are too embarrassed to report the scam and even frightened to escape the relationship. It's important to get help from a trusted friend or mental health professional if you suspect you're being, or have been, lined up as a victim.

Some of the other actions you can take to protect yourself include:

- Trying to verify their identity through a video chat. If they refuse, no matter what the excuse, it's probably a scam.
- If they come on too strong at the outset, stop and take stock. The relationship is almost certainly heading in the wrong direction.
- Refusing to send money, invest in their recommendations, or pay for airplane tickets.
- Making clear you're not ready to make a commitment. If they become angry, it's a scam.
- Don't provide any confidential information like account and credit card numbers or passwords.
- Listen to your gut instincts. They're usually right. This includes being suspicious of online suitors with movie-star looks, military prowess, or supposed huge business successes.
- Be strong. Love bombers are persistent and will not give up, even adopting different online identities to try to trick you. Block them and then be on your guard.

Also, check out our earlier reports on romance and dating scams here: <https://scambusters.org/dating.html>; and here: <https://scambusters.org/romancescam.html>.

One final tip: If you've already fallen victim, try to recover your money, say from any investments they recommended, before you block them or cut them off. Then report them.

Community Ongoing 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
Main Contact: Chief Information Officer, Robert Newby, barriekempfenfelt72@gmail.com (705) 220-3501

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
Adults 55+ FREE
Bring good support (running) shoes and water
Call 705-355-2200 to register or walk ins

Georgian Bay Coin & Stamp Club

3rd Thursday of each month, 6:30pm - 8:30pm
Prime Time Club, 1724 Mosley St., Wasaga Beach
For more info.: www.geobaycoinstampclub.ca

LOST

This is a long shot but here I go. My son Michael played hockey at the Elmvale arena on Saturday Dec. 24th in the morning and he left his black Columbia coat behind. It was not handed into Lost & Found so that leaves me to believe someone took it. It had important items in the pocket and its return would be much appreciated. No questions asked.
Charlotte Doyle. Phone: 705-686-7454



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Call Brian or David 705-220-2433 or
email vendormarket@gmail.com

NOTICE



**Flos Agricultural Society
Annual General Meeting**

**Tuesday Jan 24th 2023
Dinner at 6:45 pm**
St John's United Church, Elmvale

Tickets - call Ariel 322-1975

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Capacity indoors: 125 in hall
Capacity with outdoors: 184 if using outdoor facilities with a port a potty rental
Outdoor facilities: 8 natural acres, outdoor licensed patio, horseshoe pits.

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FREE FOR EVERYONE - Save Our Landfills



Calling all clothing lovers....

Sharewear, the Unique Boutique, is a new and pre-loved clothing outlet that is entirely FREE. Yep, you read that right! Located in the beautiful town of Elmvale, our mission is to create a special environment where style meets purpose. Come enjoy the newly renovated friendly environment while browsing for a one-of-a-kind find. Our store is located at 9A Queen Street East, just steps from the four corners!

Our hours are:
Tuesday 10:00am until noon
Tuesday 6:00-8:00pm
Wednesday 10:00am until noon
Wednesday 3:00-5:00pm
Thursday 10:00am until noon
Saturday IF FLAG IS FLYING THEY ARE OPEN

975 in Wyevale L0L 2T0 including Conc. 8 and some TBRS areas,
1325 in Perkinsfield including Balm Beach to Whippoorwill
1100 in R.R.# 1, L4R 4K3 (775) & 2, L4R 4K4 (300) areas of Midland which includes Vasey, Ebenezer and the area North-West of Wyebridge

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

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15 Oct 2022	891	3,813	9,925
16 Oct 2022	944	3,990	9,174
17 Oct 2022	906	7,019	21,713
18 Oct 2022	691	4,249	17,124
19 Oct 2022	618	3,838	17,591
20 Oct 2022	645	3,727	14,557
21 Oct 2022	631	3,417	12,441
22 Oct 2022	647	3,423	11,580
23 Oct 2022	667	3,736	15,669
24 Oct 2022	936	4,749	33,396



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760 in the Utopia/Grenfel area L0L 1B0 and L0L 1B2
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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

OPP REPORT

Male Apprehended after Disturbance in Penetanguishene

Members of the Southern Georgian Bay Detachment of the Ontario Provincial Police (OPP) attended a residence on Church Street in Penetanguishene for a report of a physical disturbance in a driveway, at approximately 10:18 a.m. on December 31, 2022. Information was received that the involved parties had just left the scene in a pick-up truck and there were safety concerns for a woman in the vehicle, police began a search of the area.

At 11:00 a.m. OPP officers located the vehicle on King Street in Midland and several police cruisers were used to briefly block the road while peacefully taking a male into custody. The male was in crisis and was transported to hospital for treatment. The safety of the female was confirmed. This investigation is continuing and no charges have been laid at this time.

Drivers Heed Festive R.I.D.E. Checks and Safe and Sober Message on Roadways and Trails in North Simcoe

Even with challenging weather and road conditions of late, the Southern Georgian Bay OPP Detachment of the Ontario Provincial Police continues to operate the R.I.D.E. program at any hour, in safe locations on roadways and trails in North Simcoe. Since the Festive R.I.D.E. commenced on November 17, 2022, officers have checked over 1588 vehicles including snow vehicles at 148 different R.I.D.E. spot check locations.

The following seasonal message from our road safety partner, The North Simcoe Safe and Sober Awareness Committee sums up being safe on our roads & trails at this time of year.

Heed all our warnings
Be Smart, Be prepared
It's More Than Just Alcohol That will Make You IMPAIRED!

Only one driver during this time has been charged criminally with an Impaired Driving offence as a result of being checked at a R.I.D.E. spot check location during this time.

On December 28, 2022, officers responded at approximately 8:44 p.m. to a report of a possible impaired driver called into the OPP Communications Centre by a community member, at the intersection of Christine Drive and Pratt Avenue, Midland. As a result of this ongoing investigation, a 38-year-old male Tay Township driver was arrested and removed from the roadway. He was later released, and investigators will be awaiting further investigation results.

SERIOUS HEAD-ON COLLISION IN SPRINGWATER TOWNSHIP

Members of the Huronia West Detachment of the Ontario Provincial Police (OPP) are investigating a serious head-on collision on County Road 27 in Springwater Township.

On December 25, 2022, at approximately 6:15 p.m., Huronia West OPP, along with emergency services, responded to a two-vehicle head-on collision, involving a Sport Utility Vehicle (SUV) and car, on County Road 27 near Flos Road Five in Springwater Township.

Both drivers and single occupants transported to hospital. One driver was airlifted to a Toronto trauma centre with life-threatening injuries.

OPP Technical Collision Investigators and Reconstructionists are on scene assisting with the investigation. County Road 27 between Flos Road 4 and Flos Road 6 was closed for several hours for the police investigation.

Anyone who may have witnessed the collision or has dashcam footage and has not yet spoken with police is asked to call Huronia West OPP at 1-888-310-1122.

THEFT FROM ATM RESULTS IN ONE MALE CHARGED

The Ontario Provincial Police (OPP) Orillia

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OPP REPORT (continued)

Detachment on December 20th, 2022 were called to a local bank on Peter Street North for a Theft of \$700.00. A male entered the bank and withdrew money from the ATM, while exiting the building he was approached by a male who proceeded to grab the money located in an envelope from the victim's hand and fled the scene.

Clayton LOFTUS, 40 Years old of Orillia, Ontario has been arrested in connection with this incident. He is charged under the Criminal Code and set to appear before the Ontario Provincial Court on December 22, 2022 for:

- Theft under \$5000
- All members of the community are reminded of the following safety tips when using an Automatic Teller Machine:
 - Stay in well lit areas
 - Put your cash, card and receipt away immediately. Count your money later, and always keep your receipt.
 - If you see anyone or anything suspicious, cancel your transaction and leave immediately. If anyone follows you after making a transaction, go to a crowded, well-lit area and call 911!
 - If you exit your vehicle to use an ATM, lock your doors. When walking back, have your keys in hand so that you can re-enter your vehicle quickly.

SERIOUS COLLISION IN SPRINGWATER TOWNSHIP

Members of the Huronia West Detachment of the Ontario Provincial Police (OPP) are investigating a serious two-vehicle collision in Springwater Township.

On December 20, 2022, at approximately 10:45 am Huronia West OPP, along with emergency services, responded to a two-vehicle collision, on County Road 90 at George Johnson Road in Springwater Township.

The lone driver of one vehicle was transported to a Toronto trauma centre with serious life-threatening injuries. Two occupants of the other vehicle were transported to a local hospital with unknown injuries.

OPP Technical Collision Investigators and Reconstructionists are on scene assisting with the investigation. County Road 90 at George Johnson Road will be closed for several hours for the police investigation.

SERIOUS HEAD-ON COLLISION IN CLEARVIEW TOWNSHIP

One Person Pronounced Deceased at Scene

Members of the Huronia West Detachment of the Ontario Provincial Police (OPP) continue to investigate a serious head-on collision on Highway 26 in Clearview Township, where one person was pronounced deceased at the scene.

On December 19, 2022, at approximately 4:40 p.m., Huronia West OPP, along with emergency services, responded to a two-vehicle head-on collision, involving a pickup truck and passenger vehicle, on Highway 26 between Richardson Road and Strongville Road in Clearview Township.

The lone driver of the pickup truck, a 45-year-old male from Clearview Township, was airlifted to a Toronto trauma centre with serious life-threatening

injuries. The driver of the passenger vehicle, a 46-year-old female from Barrie, was pronounced deceased at the scene. Two passengers, a 47-year-old female from Newmarket and a 48-year-old female from Scarborough, were airlifted to a Toronto trauma centre with serious life-threatening injuries.

OPP Technical Collision Investigators and Reconstructionists attended the scene to assist with the investigation. The investigation is ongoing.

Anyone who may have witnessed the collision or has dashcam footage and has not yet spoken with police is asked to call Huronia West OPP at 1-888-310-1122.

Two Area Drivers Charged with Impaired Driving in Two Recent Crashes Resulting in Impaired Driving Charges

Officers from the Southern Georgian Bay OPP Detachment responded recently to two separate vehicle crashes on area roadways here in North Simcoe involving two area drivers that resulted in Impaired Driving charges for each.

At approximately 9:41 p.m. December 18, 2022, officers responded to a motorists report to the OPP Communications Centre of a single vehicle crash into the ditch of a black pick up truck on Champlain Road near Lepage Drive, Penetanguishene. Scene investigators located an uninjured driver and after conversation entered into a drinking and driving investigation.

As a result of this investigation, Ryan PRUSKY 43 years of Tiny Township has been charged with the following criminal code driving offences- Operation while impaired - alcohol and drugs, and further with Operation while impaired - blood alcohol concentration (80 plus).

The accused was released from custody on a recognizance to appear before the Ontario Court of Justice on January 5, 2023 and as well, faces 90 day drivers licence suspensions as per the Ministry of Transportation (ADLS) guidelines and a seven day vehicle impound.

Another previous similar incident on December 16, 2022 at approximately 3:36 p.m. resulted in officers attending the intersection of Bay and Queen Streets, Midland to investigate a single vehicle into a utility pole. Officers spoke with the uninjured driver and entered into a drinking and driving investigation.

As a result of this investigation, Steven Dennis POWER 28 years of Midland has been charged with the following criminal code driving offences- Operation while impaired - alcohol and drugs, and further with Operation while impaired - blood alcohol concentration (80 plus) and Dangerous operation.

The accused was released from custody on a recognizance to appear before the Ontario Court of Justice on January 5, 2023 and as well, faces 90 day drivers licence suspensions as per the Ministry of Transportation (ADLS) guidelines and a seven day vehicle impound.

Officers investigated 16 vehicle crashes over the December 16-19, 2022 time frame along with conducting eight Reduce Impaired Driving Everywhere R.I.D.E. check stops checking 28 drivers for signs of impairment.



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Return of Glenn Howard Charity Golf Tournament has Big Impact for GBGH



Photo above: On August 12, 2022, the Glenn Howard Charity Golf Classic raised \$122,000 for the Georgian Bay General Hospital (GBGH) Foundation’s Impact Fund. From left: Nicole Kraftscik, executive director, GBGH Foundation; Glenn Howard & Andrea Ahrens, golf committee volunteers; Terry Hampson, branch manager, Scotiabank Penetanguishene; Victoria Evans, community giving officer, GBGH Foundation.

On August 12, 2022, 128 golfers gathered at the Midland Golf & Country Club for the Glenn Howard Charity Golf Classic. After a 2-year hiatus, the tournament was a complete sell out, and raised \$122,000 for the Georgian Bay General Hospital (GBGH) Foundation.

Funds raised at the tournament are supporting the Foundation’s Impact Fund, which addresses the highest priority capital equipment needs. This year, the highest priorities include new ultrasound table & probes to help reduce wait times at GBGH; a microfilm scanner, which is essential in retrieving old records used externally and within the hospital; and cardiac monitors, to ensure the most advanced technology is being used for our intensive care patients.

“We all rely on our hospital...our whole community does,” says Glenn Howard, tournament chair. “It’s a privilege that we get to help give GBGH what they need to diagnose and treat our friends, families and

neighbours. We couldn’t do it without the support of our incredible business partners and sponsors, who put so much in to making this tournament so beneficial for GBGH.”

This year’s tournament was strongly supported by Scotiabank, through a \$15,000 contribution that was spearheaded by colleagues from the branches in Midland & Penetanguishene, along with members of the Wealth Management and Commercial Banking teams.

“Our team at Scotiabank truly cares about clients and community, and it’s hard to imagine that anyone within our community has not benefitted from the wonderful care at GBGH,” shares Terry Hampson, branch manager, Scotiabank Penetanguishene. “We chose to invest in our local hospital to ensure they can expand infrastructure, be equipped with essential tools, continue education and stay up to date with advances in technology. I loved being part of the Glenn Howard Charity Golf tournament &

committee. It was amazing to see so much fun had by all, while supporting an excellent community and cause.”

In total, the Glenn Howard Golf Tournament has raised more than \$650,000 for the GBGH Foundation since 2016, supporting vital equipment investments such as scope cleaning machines, automated medication dispensing units and surgical expansion.

“The investment that the Glenn Howard Golf Tournament is making in GBGH is incredible,” shares Nicole Kraftscik, executive director, GBGH Foundation. “These pieces of equipment are having a tangible impact on patients, through increased access to surgery close to home, sterile instruments for outpatient procedures and increased safety in medication delivery. We are so proud to partner with Glenn & his committee to empower our hospital.”

ALLISTON RESIDENT’S DREAMS ARE NOW DREAMIER WITH A \$1 MILLION LOTTO MAX MAXMILLIONS WIN



LOTTO MAX odds have shone in favour of Roy Benotto of Alliston! He won a MAXMILLIONS prize worth \$1 million in the October 7, 2022 LOTTO MAX draw.

Roy, a 55-year-old father and grandfather, is an occasional lottery player who purchases tickets when the jackpots are high. “I was at home with my wife checking my tickets using the OLG App when I saw the Big Winner screen appear. I thought ‘No way’ and checked it a few more times to be sure,” he shared while at the OLG Prize Centre in Toronto to pick up his winnings. “I started shaking and after a few

choice words, my wife came over to see for herself.” Roy said his wife thought he was joking until she got a better look. “It was such an unbelievable moment. It’s the best feeling in the world – I can’t wait to see the looks on our children’s faces when we surprise them at Christmas.”

He plans to share this win with his wife and children. “I joke and say I have a million-dollar wife now,” he laughed. “We will do some home renovations and travel. First stop, a sunny beach vacation.”

The ticket was purchased at Pioneer Snack Express on Victoria Street in Alliston.

How Can A Mortgage Pre-approval Help You?

The home-buying process can be stressful at times, but there are ways to limit unnecessary anxiety. One of them is getting pre-approved for a mortgage.

To put it simply, being pre-approved for a mortgage means that a lender confirms that you’ve qualified to borrow a certain amount of money for the purchase of a home. Pre-approval is based on various factors, and the process involves several different steps.

As the borrower, you should shop around for mortgages and compare options from different lenders. Throughout this process, you will learn the maximum amount of mortgage you qualify for and the estimated mortgage payments on the amount borrowed, while locking in an interest rate for up to 130 days from the date of the pre-approval. This latter point is especially timely, with recent interest rate increases impacting borrowers of mortgages and other types of debt.

On the lender side of the process, they will look at your financial circumstances including your income-to-debt ratio, credit score and financial history. The lender uses all these factors to assess your borrowing risk and determine the amount of mortgage, interest rate and terms you’ll qualify for. It is important to note that the mortgage pre-approval process does not guarantee you will be approved for a mortgage.

Source:// <https://blog.remax.ca/5-reasons-why-you-should-get-pre-approved-for-a-mortgage/>



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Steve Francom Retires



Wasaga Distribution announces the well-deserved retirement of Mr. S. Frankcom, after 27 dedicated years of service to Wasaga Distribution. Steve also worked 9 years at Mississauga hydro. Congratulations Steve and all the best for a well deserved retirement.

How can my identity get stolen? Social Media and Mobile Devices

It is important to remember that vulnerability to identity theft lies not in the technology itself, but in how the technology is used. Social media encourages the sharing of personally identifiable information such as: birthday, address, phone number, emails, family members, pet names, high school, and work history.

Here are just a few of the ways your information can get stolen via social media and mobile devices2:

- **Phishing:** Phishing attempts using personal information can be used to gain trust in order to obtain non-public information through online conversations;
- **Geolocation:** GPS-enabled phones sharing your location can reveal sensitive information like your home address, work address and the places you visit;
- **Applications:** Ninety-five per cent of Facebook profiles have at least one application, many of which are not reviewed and can be used for malicious and criminal purposes;
- **Fake Accounts:** False profiles can be used to fuel resume fraud or defamation of character. A Canadian reporter was recently defamed via a false profile that included misleading posts, poorly considered group memberships and intellectually inconsistent political positions; and
- **Account Linkage:** An American soldier abroad in Iraq discovered his bank account was repeatedly being accessed online and drained. A security expert was able to replicate access with nothing more than his name, email and Facebook profile;

The OPP is a division of the Ministry of the Solicitor General, the largest operational ministry in the province with a presence in every community across Ontario. We are the largest police service in Ontario and the second largest in Canada.



THIS IS THE PLACE.
Community-Led Writers' Group
2nd Wednesday of the month, 6-7:30pm



Community-Led Writers' Group

In person

2nd Wednesday of the month beginning January 11, 6-7:30pm

Join an enthusiastic, informal and volunteer-led writer's circle to improve your craft, regardless of your level of experience. Open to all genres – this group is open to anyone interested in the writing process. For more information contact Jenn at jpaquette@midlandlibrary.com.



Books 'n' Brews Book Club

In person

Wednesday, January 18, 6:30-8pm

The Books 'n' Brews Book Club meets bi-monthly at local pubs/restaurants to discuss our latest book club pick.

This month we're reading: Gutter Child by Jael Richardson

This month's meeting place: The Boathouse Eatery (177 King St, Midland, ON L4R 3L9)

For more information or to register for our upcoming session, visit us online or call (705) 526-4216. Space is limited.



Live Music in the Library!

In person, drop-in

Saturday, January 21, 1-3pm

Drop in for an intimate and acoustic concert featuring popular tunes and original songs performed by local musicians Matt Playne.

Tips & Strategies for Using FamilySearch in Your Genealogy Research

In person

Join Family History consultant Linda Hayward for a presentation on using FamilySearch to kickstart your genealogy research!

• **Tues., Feb. 14, 10:30-11:30am – Part 1: Introduction**

• **Tues., Feb. 28, 10:30-11:30am – Part 2: Advanced Tips**

Register online or by calling 705-526-4216.



THIS IS THE PLACE.
Get Organized with Eryn Moreau
Wednesday, February 15, 6-7pm



Get Organized with Eryn Moreau

In person

Wednesday, February 15, 6-7pm

Binge-watching The Home Edit? Eryn Moreau of Get Organized with Erin shares her insights on paring down a lifetime of stuff to simplify your home. From everyday organizing tips to big projects, learn how to organize intentionally in your space, including how you can use the MPL MakerPlace to preserve family memories and declutter your home.

Register online or by calling 705-526-4216.



THIS IS THE PLACE.
Fall Prevention Coffee Chat
Tuesday, January 24, 2pm



Fall Prevention with Simcoe Muskoka District Health Unit

In person

Tuesday, January 24, 2pm

Stop by for a warm beverage and a chat with Simcoe Muskoka District Health Unit about preventing falls while enjoying a healthy active lifestyle.

Register online or by calling 705-526-4216.

Perspective: A Documentary Series

In person

January - May

A documentary series designed to offer a variety of perspectives & world views from across the country and spark discussion of current issues affecting Canadians.

o **Tuesday, January 3, 2pm – Standing on the Line**

Breaking the code of silence that prevails on the field, on the ice and in the locker room, this film takes a fresh and often moving look at some of our gay and lesbian athletes, who share their experiences with the camera. They've set out to overcome prejudice in the hopes of changing things for the athletes of tomorrow. **Content warning:** Suicide and self harm

o **Tuesday, February 7, 2pm – We Were Children**

In this feature film, the profound impact of the Canadian government's residential school system is conveyed through the eyes of two children who were forced to face hardships beyond their years. As young children, Lyna and Glen were taken from their homes and placed in church-run boarding schools, where they suffered years of physical, sexual and emotional abuse, the effects of which persist in their adult lives. We Were Children gives voice to a national tragedy and demonstrates the incredible resilience of the human spirit. **Content warning:** physical, sexual, and emotional abuse against children

Register online or by calling 705-526-4216.

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Obituaries



GAUDON, Sherri-Ann

Passed away suddenly at St. Michael's Hospital, Toronto on Monday, December 26, 2022. Sherri-Ann (nee O'Leary) of Elmvale, cherished mother of Rhys and Shayla. Dear daughter of Ruth (Jim) Gilbert and Ted (Marie) O'Leary. Partner in life of Billy Dos reis. Loved sister to April Bath, Gloria (Rino) Stornelli, Shawn O'Leary, Darlene (Mike) Pearson, Arlene (Mark) Elliott, predeceased Bonnie Stephens (Leo) and Liz Head (Bruce Jones). Lovingly remembered by many nieces, nephews, great nieces and nephews, aunts, uncles, cousins and friends near and far. Sherri-Ann will be missed by her extended biker family. She was in her happy place when she was riding her bike "Prince" and enjoying 'freedom on the road'. She looked forward to holidays when she could strap on her helmet and leather to travel. She was able to visit many states in the U.S.A. as well as trips to the east coast in Canada, most recently a trip to Mexico. Sherri-Ann will be remembered for her love of all things purple, her kindness and for very rarely ever being angry. Her cats 'Luna' and 'Bean' are missing her.

A visitation will be held on Monday, January 2, 2023 at Lynn-Stone Funeral Home, Elmvale from 2 - 4 pm and 6 - 8 pm.

A funeral service will be held at 1 pm on Tuesday, January 3rd at the funeral home. The service can be viewed on YouTube about 12:55 pm; search: Lynn Stone Funeral Home

A private interment will take place at Elmvale Cemetery in the spring.

In lieu of flowers please consider donations to Canadian Mental Health Association in Sherri-Ann's memory.

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



HARVEY, Thelma Dorothy

Passed away peacefully at the Sara Vista Nursing Centre on Friday, December 30, 2022. Thelma Dorothy Harvey (nee Leach) of Elmvale in her 100th year. Beloved wife of Donald Bertram and the late William Harvey. Dear mother

of Patricia (Kent) Granlund. Grandmother of Ryan (Chantelle), Marc (Ang), and Julianna (Jay). Great grandmother of Eva, Liv, Lukas, Liam, Kai, Brielle, and Adalyn. Thelma will be missed by her extended step family, Judy (Wayne), Jane (Murray), Joan (Larry) and their children and grandchildren.

A visitation will be held at the Lynn-Stone Funeral Home in Elmvale from 2-4 and 6-8 pm on Wednesday, January 4. A funeral service will be held at the Elmvale Presbyterian Church on Thursday, January 5 at 2 pm.

Cremation with a spring interment at the Elmvale Cemetery.

Memorial donations may be made to the Elmvale Presbyterian Church in Thelma's memory.

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

In Memory



In loving Memory of

Luc Desroches

who passed away
January 7th, 2015

*We often think of bygone days
When we were all together
The family chain is broken now,
But memories will live forever
Sadly missed along life's way
Quietly remembered every day
No longer in our life to share
But in our hearts, he's always there.*

Lovingly remembered by wife Leona and family.



Obituaries



BLANCHARD, Robert David

Spencer

Passed away peacefully at home on Wednesday, December 28, 2022. Spencer Blanchard of Barrie in his 25th year. Beloved son of Tracy and Shane Blanchard and brother of Lila. Loving fiancée of Victoria

McLarty. Grandson of Doug (Leighlea) Dwinnell and Penny (Randy) Bauer. Spencer will be missed by his best friends that were always by his side, Keegan Hines and Colin McLeland. He will be fondly remember by his many aunts, uncles, extended family and friends.

Spencer loved life, he enjoyed playing, fixing, and tinkering with his truck and the loud exhaust. On a special trip to visit family in Corner Brook, he asked the love of his life Victoria to marry him. The two of them recently raised a puppy together that brought them so much joy.

A visitation will be held at the Lynn-Stone Funeral Home in Elmvale on Friday, January 6 from 7-9 pm. A funeral service will be held at the funeral home on Saturday, January 7, 2023 at 1 pm.

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



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Thank You

THANK YOU

We would like to thank everyone for the food, cards, flowers, donations, and all the calls and support at this difficult time. A special thank you for the tremendous help from the Lynn-Stone Funeral Home staff, Rev. Mason, and the Presbyterian Church members for lunch and warm hospitality.

Joan Snedden and Family

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4-H Banquet Dec 8 2022



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For over a century, 4-H Ontario has built youth into leaders in their communities and positive contributors to the world. With roots in rural Ontario, 4-H Ontario is open to all youth across the province. 4-H brings together youth aged 6-21 and passionate, engaged volunteer leaders to learn about selected topics through fun, hands-on activities and mentorship. There are also provincial camps, conferences, competitions and national and international travel opportunities available.

In 4-H, youth find a place they can be involved, accepted, valued and heard while developing valuable life skills in leadership, business, self-confidence and more. The 4-H Pledge; I pledge my Head to clearer thinking, my Heart to greater loyalty, my Hands to larger service, my Health to better living for my club, my community, my country and my world. The 4-H Motto is to Learn To Do By Doing. Congradulations to all 4-H members. I big thank you to Elmvale Lions and Flos Agricultural Society.



Photo above: Dec 8, 2022 4-H Banquet. Awards were given by Elmvale Lions to outstanding 4-H members for winning at the Elmvale Fall Fair. Photo below from left to right, Morgam Walker, Beef Champion Showperson and Overall Grand Champion; Faith Walker, Beef Res Champion Showperson; and Josh Stone, Reserve Grand Champion. Photo on right top, Grand Champion Animal for Dairy, Tyler Phillips.



4-H Achievement Day:

Beef Club:

Champion Calf: Faith Walker
Champion Yearling: Morgan Walker
Champion Showperson: Morgan Walker
Res Champion Showperson: Faith Walker

Elmvale Dairy Club:

Grand Champion Animal: Tyler Phillips
Reserve Grand Champion: Cameron Robertson
Champion Showperson: Josh Stone
Res Champion Showperson: Sydney Robinson
Overall Grand Champion Showperson : Morgan Walker
Reserve Grand Champion Showperson : Josh Stone



Views from the Cottage by Melanie Martyn



THIS YEAR I RESOLVE TO...

...never make a New Year's resolution again! We have all made them. Some live up to their well thought out self-promises, but, for the most part, the optimistic pledges seem to evaporate like the fizz in our champagne (or soda) toast!

There is nothing neutral about these best intentions. They are either a 'to do' or 'not to do.' Hmm... sounding an awful lot like Shakespeare. We can all thank the Ancient Babylonians who some 4,000 years ago (it is estimated), began the yearly pledges and this celebration of the New Year. At that time, however, the celebrations were held in mid March at the time they were planting the new crops. A festival named Akitu was held for 12 days wherein statues of the deities were paraded through the city streets, and rites were enacted to symbolise victory over the forces of chaos. Can you imagine a party of that duration today? Now that might bring about more chaos than we already enjoy these days! (sarcasm noted)

It wasn't until about 46 BC that Caesar introduced the Julian calendar to honour the Roman god, Janus. He had two faces symbolically, one to look back and one to look forward. This truly is what we do to this day. We reflect on the year so quickly passed, but more importantly, we look optimistically to the New Year and the chance to make a difference in our lives and hopefully in the lives of others.

An early 20th century postcard quotes:
"A RESOLVE...For Every Morning of the New Year
I will this day try to live try to live a simple, sincere, and serene life; repelling promptly any sign of discontent, anxiety, discouragement, impurity, and self-seeking; cultivating cheerfulness, magnanimity, charity, and the habit of holy silence; exercising economy of expenditure, carefulness in conversation,



diligence in appointed service, fidelity to every trust and a child-like trust in God."

Another 'olde' postcard reads:
" Y O U R NEW YEARS RESOLUTION,
Resolve to renew all your old resolves and add a few that are new. Resolve to keep them as long as you can. What more can a poor man do!"
Now if I reflect back on all my past resolutions and if I'd lived up to some at least, then I'd: 'be fluent in French, an author of at least one novel, have all my family photos in albums, be able to

part with all my knick-knacks, have the best abs and finally be able to fit into those size 4 jeans again!' Hey, losing weight would be easy if I could just decide which leg I could live without.

The New Year brings with it, a chance to renew attitudes and renew your individual hopes and dreams. We look back with a few regrets possibly, but primarily we look forward to accomplishing goals whether they are a 'to do' or 'not to do.' That is the question....

This New Year I feel blessed and grateful for family, friends, and loving pets. My resolution is to continue to live up to the catchphrase on my cards: "Always there to help!"

May you all have a blessed and HAPPY NEW YEAR!!



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