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# Springwater NEWS

Edition 645 - February 16, 2023 Serving Springwater & Tiny Townships and surrounding areas

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**CANADA**  
**FAMILY**  
**DAY**  
**FEBRUARY 20**



## Family Day, 15 Years of Doing What you Want

Written by Linda Belcourt, Editor

February 14, 2023 - Family Day has been an Ontario holiday since 2008. Although it's not a holiday with specific traditions and history among families, like other holidays such as putting up a tree for Christmas, chocolate for Easter and fire works for Canada Day, I think what's wonderful is that we can do whatever we want - which is so refreshing.

Research on local Family Day activities is not an easy task, I think partly because commercialization of this holiday has not reached its peak. This is in my opinion, is good news for families. We have the opportunity to spend time together in a way that best suits our own family. A blog article by Parenting NI supports the importance of families spending time together. "Families who share everyday activities

together form strong, emotional ties. Studies have found that families who enjoy group activities together share a stronger emotional bond as well as an ability to adapt well to situations as a family." ([www.parentingni.org/blog/time-together-importance](http://www.parentingni.org/blog/time-together-importance))

Family bonding is so good for us, and this doesn't mean you have to stay at home! In this edition, I have included activities we can do this Family Day holiday in Wasaga Beach, Penetanguishene, and Midland. **Refer to Page six for full details on these events.**

In **Wasaga Beach** you can take part in **Snowman Mania**, It runs all weekend with Friday night featuring music, Fire Spinning performances, and fireworks. Other Activities going on at the RecPlex, Outdoor Inflatable Maze, Kick Sled Track, Axe Throwing, Free Sausage sizzle, Cozy up by the fires and enjoy marshmallow treat and a hot chocolate in the igloo. At the **Wye Marsh Wildlife Centre** in Midland you can step out onto the trails, enjoy the beauty of nature, and make new memories together this Family Day!

Experience the best of winter fun by learning all about animal tracks, scats & signs. See some of our raptors & reptiles up close and learn what makes

them unique, and SO MUCH MORE!

**Penetanguishene's Discovery Harbour is hosting the Mid-Winter Social NEW 2023 EVENT**

Kick off Discovery Harbour's 50th anniversary year with our Mid-Winter Social event happening February 18-20, 2023. They have many other exciting events planned throughout the year that the whole family will love like Ghost Tours and Pumpkinferno!

**About the Mid-Winter Social**

Discovery Harbour kicks off their 50th anniversary celebrations by welcoming visitors to the historic site in tandem with the Town of Penetanguishene at their 75th Annual Winterama on February 18-20, 2023 from 11:00 a.m. – 4:00 p.m. daily. Check out page six for a detailed list of activities for families to do in Springwater. Although the weather is not co-operating with some of these activities, just check ahead of time to ensure they're going ahead. There are lots of activities happening in our beautiful community.

Whether you are visiting local events, watching movies, skating on indoor ice rinks, playing board games, taking part in craft activities, or having fun with family and friends, my wish for you is that you are able to enjoy this Family Day weekend with those you love.



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EDITOR’S NOTES

by Linda Belcourt, Publisher, Editor, Owner

This edition contains lots of Family Day Activities and lots of articles on travel. It is the season to travel to warmer destinations.

Springwater News is one of the only local papers left that is free and delivers to all residents in both townships. In fact there are not many newspapers with local news, for free, in Ontario. Canada Post has a service that is called neighbourhood mail that ensures all residents in Springwater and Tiny get the Springwater News. Other papers cover parts of these townships but not on the whole.

Pictured, on the right, is my remote office in Costa Rica. Internet is excellent but cell service does have some limitations. If you can’t reach me, please email or use “Whats App” to call me urgently. Thank you to my ‘Boots on the Ground’ for all your assistance.



LETTERS TO THE EDITOR

Please submit your letters to the Editor.

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

An Open Letter from Eastern Canadian Grain Growers

February 9, 2023 - Our farmers need your help. They are facing a 2023 planting and growing season filled with risks that they could not have foreseen

To: The Government of Canada

Over the last year, Eastern Canadian farmers have done everything they can to produce an abundant grain crop that will help Canada and the world meet their food needs. The atrocity of the Russian invasion of Ukraine had an unparalleled impact on the world’s grain supply and neighbouring countries and people across the world worried about where they would get their grain, placing a higher expectation and demand on Canada’s farmers.

Growing our grains was made difficult for several reasons:

1. The rising costs of tools needed for food production were, and are, astronomical, even allowing for strong grain prices
2. Geopolitical and weather events in Canada and around the world were, and are, putting pressure on input costs
3. Russia and Belarus have traditionally been a source of fertilizer for plant nutrition for Eastern Canada farmers and as sanctions were put in place, farmers and fertilizer companies needed to source from other areas of the world
4. Sourcing from places other than Russia and Belarus has resulted in access and availability problems
5. Canadian tariffs on fertilizers cost farmers more than \$34 million dollars in additional costs – at a time when the need for grain is so great and farmers must use fertilizer to produce enough food
6. Canadian tariffs have remained with farmers bearing the cost even though the UN and countries around the world from the European Union, the United States, and more have removed any tariffs as the need for food is much more important

In December 2022, Deputy Prime Minister Chrystia Freeland and Agriculture and Agri-Food Minister Marie-Claude Bibeau ensured farmers they were working on way to return the \$34 million in tariff

money that was paid by farmers. Farmers requested that the monies be returned directly to farmers, who have borne this utterly unreasonable cost.

In the last month, there has been no word from either Minister’s office on the plan to return these funds to farmers.

In February, Canada will celebrate Canada Ag Day – a day to recognize all the effort and skill required to produce the food that Canada and the world needs. Eastern Canadian farmers are leaders in sustainable farming from cover cropping, to crop rotation, to water health best management practices, to environmentally sound tilling practices, and unmatched biodiversity and robust ecosystem planning. Eastern Canadian farmers are the foundation for more than 100,000 Canadian jobs and are responsible for more than \$20 billion in economic output. There is a lot to celebrate.

But our farmers need your help. They are facing a 2023 planting and growing season filled with risks that they could not have foreseen – chief among them is access to fertilizer and increased costs that go far beyond any increased income.

We are ready to help our government with the following:

1. Immediate action to return the fertilizer tariff monies directly to the farmers who bore the cost; and
2. A plan to remove any impediments on farm input supply chains (for example the removal of current tariffs); and
3. A longer-term plan to help the agriculture industry source plant nutrition and other inputs from non-sanctioned sources; and
4. Longer-term investment in alternative plant nutrition technologies and domestic production innovation.

As a group, Grain Farmers of Ontario, Quebec Grain Growers and Atlantic Grain Council will always fight for actions that safeguard Canada’s ability to produce food.

*Yours, Roy Culberson, Chairman , Atlantic Grains Council; Brendan Byrne, Chair Grain Farmers of Ontario; Christian Overbeek, President Producteurs de grains du Québec*



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or e-mailed 24 hours a day.

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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

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**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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Elmvale Food Bank

Elmvale & District Food Bank is Giving  
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Food list of Items Currently Needed

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Cream corn  
Cream of Chicken Soup  
Canned Stew  
Canned Chilli  
Canned Meat - canned chicken  
Kidney Beans  
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Soda Biscuits  
Cookies  
Cake Mixes  
Pudding Mix  
Drinking Boxes  
Green or Yellow beans in can  
Canned Tomatoes

The food bank will gratefully accept any donations of food items. When these items are donated it will save them from having to purchase these items.

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## Welcome to Elmvale! Rumi's Resto and Chocolate Bar



Photo above: Deputy Mayor George Cabrel, Chef Haroon Karimi, Rumi's Owner Roshan Kunalingam, Matt Garwood, Ward 1 Councillor and Palace owner, Francis Horgan

February 12, 2023 - Elmvale has a new business in town, Rumi's Resto and Chocolate Bar located at 13 Queen St W, Unit B and is right beside the Palace Tavern on the main street of Elmvale. Rumi's had a soft launch opening on Feb. 10, 2023. Rumi's was busy during the soft launch opening. They offer dine in or take out.

Roshan Kunalingam has spent summer's at Wasaga Beach for years and thought Elmvale was a nice town to start up a restaurant. Enjoy an experienced chef's quality of cooking at this quaint restaurant.

There is something for everyone. Rumi's offers

authentic Mediterranean cuisine and classic Canadian food choices. The wings are very good and I imagine that rest of the food is as well. Breakfast is offered. The kids menu has a large selection to choose from and there are vegetarian and vegan options. The desserts look so good! Imagine Carmel Carrot Cheesecake topped filled with chunks of carrot cake drizzled with a caramel duo blend. The chocolate brownie is topped with ice cream and draped in chocolate syrup. There are more desserts to choose from. Daily specials are offered seven days a week and are very reasonably priced.



The restaurant is open seven days a week with hours of Monday to Thursday 11am to 11pm, Friday and Saturday 10am to 12 pm and Sunday 10am to 10pm.

Come out and enjoy high quality food for very reasonable prices. A family of four can dine for around \$50. Call Rumi's at 705-322-2480.

It is wonderful to see a new business start up.

If anyone has a new business opening please contact Springwater News for a article in this new section.

Written by Linda Belcourt, Editor

## Elmvale Lions Give to Community Supports



Photo above on left: Lion Jerry Rebidoux, Lion Bob Murray, Lions of Canada, Lion Jen Rebidoux, Dog Guides Janet Marissen and Lion Jim Elliot.

February 6, 2023- Elmvale Lions Club recently made donations to the Lions Foundation of Canada, Dog Guides, and the Georgian Bay Cancer Support Centre. Donations such as these wouldn't be possible without the ongoing support from the community for the Clubs annual Truck Draw fundraising campaign and the Golf Tournament. 100% of the proceeds raised are giving back to the community. On behalf of the Elmvale District Lions Club, thank you for supporting our events and fundraising campaigns . By doing so you're helping make a huge difference.

Lions serve where we live, we are ready whenever, and however, our communities need us. New members welcome join us in making our communities and the world a better place to live. Contact Jerry Rebidoux, Club Membership Chair at lion.jerryr@gmail.com to learn more and how you can get involved.

Submitted by Lion Jen Rebidoux



Photo above on left: Laurie Van Zeyl, Lion Wayne Corrigan, Kathy Wolfer Board Chair GBCSC, Lion Mark Columbus, Lion Jim Elloit , Eric Walter ED GBCSC, and Lion Murray Truax.

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# Township of Springwater Link

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February 16, 2023

## Upcoming Meetings

### Elmvale BIA Meeting

Thursday, February 16 at 5:30 p.m.  
Virtual - email [info@elmvalebia.ca](mailto:info@elmvalebia.ca) for link

### Anten Mills CRA AGM

Thursday, February 16 at 7:30 p.m.  
Anten Mills Community Centre

### Cultural and Heritage Advisory Committee

Wednesday, February 22 at 5:30 p.m.  
Township Administration Centre

### Committee of Adjustment

Wednesday, February 22 at 6:00 p.m.  
Township Administration Centre

### Council Meeting

Wednesday, March 1 at 6:30 p.m.  
Township Administration Centre

Council and Committee of Adjustment meetings are live streamed online at [springwater.ca/Live](https://springwater.ca/Live). To view the meeting agendas, please visit: [springwater.civicweb.net/Portal](https://springwater.civicweb.net/Portal)

## Join the

## Elmvale CRA

February 21 — 7:00 p.m.  
Springwater Room (Elmvale Arena)

Do you live in Elmvale? Want to make a difference in your community?

The Elmvale Community Recreation Association is being revitalized and is looking for members. The AGM will be held on Tuesday, February 21 at 7:00 p.m. in the Springwater Room, located on the upper level of the Elmvale Community Arena. The election of board members will take place during the AGM.

## Water & Wastewater Billing

Residential water/wastewater bills have been mailed. Payment is due by February 27, 2023. To see a list of payment options, visit: [springwater.ca/water](https://springwater.ca/water)

## Seasonal Load Restrictions

The reduced load period in Springwater starts March 1 and ends April 30. By-law 2009-079 restricts loads on most Township roads to 5 tonnes per axle. The imposed weight restrictions help protect municipal infrastructure during the spring thaw, when road damage is most likely to occur.

For more information about the reduced load period, please contact our Roads & Fleet department at 705-728-4784 x2012 or [roadsandfleet@springwater.ca](mailto:roadsandfleet@springwater.ca).

## Interim Tax Billing

The 2023 interim tax bills have been mailed. Installment due dates are:

- Wednesday, February 22, 2023
- Wednesday, April 19, 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.

P. 705-728-4784 | F. 705-728-6957 | E. [info@springwater.ca](mailto:info@springwater.ca) | [springwater.ca](https://springwater.ca) | [@springwatertwp](https://twitter.com/springwatertwp)

## Township of Springwater Tax Increase Creeps Up to 3.91 Per Cent

By Dominika Zapolnik  
February 12, 2023

The tax rate increase for Township of Springwater residents continues to creep up and now sits at 3.91 per cent after the latest special budget meeting. For an average home assessed at \$493,000, this means a \$161.95 (\$13.50 per month) property tax increase over 2022 levels.

For this 2023 draft budget, council voted to:

- adjust the proposed \$7,500 council discretionary budget to \$5,000 for each member of council per year
- add \$33,200 for a seasonal position to support the Springwater Farmer's Market
- update the Hillsdale Pavilion by painting a pickleball court and adding a permanent basketball net with \$2,000 funded through taxation

Coun. Garwood put forward the motion for the new seasonal position to support the farmer's market stating that he had "... heard this from many folks within the community and echo their support and their concern for the market's future."

The motion was seconded by Coun. Alexander who said that what she liked about the motion was it allowed council "... to take a step back, look at the farmer's market, how it's run, (and) what can we do to make it grow through a contract position so we're not tying ourselves (up) long term." Alexander also added that she had conversations with the township CAO who said that markets are often run by volunteers

and supported by municipalities depending on the community.

Opposition to the motion came from Coun. Fisher, who said that he didn't see the market as "... an economic driver from an agricultural perspective" and that he didn't think it should be the responsibility of the taxpayer to support it. Deputy Mayor Cabral agreed and suggested that since "... the market ran without township involvement for probably 12 years ..." he didn't see the need to hire someone to support it.

Mayor Coughlin offered her support of the motion stating that it is "... a compromise and a great opportunity for the market to continue and hopefully, for us as a municipality to see it grow."

The motion was carried by Mayor Coughlin, Coun. Alexander, Coun. Garwood, and Coun. Thompson who voted in favour.

Deputy Mayor Cabral put forward an amendment to lower the discretionary fund allotment to \$5,000 per member of council per year with carryover allowance for unused amounts. The motion was originally brought forward by Cabral at the Jan. 20 budget meeting and proposed \$7,500 per year for members of council "... for use within their respective ward for special purchases, services, events and other worthwhile causes which in their opinion would be meaningful, beneficial and worthwhile to their ward and residents."

Coun. Thompson proposed that the discretionary budget be pulled altogether, and that the current \$1000 discretionary budget be maintained, citing that "... in the last four years, the five councillors in the five different wards ... have used a total of \$600 in total ... which equates to about \$30 per year per ward."

Deputy Mayor Cabral countered stating that "... due to the pandemic many of the things that would have come from the fund ... didn't happen."

Despite reservations from township CAO Schmidt advising members of council against being involved in the procurement process, citing the Collingwood Judicial Inquiry, and Mayor Coughlin's questions related to policies and process, the motion was passed with Deputy Mayor Cabral, Coun. Alexander, Coun. Fisher and Coun. Moore voting in favour.

The draft 2023 budget was first tabled during a Jan. 16 special council budget meeting, where township staff proposed a 3.52 per cent blended tax rate increase. After council deliberations on Jan. 20 the tax rate increased to 3.86 per cent and, after this most recent budget meeting, now sits at 3.91 per cent.

This latest draft budget will be referred to the next meeting of council on Feb. 15 at 6:30 pm for approval. The meeting can be viewed live at the Township Administration Centre located at 2231 Nursery Road in Minesing or online at: [www.springwater.ca/live](https://www.springwater.ca/live)  
(This article is not from Township of Springwater but from a journalist of Springwater News)

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**Public Notice - Township of Springwater Official Plan**  
Pursuant to Section 17(17) of the Planning Act, R.S.O. 1990, as amended

A Public Open House and a Public Meeting will be held to present a new Official Plan for the Township of Springwater. The new Official Plan will modernize land use planning policies that will guide our community's growth and development for the next twenty-five years. This includes policies related to Growth Management, Infrastructure, Natural Heritage & Hazards and General Land Use Policy. We would like to hear from you as we finalize the new Official Plan before Council adoption.

**What is an Official Plan?**

An Official Plan is a long-range planning document containing goals, objectives and policies to guide land use, development and growth in the municipality.

**Why is a new Official Plan being prepared?**

The Township's current Official Plan was adopted in 1997 and has been amended more than sixty times. The new Official Plan will ensure the Township's planning policies conform with current Provincial policies and the County of Simcoe Official Plan. The new Official Plan has been drafted through the consideration of community and stakeholder input as well as planning studies and reports completed by the Township in recent years.

**We want to hear from you!**

We encourage you to get involved and share your input. There's no better time to join important discussions that will help shape the future of our community. You can provide input in several ways:

**1. Reviewing Official Plan Materials**

You can review the draft Official Plan by visiting [www.springwater.ca/OPR](http://www.springwater.ca/OPR)

**2. Provide Written Comments**

Written comments about the Official Plan may be submitted via post or email. Please allow time for your comments to be received in advance of the meeting:

[publicmeetings@springwater.ca](mailto:publicmeetings@springwater.ca) or Township of Springwater  
Attn: Planning Department  
2231 Nursery Road  
Minesing, ON L9X 1A8

**3. Participate at an Upcoming Event**

There are two upcoming opportunities to learn more about the new Official Plan. For each meeting, you may ask questions and provide comments. Registration is required to make an oral submission. To register please contact the Planning Department at [publicmeetings@springwater.ca](mailto:publicmeetings@springwater.ca) or call 705-728-4784 Ext. 2019 prior to the registration deadline.

**4. Staying Informed**

If you wish to be notified of the decision of Springwater Council on the proposed Official Plan, you must make a written request to the municipality via email or letter. Otherwise, stay tuned to the project website for updates.

If a person or public body would otherwise have an ability to appeal the decision of Springwater Council to the Ontario Land Tribunal (OLT), but the person or public body does not make oral submissions at a public meeting or make written submissions to the Township prior to the proposed official plan being adopted, the person or public body is not entitled to appeal the decision.

If a person or public body does not make oral submissions at a public meeting or make written submissions to the Township of Springwater before the proposed official plan is adopted, the person or public body may not be added as a party to the hearing of an appeal before the Ontario Land Tribunal (OLT) unless, in the opinion of the Tribunal, there are reasonable grounds to add the person or public body as a party.

**Upcoming Events:****Statutory Public Open House**

Thursday, February 23, 2023

6:00 p.m. to 9:00 p.m.

In person at the Township Administration Centre and virtually via Zoom (meeting ID: 880 4265 5218)

Oral Submission Registration Deadline:

Wednesday, February 22, 2023 at 4:30 p.m.

**Statutory Public Meeting**

Wednesday March 8, 2023

6:30 p.m.

In person at the Township Administration Centre and virtually via Zoom (meeting ID: 894 9591 5553)

Oral Submission Registration Deadline:

Tuesday, March 7, 2023 at 4:30 p.m.

To make an oral submission, please contact the Planning Department at [publicmeetings@springwater.ca](mailto:publicmeetings@springwater.ca) or 705-728-4784 Ext. 2019 prior to the registration deadline.

For more information on this matter, including information about appeal rights, visit [www.springwater.ca/OPR](http://www.springwater.ca/OPR) or contact the Planning Department by email at [publicmeetings@springwater.ca](mailto:publicmeetings@springwater.ca); by phone at 705-728-4784 Ext. 2019; or in person at the Township Administration Centre, 2231 Nursery Road, Minesing, Ontario.

## LOCAL FAMILY DAY EVENTS AND ACTIVITIES

### WASAGA BEACH

#### Snowman Mania

#### **Friday Feb. 17 - Friday Night Kick Off**

Join us Friday evening for Kick off Party at the Wasaga Beach RecPlex-1724 Mosley Street. From 4:30PM-8:30PM

The evening will feature live music by Andre Bisson Rhythm & Blues Experience and headlining the party The Mudmen. Two Fire Spinning performances at 5:00PM and 7:00PM by North Fire Circus and ending with a spectacular fireworks display at 8:15PM

Other Activities going on at the RecPlex, Outdoor Inflatable Maze, Kick Sled Track, Axe Throwing, Free Sausage sizzle, Cozy up by the fires and enjoy yummy marshmallow treat and grab a hot chocolate in the igloo.

New this year! The Snowman Mania Illumination Trail happening on the Oakview Woods Trail. Open all Family Weekend long from 5:00PM-9:00PM

#### **Saturday Feb. 18th**

Join us Saturday at 9:00AM- 8:00PM for a fun filled family day!

10:00AM till 4:00PM Enjoy Horse and Carriage rides, Indoor games garden, Inflatables, Tool box building with the Woodworkers, Active Arts-Children's Dance class and Axe throwing.

Magic show-1:00PM

Join us for a Las Vegas style magic spectacular! Toronto's best illusionist Edllusion and his lovely assistants travel to Wasaga Beach to astound, delight and mystify with their hour long show. Experience the thrill of seeing yourself tricked and watch your friends be baffled!

+19 Comedy Show-Doors open at 6:30PM

Join in on the fun Saturday Feb 18th for the +19 Comedy show at the Recplex. The Wasaga Beach Lions den will be hosting a licensed bar & entrance included with your Snowman Mania button.- Seats are limited so be there early!

Join the Youth Centre at William Arnill Park and toboggan hill between 1pm and 3pm for winter games and activities!

#### **Sunday Feb. 19th**

Lions Club is hosting a pancake breakfast at 9:30AM till 12:00PM in the Lions Den at the RecPlex. Come on out for the Amazing SuperDogs Shows happening at 1:00PM, 3:00PM, and 4:30PM at the RecPlex.

Wasaga Beach Kinette Club will be at William Arnill Park toboggan hill between 12:00PM- 3:00PM for sledding and hot chocolate.

#### **MONDAY 20th**

Start the morning off with a family Skate on the Oakview Rinks and then come inside and warm up and watch the Rock Solid Wrestling at 1:00PM-3:20PM

Put on your skates and head on over to Wasaga Stars Arena at 10:00AM-11:00AM and test your skills with Hockey Circuit. Then stay and skate with the family with a sponsored skate from Kristian Tardiff of Royal Lepage North from 11:00AM-12:00PM

Need a Ride? Ride the Bus Free all weekend with your Snowman Mania button.

#### **Activities Around Town**

##### **FRIDAY 17th:**

4:30PM-6:30PM- Free Family Swim- YMCA- First 100 Snowman Mania button holders

##### **SATURDAY 18th:**

8:30AM-9:30AM- Free Hot Flow Yoga- Wasaga Beach Yoga- Must be +16 to Attend- 1470 Mosley Street, Unit #1

10:00AM-11:00AM- In Person Story Time: The World of Jason George- Canada- Wasaga Beach Public Library

1:00PM-2:30PM- Free Family Swim- YMCA- First 100 Snowman Mania button holders

##### **SUNDAY 18th:**

9:05AM-12:30PM- Family Swim- YMCA- First 100 Snowman Mania button holders

11:30AM-12:30PM- Gentle Flow Yoga- All Ages- Wasaga Beach Yoga- 1470 Mosley Street, Unit #1

##### **MONDAY 20th:**

10:00AM-11:00AM- Skills Contest- Sponsored by Kareem Thomas of Hockey Circuit- Wasaga Stars Arena- 425 River Road West, Wasaga Beach

11:00AM-12:00PM- Family Free Skate- Sponsored by Kristina Tardiff of Royal Lepage Location North

### PENETANGUISHENE

#### Mid-Winter Social NEW 2023 EVENT

Help us kick off Discovery Harbour's 50th anniversary year with our Mid-Winter Social event happening **February 18-20, 2023**. We have many

other exciting events planned throughout the year that the whole family will love like Ghost Tours and Pumpkinferno!

#### **About the Mid-Winter Social**

Discovery Harbour kicks off their 50th anniversary celebrations by welcoming visitors to the historic site in tandem with the Town of Penetanguishene at their **75th Annual Winterama on February 18-20, 2023** from 11:00 a.m. – 4:00 p.m. daily.

#### **All the Activities (Saturday, Sunday and Monday)**

- Jump on the tractor-pulled wagon ride
- Strap on snowshoes and stomp along the snowshoeing track\*
- Feel the wind in your hair on the kids' snow tubing run\*
- Explore historic Keating House and sample apple cider & shortbread cookies
- Warm up in Garrison Hall with hot chocolate and a variety of snacks
- Visit local artisans and vendors in Garrison Hall
- Roast bannock over a roaring open fire
- Watch a black-powder musket firing demonstration
- Enjoy guided tours of the original establishment's Officers' Quarters
- Explore the H.M.S. Tecumseth Centre and check out the real Tecumseth shipwreck and other museum displays
- Live musicians will sing your favourite songs on the outdoor stage
- Say hello to costumed characters from Paw Patrol, Frozen, The Minions and more!
- Try to escape the Brig in our Escape Room Experience (additional charge)

*\*Some activities are weather dependent\**

#### **Georgian Bay Métis Council Activities (Sunday, Feb 19 only)**

- **Listen to live drummers** on the outdoor stage (time TBD)
  - Participate in the traditional game of Snow Snake
  - Tantalize your taste buds tasting soup samples and vote for your favourite
  - Other games, prizes and more!
- Good to Know:
- Service animals only will be permitted at this special event
  - The event will run in most types of weather (sun, rain, snow, ice)
  - The event will take part almost entirely outdoors, please dress for conditions



*Photo above: Marie Belcourt, feeding Chickadees out from her hand, at the Wye Marsh Wildlife Centre.*

### MIDLAND

#### **Wye Marsh Wild Life Centre Family Day Monday, February 20th 2023**

Step out onto the trails, enjoy the beauty of nature, and make new memories together this Family Day!

Have fun outdoors exploring, learning and playing. Experience the best of winter fun by learning all about animal tracks, scats & signs. See some of our raptors & reptiles up close and learn what makes them unique, and SO MUCH MORE!

#### **Family Friendly Activities**

All activities included in the price of admission!

- 9 am – 3 pm Winter Scavenger Hunt
- 9 am – 2 pm Button Making
- 9 am FREE Snowshoe Trials (until 10 am)
- 10 am Feature Creature - Let's Talk Turtles!
- 10 am - 3 pm Snowshoe Challenge - Bring your own or rent a pair for this challenge!
- 11 am Discovery Hike - Trumpeter Swan Story
- 12 pm Snow Painting
- 1 pm Birds of Prey Demonstration
- 2 pm Discovery Hike - Animal Scat, Tracks and Signs

## Get Ready to Ride for Orillia Soldiers' Memorial Hospital!

*Februray 2, 2023-* Get ready to ride, Orillia Soldiers' Memorial Hospital Foundation (Soldiers' Foundation) is adding an exciting new signature event to their roster.

With the success of Charlee's Run, Hospital Classic Golf Tournament, and the Gala, the Soldiers' Foundation wanted to bring a new event to the community.



Soldiers' Ride, a 50/100 km cycling event, will be taking place on Sunday, June 4th, 2023 beginning and ending at Quayle's Brewery in Coldwater. Proceeds from Soldiers' Ride will go towards ensuring excellent patient care at Orillia Soldiers' Memorial Hospital (Soldiers') for generations to come.

"Community support has always been integral to the success of our Hospital", said Carmine Stumpo, president and CEO of Soldiers' and honorary chair of the Soldiers' Ride committee. "We are excited to bring another event to our region."

Cycling is a popular pastime in our region and increases tourism.

According to Tourism Simcoe County in a 2021 report, 169,266 cycling rides were recorded within our region on Strava, a ride tracking website and app.

"Orillia and the surrounding area have a large and very active cycling population that I am proud to be a part of", said Lawre Pietras, Board of Directors' member for Soldiers' and Soldiers' Ride committee member.

"The Soldiers' Foundation currently hosts a couple of sport-based fundraisers annually, but cycling has not been one of them. Hosting a cycling fundraiser is a great opportunity to engage even more of the people we serve."

For many cyclists, events like Soldiers' Ride provide the ability to see new, scenic locations and socialize with other riders.

Soldiers' Ride will begin at Quayle's Brewery and continue through a picturesque route in North Simcoe and Muskoka.

"Soldiers Ride will provide a wonderful opportunity to bring cyclists together from our region and well beyond", Pietras said. "Enjoying a great ride while also supporting our Hospital is certainly a win-win for all."

The event will feature a delectable breakfast, premier rest stations, and an exciting post-event celebration lunch at Quayle's Brewery.

Sponsorship opportunities and registration are now available. Please visit [soldiersride.ca](http://soldiersride.ca) for more information.



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The Overall Winner of the Global Controls Group Cashspiel



Photo above: The overall winner of the Global Controls Group Cashspiel was the Bill Irwin team from Barrie. Bill noted during the awards that he has attend every event except for one, including the approximate 7 years the spiel was put on before the Global Controls Group took over as the title sponsor. The winner of the “A” event was comprised of Chris Krasowski (4th Rock), Don Campbell, Ryan L’Abbe, and Bill Irwin (Skip). February 12, 2023 by Patrick Townes

Season Ends for U11 B Elmvale Coyotes Team



Photo above: The team after their first win: "sticks are unbelievable!"

February 8, 2023 - It's hard to believe, but the 2022-2023 regular season has already come to an end for the U11 B Elmvale Coyotes team. The boys have improved a lot in the second half of the season, battling some top teams. They had their first win of the season, beating the Shelburne Wolves at home with a score of 7-2. There were many close calls and nail biter games that went right to the buzzer, with this half of the season ending with a record of 1-4-3. Thanks to the dedication from Coaches Lalonde, Anderson, Van Loosen and Trainor Seney, the boys are passing better, skating faster, and shooting with more accuracy. While the regular season may be over, there is still a lot of hockey left to play as the team rolls into South Huron for the Bill Batten

Memorial Tournament in mid-February. Playoffs are also around the corner, as well as our very own Maple Syrup Country Tournament mid-March.

The team would like to send a big thank you to the community for supporting their January bottle drive! It was amazing to see so many truck and trailer loads of empties being donated from people in Elmvale, Phelpsston, Hillsdale and beyond. They raised a lot of money to help offset some costs (so their parents say thank you, too)!

As we head into tournaments and playoffs, just remember these wise words, boys: "sticks are unbelievable!"

Photos submitted and written by Alissa Shanahan

Photo below: The U11 B Elmvale Coyotes team collecting for their bottle drive



1	2	3		4	5	6	7		8	9
11				12					13	
14				15					16	
17				18			19		20	
			21		22		23			24
26	27	28				29		30		
31					32		33			
34				35		36				
		37			38		39		40	41
43	44			45		46			47	
48				49					50	
51				52					53	

Across

- 1 Old Testament book  
4 Parking place  
8 Devoured  
11 Bob Marley “ \_\_\_\_ Love”  
12 Brandy fruit  
13 Can  
14 Winning coach in the NFL gets an \_\_\_\_ - bath  
15 Loathe  
16 Length of life  
17 Mettle  
19 Candidate’s goal  
21 Timeline slice  
23 Command to a dog  
26 Lots  
30 Unadulterated  
31 Census data  
32 Freedom  
34 Well-known  
36 \_\_\_\_ set  
37 Exploits  
39 Fields  
43 Candy holder  
45 Kind of beer  
47 Trajectory path  
48 Possess  
49 Radio, e.g.  
50 Mermaid’s home  
51 Word with “dear” or “sir”  
52 Book or loose follower  
53 Paving material

Down

- 1 Make one  
2 A while back  
3 Budweiser  
4 Bailiwick  
5 \_\_\_\_ green  
6 Seeded cereal grasses  
7 Grove view  
8 Neophyte  
9 Price \_\_\_\_  
10 Cyclone center  
18 Poetry  
20 Show one’s face  
22 “ \_\_\_\_ That Jazz”  
24 Paintings  
25 Books legend  
26 Heavy-handed measure  
27 Past  
28 Election data  
29 Canine command  
33 Goatees, e.g.  
35 Thick  
38 Viewed  
40 League division  
41 Specialty  
42 Cut aftermath  
43 Rapture  
44 Wow  
46 “Go on...”

Photo below: Coyotes bottle drive



MIDHURST PHARMACY

Let’s Talk About...

Dry Skin

With Pharmacist Owners Jenna Loughheed and Carolyn Glover  
Dry skin or “xeroderma” describes skin that may be rough to the touch, have mild flaking or peeling and is often very itchy. It most commonly affects the thighs, lower legs, and arms.

Applying a moisturizing cream or lotion at least twice a day can help relieve dryness. If applied just after a bath or shower, these agents can more effectively lock in moisture. If regular use of moisturizers does not provide relief, products containing urea or lactic acid may be used, however be warned these may sting if cuts or scrapes are present. For extremely itchy areas, steroid creams are useful and some mild steroids like hydrocortisone are now available without a prescription. Staying hydrated is also very important.

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## SPIRITUAL and MENTAL HEALTH

## ANNIE'S JOURNAL

by Annie Warner Donnelly



February 13, 2023 - Let's discover what the 1935 story of Boeing's Model 299 (p. 176 in Greg McKeown's book, "Effortless") has to do with us building a Biblical Framework.

"In 1935, rival aircraft companies Boeing, Martin, and Douglas were competing for a lucrative contract to build long-range bombers. Boeing was expected to win. It could carry five times the specified number of bombs and had a range twice as long as its predecessors.

That all changed after its fateful test run. Carrying five crew members, the Model 299 rose gracefully off the runway before stalling at 300 feet, tipping sharply and crashing to the ground. Two of the crew were killed, including test pilot Major Ployer P. Hill.

An investigation found that Major Hill, an Army Air Corps pilot with over 17 years of experience, had forgotten to release the rudder and elevator controls: a fatal error. More instructive, however, was the finding that Hill had been preoccupied by a myriad of other new complex procedures at the exact time he should have been executing these essential tasks. The army concluded that the Model 299 – the most technically sophisticated aircraft of its time – was too complicated for one person to fly and awarded the contract to Douglas."

Are we preoccupied with things that distract us from our essential tasks? Major Hill died because he lost sight of the tasks that would keep the plane flying.

As Christians, it is essential that we love the Lord our God with all our heart, mind, soul and strength and our neighbour as ourself. Will we die having lost sight of the One who is able to help us and keep us in perfect peace regardless of what is happening around or to us?

What can we learn from what happened next to Boeing's Model 299?

"A group of test pilots still believed that the Boeing plane was superior and would give the country a distinct military advantage. They simply needed a tool that would allow a single pilot to manage the advanced aeronautical technology ... And there is such a strategy – though it may seem almost ridiculous in its simplicity ... it's a modest but marvelous tool: the checklist.

Once the Boeing test pilots implemented checklists and flew over and over without incident ... the Army Air Corps ordered thousands of the planes. Renamed the B-17, the Model 299 dropped more bombs than any other US aircraft in World War II and helped turn the tide for the Allies ... the checklist isn't just useful for highly specialized tasks like flying an airplane. As the world gets more complex, we all need tools to help us remember what's important."

A Biblical Framework, whether it is for personal or family use, is like a spiritual checklist that will assist us as we choose to maintain our relationship with our heavenly Father, with Jesus and with the Holy Spirit amidst the increasing complexity of a world that often operates outside of God's word.

Next time, we'll look at how this can work for us.



## Rosie's Devotions

by Rosemary Hagedorn

## Following the Leader

February 13, 2013- I have an entire collection of Walt Disney classic movies on VHS videotape that either I purchased or were given to me as gifts. All my children and grandchildren have enjoyed watching them over the years. But technology changes, and a VHS player has become obsolete. Today, there is a variety of ways to watch old classics, so I am in the process of getting rid of some of these old cassette tapes.

The other day, I decided to watch Peter Pan before putting the tape into the bag with the others. There is a part in the movie where the Lost Boys are singing the following song:

"Following the leader, the leader, the leader,

We're following the leader wherever he may go."

– Oliver Wallace, Ted Sears, and Winston Hibler

This made me question, Who am I following?

In today's society, there are hundreds of voices on the television and the Internet that scream out, "Follow me!" They promise weight loss, look younger, get noticed if we wear this or take that pill to help us get through the day. There are gadgets that stop pain or perform many other so-called miracles, if we only follow the advertiser's commands. I admit that I'm one of those gullible people who has given in to the demands of some of these advertisements on the television.

Christians profess to be followers of Jesus, their Leader, their Saviour, their Helper, and their Shepherd.

**We are His sheep.**

Matthew 9:36 – And what pity He felt for the crowds that came, because their problems were so great and they didn't know what to do or where to go for help. They were like sheep without a shepherd. (TLB)

**Our Shepherd is Jesus.**

John 10:11 – I am the Good Shepherd. The Good Shepherd lays down his life for the sheep. (TLB)

The sheep follow the shepherd.

John 10:27 – My sheep recognize my voice, and I know them, and they follow me. (TLB)

Sometimes, when we give in to false promises or we go astray, Jesus promises to leave the other ninety-nine sheep in order to bring us back into His fold.

Matthew 12:11-12a – This was his answer: "If you had just one sheep, and it fell into a well on the Sabbath, would you work to rescue it that day? Of course you would. And how much more valuable is a person than a sheep!" (TLB)

**Whom are you following?**

Prayer: Lord Jesus, Shepherd of our souls and minds, direct our paths, and be with us as we discern the real from the unreal. Forgive our straying and our listening to empty promises. Help us to follow You in mind, body, and spirit. Amen.



## Ask a Therapist: On Dream-Based Goals

February 12, 2023-

**Q: I read your most-recent column about shame-based goals and I'm curious to know more about dream-based goals - what is the difference between those motivations?**

**A:** Dream-based goals, according to Matthias J. Barker, are goals that are sustained, visioned, and consistent. Unlike shame-based goals, which require that you keep connected to the shaming feelings to stay motivated, dream-based goals are connected to your values in a meaningful way that positively propels you forward towards achieving your goals.

Dream-based goals tend to run towards something as opposed to trying to escape something. If you are motivated by shame, the shame itself and getting away from that awful feeling is the fuel designed to help you accomplish your goal. But, once you run away from it, then you lose the motivation to continue in the goal. With dream-based goals you are not trying to escape something, you are moving towards a vision that you have for the future, towards an ideal that is aligned with your values. Working on physical fitness because you feel ashamed and judged by others is distinctly different from working on physical fitness because it allows you to enjoy your family in active and meaningful ways that being physically unwell would prevent.

Dream-based goals are not focused on a single outcome - lose 20 pounds, read a book a week, compete in a marathon, or the like - rather, they are founded on a vision for a life that is the result of the completion of those goals. To run a marathon is an achievement in and of itself but your commitment to do so might be more related to being part of a community of people training together and committed to healthy active lifestyles and as such connect with a value for belonging. Or it might be something that you are embarking on as a way to feel more connected to your body and the gift that movement brings to it. It might be more about being an inspiration to your children as a role-model for the perseverance and dedication that accomplishing that goal takes. You may embark on a particular goal trajectory where the point is about the character you are building in the process of working towards a goal rather than the actual accomplishment of that goal. It may be about the vitality and energy that you have in everyday life because you are committed to this goal and you have a vision for a life that is marked by those values. In any case, dream-based goals are motivating because they are connected to something that deeply matters to the goal setter.

Finally, dream-based goals allow you to access components of the motivation along the way to completing the goal and, even if the goal is not ultimately accomplished in the way you expected, you still experience the goodness of that process of moving towards it. To continue the marathon example, throughout the training you are experiencing the camaraderie of a group and you are increasing your energy and resilience incrementally and can sense that throughout the process - not just when you cross the finish line. You also may be working through some resistance along the way that is building the character that you are hoping to emulate for your kids. Dream-based goals help people to stay motivated in healthy ways because the journey is aligned with the ultimate reasons and values that matter to them, specifically.

Clearly, dream-based goals will be far more successful because they are created by considering the dreams and values in the core of a person. Goals that come from this place within will have the longevity that people are looking for to sustain change because they are authentic and aligned with things that really matter. If you are having trouble finding that dream-based motivation for your goals or if you feel that most of your motivation is still coming from shame, reach out to a counsellor today to help you create the vision and connections you need to move you forward and achieve those goals!

Covey Wellness Centre is a local spot for all your mental health and wellness needs. We are a team of multi-disciplinary psychotherapists working out of our space at B-12 Stone Street. Our wellness bookshop - which smells and feels like a spa - is open to the public every day except Sunday. Please visit [CoveyWellnessCentre.com](http://CoveyWellnessCentre.com) or drop by for a visit! Follow us on social media @coveywellnesscentre and download and follow at Eventbrite for the latest updates and event tickets!

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HEY DADS!



By Jason Weening

February 13, 2023 - Have you ever flown anywhere with your family? Unless you're a frequent flyer, flying can be hectic, stressful, expensive and more! Flying with nine kids can be all of those things... times nine. Ever since we got married my patient wife and I have talked about taking our kids on a missions trip to show them how people in different parts of the world live. Hopefully, it will make them appreciate their cushy lives and mostly-stocked fridge. So we've decided to take our family to the Dominican Republic for six months to learn, explore, and help some missionaries we know with some projects. Since our giant van doesn't fly or float very well we decided to take other transportation. Last week we woke up in the middle of the night, drove to Pearson airport and (after many line-ups and much luggage being weighed) hopped on a plane and flew south for a few hours.

In anticipation of potentially losing a few kids along the way we took some pre-emptive measures.

The first pre-emptive measure was to get the whole crew matching bright red hoodies and t-shirts complete with Canada flags on the sleeves. In the event of a little one escaping from the pack we could simply ask someone, "Have you seen a kid running away in a red shirt that looks like us?" What I didn't anticipate was the many questions from strangers such as, "Are you a school group?" and, "Are you a team or something?" It seems that there aren't that many families of eleven wandering around Pearson looking lost and all matchy-matchy.

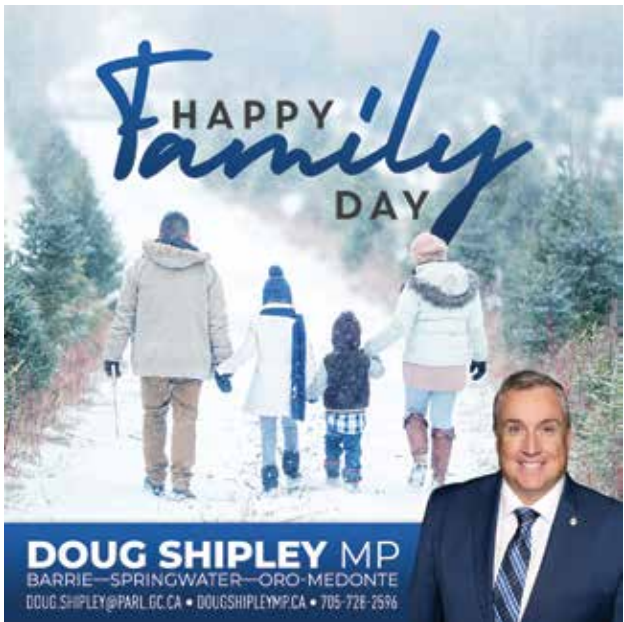
When we went to check our luggage they asked us how many families we were, didn't wait for an answer, and then attempted to check us in at two different desks. That didn't work very well since we were, in fact, one family. The slightly intimidated

clerk at one of the kiosks took on the challenge. He got into a rhythm processing our supplies, so that half an hour and one bathroom break later we were all checked in...almost. We learned that large hiking backpacks and playpens are oversized baggage, not to be checked in here with regular luggage. Six of us were carrying those large packs, so we all had to wander over to the oversized baggage to check the backpacks. But it was closed. So they sent us a few miles across the airport to another oversized baggage check-in and we were finally on our way. You can imagine the fun we were having, walking at five in the morning with a two-year-old, a four-year-old and a pair of six-year-olds. Which brings us to another pre-emptive measure: buddies.

For a few years now we have teamed each small person with a "buddy" - an older sibling who could assist them along the way. Even when you add up all the arms and eyes between my wife and I, you still only have four of each, so the buddy system allows us to leverage the other eyes and arms in the family. The older buddies came in handy, literally, holding their younger buddy's hands as we meandered around the airport. The buddy system also works well for passing out snacks, helping through security and not losing passports.

Finally everyone was through security, bags were all checked, seats were sat in and we were off to the sunny south. Our first few days in the DR have been full of new experiences already, and as long as my Visa card doesn't get denied again, our future will have groceries and new adventures! Time flies! Make every moment count!

Jason Weening will keep you updated on Team Weening's adventures here in the Springwater News and online at heydads.ca.



Feb. 8, 2023: This month, I returned to Ottawa for Parliament's winter session. I am happy to be back on Parliament Hill to represent your voices and discuss your views with my colleagues.

Over the past few months, I have heard from countless residents who were concerned and outraged by the Liberal government's proposal to ban thousands of commonly used hunting rifles and shotguns.

In a surprise climbdown, the Liberals have withdrawn key amendments to Bill C-21, specifically G-4 and G-46 amendments that would have banned millions of hunting rifles. Unfortunately, this is only a temporary pause, and the Liberal government will no doubt try to ban hunting rifles if given the opportunity to do so.

In the coming weeks my colleagues and I on the Public Safety committee will hear from hunters, farmers, Indigenous groups, business owners, and the Minister of Public Safety to further discuss the future of this legislation.

The government faced a massive public backlash over this issue from Canadians, including many residents from our riding, who saw this for what it was - an attack on the livelihoods of hunters and farmers.

I would like to thank all residents who reached out to my office about this important issue. A Conservative government would create a committee composed of law enforcement officials, First Nations, hunters, and sport shooters to determine how firearms are classified.

We must ensure Canadians have access to legally obtained firearms for legitimate hunting, sporting, and agricultural purposes, while also ensuring that we reduce the criminal use of handguns.

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

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

Statement from MP Doug Shipley Regarding the Liberal Government's Withdrawal of Amendments to C-21

February 3rd, 2023 Ontario - Doug Shipley, Member of Parliament for Barrie-Springwater-Oro-Medonte and Associate Shadow Minister of Public Safety, released the following statement:

"In December 2022, the Liberal government introduced amendments to Bill C-21 at the last minute that would ban thousands of legally obtained hunting rifles and shotguns."

"Today, after facing a massive public backlash over their plan to ban thousands of commonly used

hunting rifles and shotguns, the Liberal government finally withdrew their amendments to Bill C-21."

"In the coming weeks, my colleagues and I on the Standing Committee for Public Safety and National Security will hear from a wide range of stakeholders and the Minister of Public Safety to discuss the future of this legislation."

"I know that hunters and farmers in our riding see their rifles and shotguns as tools to feed their families and protect their livestock."

"I would like to thank all the residents of Barrie-Springwater-Oro-Medonte who shared their concerns with me. I will continue to stand up for the rights of law-abiding hunters and farmers in our community and across Canada while working to keep our streets safe from crime."

For more information, contact the office of MP Doug Shipley:

Doug.Shipley@parl.gc.ca  
705-728-2596



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**Fax: 705-322-3027**  
Email: twoguysautomotive@hotmail.com



## A TINY SENIOR MOMENT

February 10, 2023 - Successful Aging! What exactly does that mean? According to the experts in the field of Geriatrics, it means, having access to affordable and timely healthcare, financial security, and a safe, secure environment. To access some of the supporting systems in these areas applications are required.

There is a resource available in our region free of charge to assist mature adults in navigating such government systems, complete applications, and provide assistance to locate appropriate support. It is called Community Resource Navigators with online access at [www.communityresourcenavigators@gmail.com](http://www.communityresourcenavigators@gmail.com) or by phone 705-241-8766 and is run by Mary Moreau who is a retired County of Simcoe Social Services Supervisor. This service is contracted through the Askennonia Seniors Centre in Midland and has been made possible through the County of Simcoe Community Investment Fund. It is available to all seniors whether a member of Askennonia or not.

This service began mid 2021 and during that time, over 100 seniors were assisted and has grown to supporting over 250 seniors in 2022. When we contacted Mary, she said her role is to connect seniors with resources and assist in navigating the application processes. She can meet with the seniors in their home or at the Askennonia Centre, whichever is convenient for them.

For example, some of the applications previously completed were for the Ontario Senior Dental Program, Age Friendly Senior Grant (which assists seniors to remain at home through providing grants for accessibility modifications), transportation access with Community Reach, Old Age Security, and the Guaranteed Income supplement applications.

There is also an option to provide grocery cards as well as cards for personal items such as gas and taxis. And if all other resources have been exhausted, there is a discretionary fund that can provide assistance with items such as eyeglasses, dental or small repairs.

In September 2022, Community Navigators started providing fresh produce bags to low income seniors. To register, seniors with low income can call Askennonia at 705-526-7609 at the beginning of each month and re-register monthly. All produce bags are to be picked up at the Centre usually in the 3rd week of the month. Being a member of Askennonia is not a requirement.

### Recreation Programs in Tiny

There are many Recreation programs offered in Tiny and as noted on Tiny's website, the Township does not believe that anyone should have to miss out on the opportunity to get involved in recreation programs due to a lack of financial resources and welcome applications for assistance.

To be eligible for assistance, an individual must meet the following criteria: be financially disadvantaged resulting in the inability to become involved in organized recreation activities and be a seasonal or permanent resident of the Township. For more information about the Affordable Recreation Program, contact the Township at 705-526-4204 ext. 288 or email [jjosiah@tiny.ca](mailto:jjosiah@tiny.ca).

Good news! Tiny's Intergenerational cooking program "Connecting through Cooking" still have a few open seats for the next class on February 23rd. This program is open to pairs of older adults (55+) and youth (ages 8 to 21) who together can learn to cook and shop for healthy, affordable, and accessible food, while learning from one another and making new friends and connections. Lessons and menus are developed using Tiny's strong cultural roots and menus can be viewed online in advance. Each twosome will leave with one 'Make and Take' box to enjoy at their own leisure. These classes will be held at the Wyebridge Community Centre on Tuesdays and Thursdays through to May 25/23. The best part of all is that an actual Chef, Andre Sanche, will be the instructor! The cost per pair (youth + adult) is \$40 plus HST. More information and registration details can be found at [Tiny.ca](http://Tiny.ca), Programs & Registration, refer to "Intergenerational" to review the schedule and sign-up or, contact Jaelen Josiah at [jjosiah@tiny.ca](mailto:jjosiah@tiny.ca), or call 705-526-4204 x 288.

Support always available:

Dial 211- Another free service to connect you to community and social services in your area, 24/7, 365 days a year, in over 150 languages.

Red Cross Simcoe Muskoka available to seniors 65+ facing barriers, contact by phone at 705-721-3313 x5274 or via their website at [www.redcross.ca](http://www.redcross.ca).

CT Link – a community transportation service for Simcoe residents for medical (priority) and other appointments within Simcoe County, and other destinations. If wheelchair assistance is required, request upon booking. Schedule a pickup via online at [ctlink.ca](http://ctlink.ca) or call 2-1-1 for further assistance.

Huron Seniors Volunteer Care Team, Wheels 4 Wheels, by phone at 705-526-5566 or email [wheels4wheels@gmail.com](mailto:wheels4wheels@gmail.com). Clients must be wheelchair dependent.

TLC – Community Reach, serving residents of North Simcoe with limited income and older adults with limited supports. Contact by phone at 705-528-6999 or online at

[www.communityreach.ca/transportation.html](http://www.communityreach.ca/transportation.html).

"Old age is always fifteen years older than I am." – Oliver Wendell Holmes

*Submitted by Marilyn Hughes, Township of Tiny Volunteer Writer - for Seniors everywhere*

## Exciting changes for the RVH Auxiliary's Successful Community 50/50 Draw

February 3, 2023- Royal Victoria Regional Health Centre's (RVH) Auxiliary had another incredible month with a Community 50/50 Draw jackpot of more than \$190,000.

Janeen Baker of Brechin was thrilled to receive her winnings, presented by RVH Auxiliary vice-president, Pat Ummels.

"As we enter our third year of the Community 50/50 draw, the Auxiliary would like to thank its sponsors and the members of the community for their continued support. Because of the amazing success of the 50/50 we were able to present our first \$1 million cheque to RVH in 2022 as a first instalment for our \$5 million pledge to the "Keep Life Wild" Campaign," says Lise McCourt, RVH Auxiliary president.

The Auxiliary is pleased to announce new and exciting changes to the Community 50/50 Draw.

February's draw claims bigger early bird prizes – four draws of \$2,800 each. There is also a special ticket price for February, \$28 for 75 chances to win! Don't miss out this month and stay tuned for what March will feature!

"We are so thankful to all of our sponsors for their generous support and look forward to another exciting year with bigger Early Bird prizes and more chances to win," says McCourt. "Proceeds from this draw go directly to much needed expansion in our Neonatal Intensive Care Unit, supporting our tiniest patients and their families."

Tickets for the next draw are on sale now. You can buy your tickets online at <https://www.rvhauxiliary5050.com> (best opened in chrome). A special thank you to Mayes-Martin for being the January sponsor of the draw. *Submitted by Lisa Cooper, RVH*



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Midhurst Branch: 705 737-5650  
Minesing Branch: 705 722-6440

[www.springwaterlibrary.on.ca](http://www.springwaterlibrary.on.ca)  
information, branch updates and our virtual programs. Programs and Videos on Facebook and YouTube (search Springwater Library)

### We will be on CTV News!

Recently, CTV News took note of one of the library's Facebook posts about new kit that we have to check out, a Shashibo (geometric puzzle). We also have health and wellness kits, a guitar, snowshoes, a mini cupcake bake oven and more. A reporter from CTV reached out and spent some time chatting with our CEO, Jodie Player-Delgado and Children's Programmer, Amanda, about the interesting and different things you can take home from the library to enjoy. Tune in to see us this coming Saturday February 18 at 6pm and 11pm on CTV News channel.

### Cricut Mug Program

Our monthly Cricut project in February is a custom mug. Using our special Cricut markers you can draw your own mug! One mug per person. Cost \$5. Midhurst Branch: Tuesday February 21, 4:30pm-5:30pm Registration

### Tutoring Help

Partnering with the Simcoe Muskoka Catholic District School Board we are happy to offer FREE 1 HOUR group tutoring sessions with a certified teacher. Thursday evenings 5pm-7pm at Midhurst Branch. Registration required. This program is for grades K-3 and 7 and 8 who will work in groups of up to five students.

### Kaitlyn Take and Make

This month celebrate Valentines with a cute pom pom love bug. Available Thursday February 16, while supplies last.

### Creative Adults

Learn to crochet a pot holder at this month's Creative Adults event. Suggested donation: \$5. Saturday February 18 at Midhurst Branch 1pm or Monday February 27 at Elmvale Branch, 2pm. Registration required.

### Family Day Closure

Please note, all branches of Springwater Public Library will be closed Monday February 20 for Family Day.

### Smile Campaign

Our annual gathering of items for Moms is back again in partnership with the Elmvale Food Bank bringing smiles to our community! If you are able to donate the following to any Springwater library branch towards this wonderful project it would be greatly appreciated: journals/notebooks, decorative candles, hand cream, candy, gum, cool mugs. Donations will be accepted in the month of March. We thank you in advance for your help.

### Volunteer Income Tax Program

This program starts Saturday March 4 and offers in person appointments, virtual service by phone or drop off of your paperwork. For in person appointments at the Elmvale Library - Call (705) 322-1482. Virtually by phone, call the Elmvale Library (705) 322-1482, and leave your contact information and a volunteer will connect with you via phone regarding your taxes. Drop off your tax documents, date of birth, contact information: name, address, phone and email address at the library. Please place all paperwork inside a sealed envelope labelled: INCOME TAXES. The tax brackets are as follows: Up to \$35,000 for one person, Up to \$45,000 for two persons, Up to \$50,000 for a family of four.

### March Break Programming

**Monday March 13:** St John Ambulance Home Alone (ages 10-11) Cost \$55 and Babysitters (age 12+) Cost \$70 at Midhurst Branch. We also have a Family Felt Play Mat program at Elmvale Branch 2pm Cost \$5. Tuesday March 14: Family Felt Play Mat program at Midhurst Branch 2pm Cost \$5.

**Wednesday March 15:** Special guest Zootek with an animal show at Minesing Branch 9:30am-11am. Cost \$5.

**Thursday March 16:** Take and Make Kits available at all branches, online storytime special - check us out on YouTube!

**Friday March 17:** Harry Potter Trivia at Elmvale Branch 2pm-3:30pm, Cost \$2 per participant.




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News & Events at the Penetanguishene Public Library

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#### PD Programs are here!

**Seniors Program** – Walk, Talk and Lunch – Keeping seniors (55 and over) active and healthy! Two walks have been organized for seniors on Tuesday, February 21, 2023. One starts at 10:45 commencing at the Penetanguishene Arena (this will be considered the long walk). The other starts at 11:15 commencing at the Penetanguishene Arena (this will be considered the short walk). Lunch will be served at 12:00 at the Arena. (Soup, bun, salad and dessert!) This program is open to seniors with a library card and is free. Join others for nice conversation and a pleasant stroll through town. Please register in person at the library with your library card.

#### 75th Annual Winterama

Join this year's Amazing Race on Saturday February 18th. Register your team at the library the week of Feb 13th – 17th, 2023. This is a free event. The leader of the team must have a valid library card. Teams of 4-6 people qualify to participate. The start time is 11:00am at the library. Good Luck!

#### Dementia Mini Series

The Alzheimer's Society will hold an educational mini-series on Dementia providing general knowledge and awareness to participants. A series of sessions will start on February 24th, and continue on March 7th, and March 14th from 1:00 – 2:30 pm at the library. Topics include communication and preparedness for risks of gone missing. Registration required at the library. Participants do not need a library card to join this program. Refreshments will be served.

#### Canada Revenue Agency (CRA) Webinar

Are you 65 years and older? Would you like information on benefits and credits? CRA will host a webinar in English and French languages at the library on Wednesday, February 15, 2023 for approximately 40 minutes. The webinar will share information on GST/HST credit, disability tax credit (DTC), and other tax credits, ways to do your taxes, what to do if you're a victim of fraud, pension income splitting and other CRA services and tools. The webinar will be projected onto our TV screen at the back of the library! French version will take place at 11:00 am and the English version will take place at 02:00 pm. This program is open to everyone. Participants do not need a library card to attend. Refreshments will be offered.

#### New @PPL

#### Winterama Buttons

Pick up your 75th Annual Winterama buttons at the library. Cost: \$3.00

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## Update From Doug Downey MPP

### The Ontario Government is Connecting More People to Care at Home.

February 9, 2023 - The Ontario government is connecting people to convenient care at home and in their community. This means more constituents across Simcoe County can choose to stay in their homes longer as they age. Delivering convenient care at home provides a better experience for people and frees up more space in hospitals, long-term care homes, and doctors' offices.

In 2022, the Ontario government invested \$1 billion to the expansion of home-delivery and community care services to help nearly 700,000 families connect to the care they need in the comfort of their own home. With more caregiver supports and respite services being provided, work is underway to provide faster and more convenient care access that will be made available to constituents across Barrie – Springwater – Oro-Medonte.

Our government is working with Ontario Health Teams to create new, innovative, and modernized programs for people wanting to connect to care at home. With Your Health: A Plan for Connected and Convenient Care, we are also providing more virtual care options and connecting with other care providers such as family doctors, to ensure personal medical records follow people as they move between health professionals.

With the help of paramedicine, those living with chronic health conditions can now live at home more independently and avoid regular visits to the hospital waiting room. Ontario's expanded

community paramedicine program is already in place in 55 communities and has connected more than 30,000 people to 24/7 non-emergency support at home. This initiative allows paramedics to use their training and expertise to provide home visits for a range of services. These services include making sure medication is taken as prescribed, educating people on how to properly manage their chronic conditions, and providing referrals to local community care providers.

The Ontario government is also expanding palliative care services by adding 23 new hospice beds to the 500 beds already available across the province to provide patients with comfortable and dignified end-of-life care near their loved ones. Ensuring constituents across Simcoe County have a choice about where they spend their final days is an important part of ensuring all Ontarians can connect to the care they need throughout their entire life.

Home and community care services support people of all ages who require care in their home, at school or in the community. The Ontario Caregiver Organization supports caregivers across Ontario with a suite of programs and resources including the 24/7 Ontario Caregiver Helpline 1-833-416-2273 (CARE), counselling and peer support groups, webinars, tip sheets and checklists available at [www.ontariocaregiver.ca](http://www.ontariocaregiver.ca).

*Submitted by Doug Downey*

### Non-Profit LTC Homes Are Being Gouged by Some Temporary Staffing Agencies

#### AdvantAge Ontario survey shows exorbitant fees, unsustainable situation

Feb. 14, 2023 (GLOBE NEWSWIRE) -- Not-for-profit long-term care homes are spending a concerning amount of their budgets on predatory temporary staffing agencies, some of which are exploiting the health human resource crisis by taking advantage of homes, according to a survey of 100 Ontario homes conducted by AdvantAge Ontario.

"Our members are spending tens of millions of dollars on temporary staff, rather than permanent care," said Lisa Levin, Chief Executive Officer of AdvantAge Ontario, which represents not-for-profit, municipally owned and charitable homes. "This is a problem and it's getting worse. We need government to push out the bad operators who are preying on homes in the midst of a staffing crisis."

The survey found homes are paying a very high price to fill staffing shortages – which, in the case of registered nurses (RNs), for example, are vacant 28 per cent of the time at respondent homes.

Some predatory agencies are taking advantage of the situation by charging exorbitant rates. Homes are forced to pay on average \$88 per hour for a temporary RN, more than twice their typical wage of \$43 per hour.

One agency charged \$150 per hour for this same position, 249 per cent more than the typical rate.

On top of these high wages, homes are paying agency service fees of up to 35 per cent, premiums for short-notice staff, and travel costs.

Rates for rural and northern homes are 30 per cent higher than urban homes.

"This is price gouging, plain and simple," said Levin. "It's an unsustainable situation."

AdvantAge Ontario is urging government to come up with a comprehensive health human resources strategy that puts restrictions on hourly rates for temporary staff. The plan would also improve wages, benefits and working conditions for health care workers.

The request is contained in the Association's 2023 pre-budget submission, which also calls on government to:

- Stabilize long-term care by committing to predictable, consistent, and multi-year funding.
- Provide permanent, guaranteed infection prevention and control funding to homes.
- Make funding available so homes can transition to emotion-focused models of care, which goes beyond just looking at a person's physical needs and instead nourishes their emotional and spiritual needs in a home-like environment.

The requests are designed to help stabilize a sector reeling from decades of chronic underfunding, coupled with the continuing impacts of COVID-19 and the burden of new red tape on homes.

The high fees charged by some temporary staffing agencies is the latest pressure on not-for-profit homes, which a large majority of Ontarians choose as their first choice for LTC homes.

AdvantAge Ontario's survey found that temporary direct care staff (which include Registered Practical Nurses, RNs and Personal Support Workers) worked an average of 7 per cent of their homes' total hours but were paid 16.4 per cent of all wages.

In total, the 100 homes surveyed are spending \$6 million per month on temporary staff.

Nearly half, or 44 per cent, said they are now unsure they will meet the government target of four hours of daily direct care.

"Temporary staffing agencies are an important part of the health care system and have been for a long time. Many of them act responsibly," said Levin. "But some of them do not. Those agencies are taking advantage of a staffing crisis in the sector. If government fails to take action to control exploitative agencies, there will be serious consequences. Vulnerable seniors are already receiving less care as a result, and the situation is getting worse."

A full report containing AdvantAge Ontario's prebudget recommendations is posted on the Association's website.

*Submitted On behalf of AdvantAge Ontario 7050 Weston Road, Suite 700, Woodbridge, ON L4L 8G7 CA <http://www.advantageontario.ca>*

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German Canadian Club Invests in Imaging at GBGH



February 9, 2023 - The Georgian Bay General Hospital (GBGH) Foundation is honoured to be part of the local Gemeutlichkeit 70 German Canadian Club’s legacy. On Thursday, February 9, 2023, members of the club visited GBGH to present a gift of more than \$57,000 to representatives from the hospital and the Foundation.

The German Canadian Club membership voted to dissolve the club in November 2022, and have sold their property on Triple Bay Road. The members have chosen to continue their legacy of community support by sharing the proceeds from the sale with eight local charities, including the GBGH Foundation.

“It was unanimous that the donations would go to local charities to support our community,” shares Helmut Paddags, German Canadian Club president. “We selected GBGH because we have all used the hospital, and know we will need it again. Having a strong hospital is something we all need to invest in.”

The funds have been designated by the membership to support the purchase of a Magnetic Resonance Imaging (MRI) machine for the hospital, which will reduce wait times across the region, and ensure equitable access to this important service for local residents.

“This investment from the German Canadian Club helps our hospital dramatically,” shares Matt Lawson, president & CEO, GBGH. “While the government has approved funding for the operational costs of the MRI, all costs to purchase the MRI and renovate the space are entirely the responsibility of the community through the Foundation. Gifts like this are going to mean we get the services here sooner, and we are very grateful to the club and its members for investing in our hospital.”

The German Canadian Club was very active through their 52-year history, and often made donations to support local charities through their initiatives. This

gift brings their total investment at GBGH to nearly \$64,000.

“Our community is so fortunate to have many passionate and supportive service organizations, and the German Canadian Club is an incredible example,” says Nicole Kraftscik, executive director, GBGH Foundation. “Although the organization is formally dissolved, their mission to build community will live on through these generous gifts. We are truly honoured to be part of that legacy.”

GBGH will be offering MRI service to residents as soon as it is able to complete construction and commissioning of the new machine. The cost for this project is approximately \$4-million and anyone wishing to support this campaign can contact the Foundation office, 705-526-GIVE (4483) or visit <https://GBGHF.ca/current-needs/MRI>.

*Submitted by Jen Russell Sr. Development & Communications Officer GBGH Foundation*

German Canadian Club Donates Over \$14k to Wye Marsh.



Kim Hacker says Wye Marsh has many needs that far exceed this donation. Priorities include building animal shelters and replacing an ancient canoe. Some of the money will be set aside for a park bench that commemorates this gift with a plaque of the German Canadian Club.

**How you can help Wye Marsh.**

The Wye Marsh serves the community by conserving an ecologically significant wetland that is a filter for the Georgian Bay watershed and home to fourteen threatened and endangered species that live here. We provide winter water access and food for Trumpeter Swans and educate the public about the history of the Wye Marsh and its importance as a natural resource.

**Wye Marsh Wild Life Centre , 16160 Hwy 12 East, Midland, Ontario (705) 526-7809 [www.wyemarsh.com](http://www.wyemarsh.com)**

Photo above: Dianne Paddags, Member German Canadian Club, Heidi Fleischmann, Secretary, German Canadian Club, Rick Brady, Director, Wye Marsh, Helmut Paddags, President, German Canadian Club, Kim Hacker, Executive Director, Wye Marsh, Johanna Rumney, Staff, Wye Marsh and Willow a rescue bird.

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We can still be reached by:  

- Phone: **705-322-2440**
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**We are all excited for this change and will do our best to minimize the impact on our clients. We thank you for your patience as we move ahead in 2023.**

### German Canadian Club Donates to Georgian Bay Cancer Support Centre



Photo above from left to right: Ron Crane, Past Chair, GBCSC, Kathy Wolfer, Chair, GBCSC, Eric Walter, Executive Director, GBCSC, Helmut Paddags, President, German Canadian Club, Barbara Swyers & Heidi Fleischmann, Secretaries, German Canadian Club

A gift of \$57,000 was made to Georgian Bay Cancer Support Centre to enable them to carry on the many programs which help people going through a difficult time living with cancer. Services provided by the GBCSC include individual counselling, group support, wellness and exercise, social groups, out-of-area treatment costs (gas, parking, accommodations), wig fittings, and more. *Submitted by Helmut Paddags, President, German Canadian Club Gemuetlichkeit 70*

### German Canadian Club Donates to Hospice Huronia – Tomkins House



Photo above from left to right: Dianne Paddags, member German Canadian Club, Debbie Kesheshian, Executive Director, Hospice Huronia, Helmut Paddags, President, German Canadian Club, Barbara Swyers & Heidi Fleischmann, secretaries, German Canadian Club

A gift of \$57,000 was made to Hospice Huronia – Tomkins House to enable them to carry on the many programs which help people going through a difficult time when coping with a terminal illness. Hospice programs consist of at home visitations, individual and group counselling, residence for patients in their final days and bereavement support. All of these programs are guided by a philosophy of caring that enables families to be nurtured through these traumatic times.

*Submitted by Helmut Paddags, President, German Canadian Club Gemuetlichkeit 70*

Volunteers Move Piano From Church to Community Hall



Photo above: Matt Garwood, Ward 1 Councillor, and Dan are shown moving the piano out of Wyeclyffe Anglican Church in Elmvale.

February 12, 2023 - Wyeclyffe closed 6 years ago due to a lack of families. Bruce Roberts, of Elmvale, originally donated the piano and he suggested that the Community Hall needed a new piano.

Huge “Thank You” to Brown’s Moving & Storage and Matt Garwood, Ward 1 Councillor, Phil Fisher, Ward 5 Councillor, Kalab and for Dan from Brown’s donating his time, his truck, and equipment to move a piano from Wyeclyffe Anglican Church to the Elmvale Community Hall. *Submitted by Linda French*

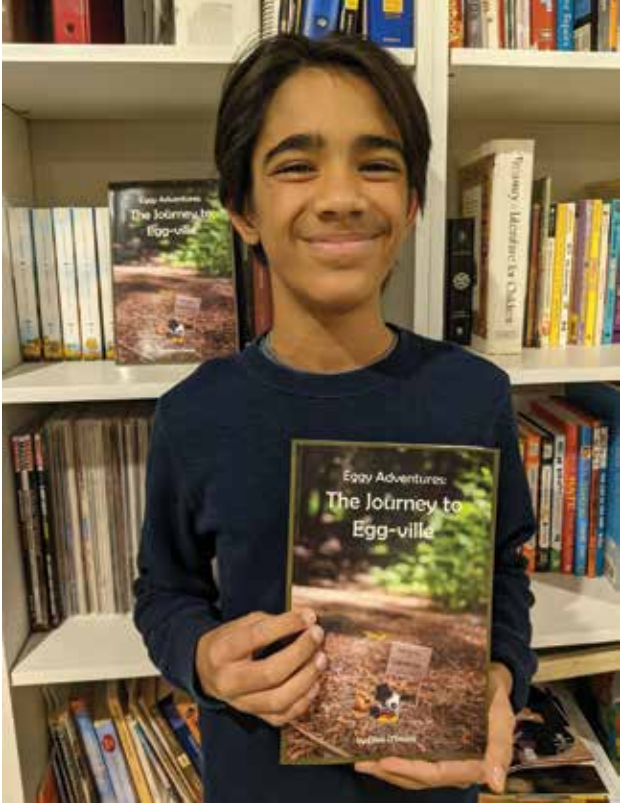


Photo above: Huge Thank You to Kalab, Matt Garwood, Ward 1 Councillor, Phil Fisher, Ward 5 Councillor, and Dan of Brown’s Moving & Storage for volunteering their time and muscles. Moving a piano is not an easy task but Brown’s Moving and Storage made the move possible.

Simcoe County Youth Publishes His Debut Book, Hopes to Inspire Other Kids

*by Tara D’Souza*

February 8, 2023 - For most ten year old kids, the pandemic was a time when they needed to engage in different learning styles, and many were learning from home instead of in a classroom. While this is true for one particular Simcoe County youngster named Elliot D’Souza, he also used that time at home as an opportunity to develop his strength in writing while being home schooled by his parents.



Now at eleven years old, Elliot is excited to announce the publication of his first original story into a full colour, 54 page children’s book, titled, “Eggy Adventures: The Journey to Egg-ville.” When asked why he called the story “Eggy Adventures”, Elliot replied that the name “Eggy” has been a family nickname for him for as long as he can remember, and he wanted to incorporate that name into his story.

Elliot’s book is about tiny civilizations, known as eggy living all around us. One of these special eggy named Eggie, an inventor in the busy forest kingdom

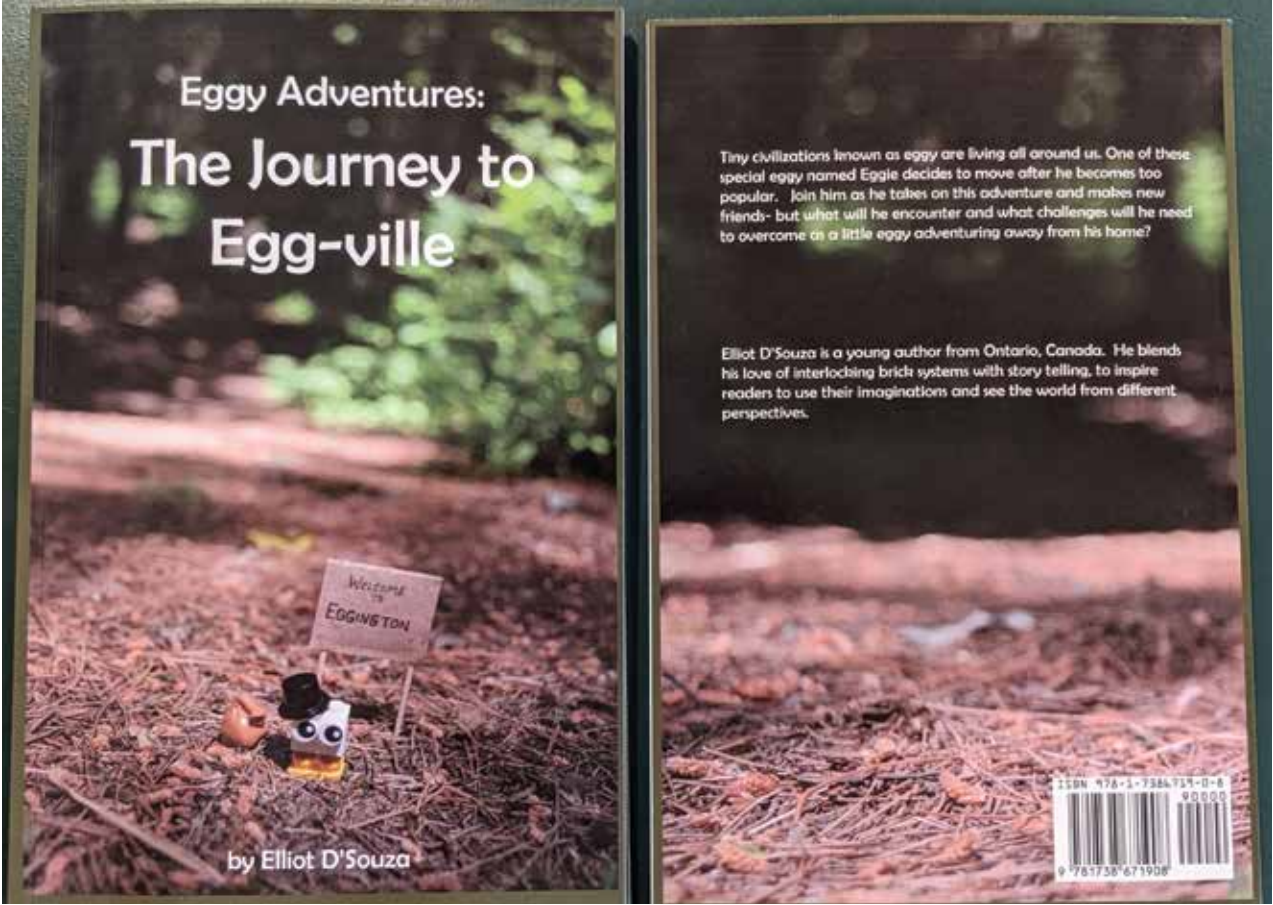
of Eggington, decides he needs a change and sets out for Egg-ville; a quiet forest town far away. He makes some friends along the way who help him on his journey, and he runs into some challenges which he and his friend must overcome together.

As an avid reader himself, Elliot enjoys adventure books, and naturally gravitated toward writing an adventure story. “It started as a writing assignment that my mom gave me,” recalls Elliot. “I enjoyed working on it, but it was tough figuring out what was going to happen next.”

His mother Tara adds, “We had daily writing blocks and I also encouraged him to take breaks as he needed to stay refreshed - and those breaks usually involved playing with his interlocking brick collection!”. Elliot used parts from his interlocking brick collection to imagine Eggy Adventures. “Using my brick collection

“Sometimes, I wondered if our neighbours were watching us, and questioning what we were up to, as Elliot took his props and characters from his pocket to crouch down with the camera near the ground,” Tara laughs, “But it was fun being with him through this project. I’m so proud of him!” Being a young author, Elliot hopes to inspire readers of his book to use their imaginations and write their own books too, believing that kids can do great things if we all encourage each other.

Currently, “Eggy Adventures: The Journey to Egg-ville” is sold in Canada through Indigo and Amazon and internationally through Barnes & Noble. More information is available on his website: <https://sites.google.com/view/eggyadventures/home>



made it easier for me to visualize the characters, because I can build and take them apart easily, instead of redrawing them if I want to change something,” he adds. He brought the characters and props from his collection outdoors and then worked on finding the right spot in his neighbourhood to make the scene he was working on.

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### 3 Recipes to Upgrade Boxed Mac N' Cheese

February 1, 2023- Sometimes it's the right time for Kraft Dinner or Annie's Organic Shells & White Cheddar- my favourite. So good on its own, but also surprisingly good with these mix-in recipes that are fast and easy to prepare. Adding a variety of vegetables and some extra protein to a box of mac and cheese not only boosts the nutritional value, but also adds a nice twist to an old classic.



#### Broccoli and Cheddar Mac N' Cheese

##### INGREDIENTS

- 1 box prepared mac and cheese
- 1 cup (250 ml) chopped broccoli, fresh or frozen
- 1/2 cup (125 ml) shredded cheddar cheese

##### INSTRUCTIONS

1. Cook the mac n' cheese according to the package directions.
2. Add the broccoli to the pasta cooking in a pot of boiling water during the last 3-5 minutes of cooking time.
3. Drain the pasta and broccoli and return to the pot and continue to follow the box directions.
4. Stir in the extra shredded cheese and serve immediately.

### Jo Knows Nutrition



#### Shrimp or Chicken Fajita Mac N' Cheese

##### INGREDIENTS

- 1 box prepared mac and cheese
- 1 cup (250 ml) shrimp or cubed chicken, uncooked
- 1/4 cup (63 ml) green onion or white onion, thinly sliced
- 1 green and red pepper, thinly sliced
- 1 tablespoon (15 ml) olive oil
- 1 clove garlic, crushed or 1/8 teaspoon (0.6 ml) garlic powder
- 1 teaspoon (5 ml) chili powder
- 1 teaspoon (5 ml) cumin
- 1/4 teaspoon (1.25 ml) oregano
- Lime wedges, fresh chopped cilantro and hot sauce to serve

##### INSTRUCTIONS

1. In a frying pan on medium-high heat, sauté the peppers and onions with the oregano, cumin and chili powder for 6 – 8 minutes.
2. Add the shrimp or chicken and cook until done, about 4-5 minutes for the shrimp and 7-10 minutes for the cubed chicken.
3. Stir in the crushed garlic or garlic powder and cook for an additional minute.
4. Keep the fajita mixture warm on low heat, stirring occasionally.
5. In a large pot prepare the boxed mac n' cheese according to the directions.
6. Incorporate the fajita mixture into prepared mac n' cheese.
6. Serve immediately with lime wedges, cilantro and hot sauce to taste.



#### Spinach and Garlic Mac N' Cheese

##### INGREDIENTS

- 1 box prepared mac and cheese
- 3 cups (750 ml) fresh spinach leaves or frozen chopped spinach (500 g)
- 1 tablespoon (15 ml) olive oil
- 2-3 cloves garlic, crushed or 1/4 (1.25 ml) to 1/2 (2.5 ml) teaspoon garlic powder
- Grated parmesan cheese to serve, optional

##### INSTRUCTIONS

1. In a large frying pan sauté the spinach in olive oil until wilted and heated through.
2. Add the crushed garlic or garlic powder and cook for an additional minute.
3. Keep the spinach and garlic warm on very low heat while preparing the mac n' cheese.
4. In a large pot prepare the boxed mac and cheese according to the directions.
5. Add the spinach and garlic mixture to the mac n' cheese.
6. Serve immediately with grated parmesan cheese.

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

*[www.joknowsnutrition.com](http://www.joknowsnutrition.com)*

*Instagram: [jo\\_knows\\_nutrition](https://www.instagram.com/jo_knows_nutrition)*

#### Did You Know

Following the 80/20 rule is a great way to eat healthy, but also enjoy meals and snacks with less nutritional value in moderation. Not considered a diet, the 80/20 rule is a more of a mind-set with a focus on eating nutritious foods that contain plenty of fruits, vegetables, lean proteins and whole grains 80 percent of the time and having your favourite treats containing more sugar, saturated fat and/or sodium the other 20 percent.

### Bearbells by Leslie Noonan



Feb. 13, 2023- While this has not been a great winter for snowshoeing, the last few weeks of fresh snow has made me very happy. I love snowshoeing, and if you know me, you know I love little used trails with as much solitude as possible. My all-time favourite trail for a short snowshoe is at the Wye Marsh.

Most of the trails here are very well used, yet somehow the Graham McDonald trail is mostly forgotten. I generally walk through the trampled down areas of main trails, until entering the snowshoe trail where I stop to put on my snowshoes. I rarely find anyone following this trail farther than the first few hundred meters before stopping and turning around at a wildlife information sign. These people have lost out on a rare opportunity to explore a little used, but truly beautiful area.

The main trail is a short loop trail, which is very well marked with bright orange snowshoe signs. The trail is perfect for beginners and is only about a kilometre or so in length. For those with more experience, the trail veers off to the right and heads out to Freshet creek. This trail is not suitable for beginner snowshoeing, and I highly recommended poles. Every year I struggle to find the trail after clambering over a log and finding myself in an area of deadfalls and brush. This section is very poorly marked, and it is unusual to find anyone out before me to lead the way. The great thing about snowshoeing is that you can't really get lost, as you always can follow your own trail out. Unless it is a blizzard, or the earth tilts on its axis, or maybe a sudden ups welling of the earth's magma; but generally you are good.

The back trail is beautiful. In twenty years, I have only met one other person on the trail. The quiet out here is complete. The only sounds are my own breath, the wind stirring the firs above my head and



the squeak of my snowshoes. This area is comprised of thick cedar and evergreen with many open areas of spring water that never freeze. You will need your poles to help you keep your feet dry as you tightrope across logs and over marshy areas that stay wet despite sub-zero temperatures.

I sometimes give myself the jitters when I am back in the bush. I think about all the animals that are watching, tracking my progress through their world, their eyes following me as I move across the land that is theirs. In remote areas that have little human presence, every animal from the squirrels to the chickadees hide from humans. This makes for a quiet that is so complete that it can seem eerie. I have to remind myself that in all my decades of hiking, no animal has ever approached me. Well, except that bear, but he left when I yelled at him. You can see evidence of the wildlife by the abundance of animal prints. Just today there were the small prints of pheasants and the tiny little trails of mice. Rabbit tracks were everywhere, and where there are rabbit tracks, there is often a lot of coyote prints. No signs of a struggle though, so hopefully the little furry bunnies made it to safety. This is a great trail that takes about an hour or so to go out and return.



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ANTEN MILLS by Dennis Gannon

It's nice to see more daylight every day as our days are getting longer. Back when Winter began, the sun rose at 7:52 AM and set at 4:43 PM for a total of 8 hours and 52 minutes of daylight. Today, February 16, the sun rose at 7:17 AM and will set at 5:43 PM for a total of 10 hours and 31 minutes of daylight. Each day we gain over 2 and a half minutes more daylight and on February 26 we go over 3 minutes per day. What is also nicer is that by the 26th of the month, the sun will rise before 7 AM which makes it even more pleasant especially in the morning. Spring officially begins on Monday March 20. Making it light longer in the evening is that Daylight Saving Time will begin on Sunday March 12 which is also the first Sunday of the school March Break. Ontario has made the decision to stop the annual change to turn our clocks ahead or back each year by adopting Daylight Saving Time year round. This will only occur when the State of New York and the Province of Quebec agree to do the same thing. In November of 2020, a bill was passed in the Ontario Legislature making daylight saving permanent in Ontario but the bill has yet to be proclaimed into force as we await our neighbours to do the same thing. There is no time frame as to when that will occur.

Tonight at 7:30PM in the community centre, the Anten Mills Community Recreation Association will be holding the required Annual General Meeting. This is the perfect opportunity to hear what events occurred during the past year and what will hopefully occur this year. Are there sufficient events and programs for all ages including our seniors? Do we need any upgrades to our community centre or our parks? Is there something that you may want to introduce to the community but you aren't sure where to start.



**VOLUNTEERS REQUIRED**

WE NEED TO COME TOGETHER AND SUPPORT OUR LOCAL COMMUNITY EVENTS.

**ANTEN MILLS COMMUNITY RECREATION ASSOCIATION ANNUAL MEETING**

**AGENDA**

- PAST AND FUTURE EVENT PLANS
- NEW ACTIVITY IDEAS FOR KIDS, ADULTS AND SENIORS
- FACILITY AND PARK NEEDS
- MEET AND GREET WITH OUR COUNCILLOR

WE HAVE A SMALL BUT MIGHTY GROUP THAT REQUIRES SUPPORT TO KEEP OUR COMMUNITY EVENTS RUNNING.

MANY HANDS MAKE LIGHT WORK. STOP BY AND LEARN MORE.

**THURSDAY FEB 16TH @ 7:30PM**

**COMMUNITY CENTRE**



This is the perfect opportunity to get the answers to these questions and if interested, offer your time and experience to the community. Brad Thompson, our Ward 3 member of Council will also be in attendance and you will have the opportunity to speak to him about your municipal concerns. Your voice and opinion is important to the programs, events and success we have in our community thanks to the CRA so come out tonight.

One of our more recent successes is the Sunday morning Anten Mills Play Group in the Village. The numbers attending have been constant and lots of fun has been occurring. The success has been so great that they hope to extend the group until early May. There are of course several weeks where they won't meet so if you are interested, check them out on the Anten Mills Community Bulletin Board on Facebook.

This winter has seen some very unpredictable weather with much more rain than usual along with increasing milder temperatures. As a result our community ice rink along with many more have suffered with limited availability. That is very unfortunate but definitely is a sign of the times as many outdoor rinks, at least in our part of the country, have very short seasons. Tiny Township operates 3 rinks and they were not certain in January they were going to open any of them this year. From their website it doesn't appear any of them got opened this year. Thanks Chad for getting the rink operational for the year, it is greatly appreciated.

One thing that has been noted in the community is the apparent lack of birds. There are reports that there is a definite decline in birds seen at home feeders. As well there seems to be a decrease in the squirrel population. It has been suggested that there may be a hawk or two getting to the birds and perhaps a fox or fisher getting the squirrels. We live in an interesting area with an abundance of wildlife. One thing that reports haven't been heard of is the spotting of a Snowy Owl. An arctic visitor has been spotted before in the area and would again be nice to see

That's all for this week. Enjoy the Family Day weekend with your family. Thanks for Reading and Be Well.

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**PALACE TAVERN**  
13 QUEEN STREET W. • ELMVALE  
8:30PM DOORS • \$5@DOOR



WYEVALE NEWS

February 12, 2023- It seems like Spring is in the air. But don't get to excited we still have March to go. Thank you for all those who enjoyed my first article in the paper two weeks ago.

There are several things talking place @ the Wyevale Church.

Wyevale will be serving a Shrove Tuesday Pancake dinner on Feb. 21st. Tickets are \$8.00 for adults and children under 5 are free. Dinner will be served from 5 -7 p.m. Please come and join us.

Wyevale Book Club will met on Feb. 22nd @ 2:00 pm. All are welcome.

The Bible Study continues on Wednesday Evening @ 7:00 p.m. bring your Bible. All are welcome.

Wyevale Youth Group will meet on Friday 24th @ 7:00 p.m.

The Baha'is of Tiny are holding a Food Drive for the month of February. The drop off location is @ the Wyevale United Church @ the Stott Centre on Sunday mornings from 9:00 am till noon the 19th & 26th. If you need further information please call Darlene Patterson. @ 705-361-1075.

Birthday Celebrations: Hudson Gibson, Lee Large, Joanne Hall-Jones, Melissa Leroux, Domi King, Joshus Hamelin, Marg Caston, Gary Fisch, Judy Staruch, Karen Moreau, Sharon Foster.

The next date for news to be submitted is 26th 2023. If you have news of any kind you wish to have submitted please send it to @ moreau1949@rogers.com.

Submitted by Karen Moreau



Photo above of my twin sister Sharon Foster and myself Karen Moreau, sitting with our Great Grandchildren, Theo Robitaille is one week older than Genevieve Coulton who is one week younger. They are helping Great Grandma's Celebrate their 77th Birthday on Sunday Feb. 12th.





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Young Adults Living at Home

February 12, 2023 - There was a time when it was common for young people to leave home once they turned eighteen. By the time children left home, parents were still in their early forties. The age of parenthood has increased over time, so now parents may be much older before their children go out on their own.

Increasingly, young adults are still living at home longer than in the past. This creates some dilemmas both for the parents and the adult child. Often boundaries become muddled, because there is still a parent-child relationship, only now all are adults.

Every situation is different; however, some general guidelines always apply. Although this may be tough to swallow, when you are living in your parent's home, your "adult" status in the outside world does not supersede your "child" status at home. Just because you are over eighteen does not give you special rights to break house rules.

What this means is that it is your parents' house, and they can make the rules. If you want to make the rules, you must get your own house! What you cannot do is to argue with them about how they want things to be in their own home, any more than you would want them to make rules once you live on your own.

Even if you are paying rent, it is likely less than you would pay to rent your own place, so your parents are, in effect, subsidizing you. The fact that you pay

rent does not mean they cannot set the rules. Renting from parents is not the same as renting from a landlord. If you want the freedom to live as you like, it is time to become and independent adult. As long as you live in your parents' home, you are a still a dependent. A landlord would not feed you, pay for your utilities or let you borrow their car. Your furniture, Wi-Fi, and home insurance would not be covered by your landlord.

So, if parents want you in by a certain time so you are not waking them with your coming and going, you need to honor that. If they expect you to do certain chores, you need to contribute in that way as well. In fact, you should offer to help. If you are working full time, it would be nice to contribute something to the grocery budget. You should also make some of the meals.

Remember too, now that you are an adult your parents should be free of parent-child conflicts. They have undoubtedly worked hard all their lives and deserve to enjoy this time. I have seen too many adults, who, in their later life are consistently stressed by an adult child living at home. If they have generously allowed you to stay on, be thankful, and strive to make their lives easier, not harder.

Submitted by Gwen Randall-Young is an author and award-winning psychologist.  
(780) 464-7005 | gwendall@shaw.ca

Chop Off My Ponytails for Charity!

February 11, 2023 - On Friday, February 10, 2023, I had the opportunity to hold an assembly for the whole school and chop off my ponytails for charity! My name is Ashley Madonna and I am the Arts teacher at Our Lady of Lourdes.

Our Lady of Lourdes Elementary School in Elmvale did a fabulous job fundraising for the Angel Hair for Kids Program through A Child's Voice Foundation. Students and staff raised over \$200 for the cause through their generosity.

This was my fifth fundraiser and hair donation for this charity since 2008.

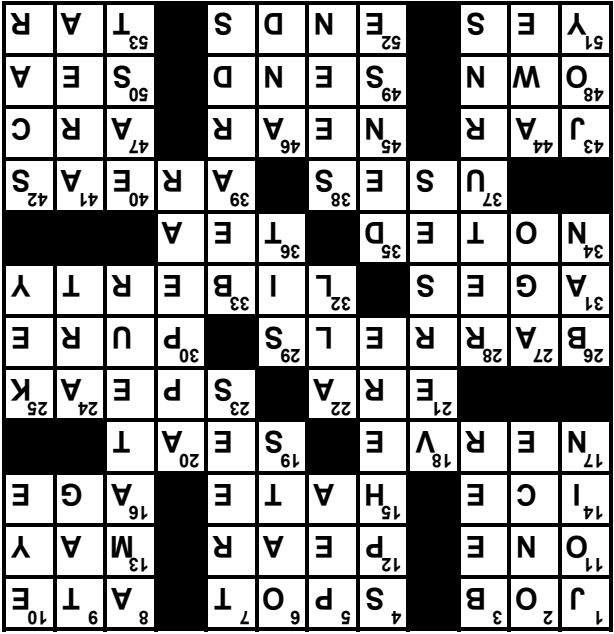
Every year, thousands of Canadian children lose their hair to cancer treatments, alopecia, and other medical causes. The Angel Hair for Kids program

was founded in 2002 and is the only one of its kind in Canada. It typically takes between 10 and 12 donated ponytails and \$2000 to sponsor just one Angel Hair for Kids child. Dee Esposito, Executive Director says, "Building confidence and joy for children in need is the foundation of the Angel Hair for Kids program."

Donations can always be made online through their website: ACVF - Donate Now or through CanadaHelps.org.

I want to thank the community again for their support and generosity with this special initiative that is close to my heart.

Submitted by Ashley Madonna



Vanishing Barns: Remembering the 18<sup>th</sup> 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](mailto: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](mailto:snow-flake53@mail.com).

Concession 9, NE ¼ Lot 4, Vespra Township  
1434 Vespra Valley Road, Springwater Township

Concession 9, NE ¼ Lot 4, Vespra Township  
1434 Vespra Valley Road, Springwater Township

Owners		
2013-present	Walter, Janice (Mawhiney) and Mark Priest	<b>Built:</b> early 1900s
1950-2013	Mel and Helen (Middleton) Priest	<b>Dimensions:</b> 52 x 60'
1943-1950	Jack and Mary (Waples) Priest	<b>Water Source:</b> weak artesian well
1940	Albert Graves	
1910	John and Margaret Jane (Beeton) Graves	
1883	William Jr. and Janet (Campbell) Addison	
1875-1883	William, yeoman, and Sarah Addison	
1875	Margaret Daley	
1870-1875	John Ashdown, shingle manufacturer,	
1870	Thomas and Mary McConkey	
	Canada Company bought from the Crown	

John Ashdown had a mortgage with Charles Firth and Patrick James Frawley. They turned the mortgage over to Margaret Daley who demanded an auction on this property and on Concession 8, NW ½ Lot 4 (150 acres). Margaret sold the farm to Michael Frawley, a bachelor, who was a merchant's clerk from Barrie. The kitchen cupboards in the house were made out of the last pine tree in the bush.

Sarah Addison signed her name with an X. William and Sarah Addison built the barn for 'natural love and affection plus 1 dollar' for their son William Jr.

The stables in the barn have been filled in to prevent the walls from collapsing. The barn is now used for storing machinery. Walter and Mark grow corn, wheat, soy beans and canola.

Walter and Janice (Mawhiney) Priest, *A History of the Community of Minesing* p. 171, *Simcoe County Land Registry, Barrie, ON.*



Front of the barn.



Machinery can be driven into the back of the barn through the large threshing doors.

**MORTGAGE SALE!  
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There will be sold under a power of sale contained in the mortgage (which will be produced)  
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**SATURDAY, MARCH 27TH, A.D. 1875**  
AT THE HOUR OF 12 NOON, AT THE AUCTION ROOMS OF JOSEPH ROGERS, Esq.  
on Collier Street, Barrie, all the Right, Title, Interest and Equity of Redemption, those Valuable portions  
of Lands, known as the NORTH EAST QUARTER OF LOT No. 4, IN THE 9th CONCESSION,  
AND THE EAST HALF OF LOT No. 4, IN THE 8th CONCESSION, ALL IN THE  
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IN THE COUNTY OF SIMCOE, CONTAINING TOGETHER BY ADMEASUREMENT  
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TEN per cent of the purchase money to be paid on the DAY OF SALE, the balance within One Week,  
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his own expense upon settlement of the Purchase Money, the purchaser will be entitled to the Conveyance.  
For further particulars and information apply to Messrs. Lount and Lount, the Vendor's solicitor, or to the  
undersigned.

JOSEPH ROGERS, -----Auctioneer.  
Dated 19th. Day of March, A.D. 1875  
Examiner Print

(Courtesy of Walter and Janice Priest)

## Community Events All The Time

### ONGOING EVENTS:

**Bid Euchre**

Elmvale Community Hall 1 pm - 4 pm  
Every Monday.  
Call Anne for details 705-322-1232

**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, barriekempenfelt72@gmail.com (705) 220-3501

**Bay Shore Senior's Club**

**Activities are in full swing** - check out website at [www.bayshoreseniors.ca](http://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](http://www.geobaycoinstampclub.ca)

**Elmvale Legion**

**Tuesdays at 1 pm**  
Table Shuffleboard, Cost \$1

**Palace Tavern Elmvale BINGO**

**Every Tuesday night**  
Midland Rotary proceeds 6:30 pm to 7:30 pm  
Barrie Rotary proceeds 6:30 pm to 7:30 pm

## Community One Time Events

### SPECIAL EVENTS:

**Rock 95 - Live to Air**

**Feb. 16, 2023. 7 pm - 9pm**  
Palace Tavern Elmvale  
Rock 95 Breakfast Crew Brew  
Prizes, Taste Testing & live jam with Randy and The Pug Dogs  
**Feb. 18, 2023**  
Live Band "Jimmy Stowe Radio Show"

**75th Annual Winterama Weekend**

**Fri. Feb. 17th to Sun. Feb. 19**  
Town of Penetanguishene. The schedule with over 30 activities throughout the weekend will be shared online February 8th on [winterama.ca](http://winterama.ca).

**Snowman Mania**

**February 17 to 20, 2023 Wasaga Beach**  
<https://calendar.wasagabeach.com/default/Detail/2023-02-17-1700-Snowman-Mania>

**Come Dine with Com 'Pasta' Place**

**Feb. 18, 2023 6pm - 9pm**  
Wyebridge Community Centre  
Tickets call 705-527-4272  
Proceeds to Compassion Place Pregnancy & Family Centre

**"All U Can Eat" Pancake Supper**

**Tues. Feb. 21, 2023**  
Elmvale Presbyterian Church, 22 Queen St. E.  
Continuous seating 5-7. Adults \$12, children 10 and under \$6, children 3 and under free.

**A TINY Month of Giving'**

**February 13 - 26, 2023**  
Drop off locations:  
Township of Tiny, Ecole Sainte-Crois, Wyevale Central P. S.  
Bahá'í Community of Tiny  
For Info call: Darlene Paterson 705-361-1075 or John Raynor 705-526-4927

**Spaghetti Dinner Fundraiser**

**Feb 18th, 2023 from 5:45 PM – 9:00 PM**  
Compassion Place Pregnancy Centre's Annual  
Join us for a silent auction & live music by The 8th Line, 8340 Hwy 93, Tiny, ON  
**For tickets: <https://compassion-place.ticketleap.com/come-dine-with-com-pasta-place/>**

**FREE Income Tax Clinic**

**March 4 to April 30, 2023**  
Community Volunteer Income Tax Program/ Elmvale Library, (for Elmvale, Midland, Wasaga Beach, Hillsdale and the surrounding areas)  
The Elmvale Public Library will be hosting a FREE income tax clinic for moderate to low income earners. This year volunteer tax preparers will be offering in person appointments at the library. In addition to phone and drop off support.  
How to access the FREE Clinic:  
1. In person by appointment at the Elmvale Library, phone 705-322-1482  
2. By phone, call the Elmvale Library and leave your contact details, a volunteer tax preparer will contact you.  
3. Drop off your tax documents at the library... include your date of birth and contact information, place in a sealed envelope labelled with your name and Income Taxes.  
Please note we cannot prepare complex tax returns i.e: for deceased, bankrupt, self-employed, business or rental income. The Community Volunteer Income Tax Program operates in collaboration with Canada Revenue Agency.

**Elmvale Maple Syrup Festival**

Sat. April 29, 2023

## Celebrate Black History Month in Barrie

*February 3, 2023* - February is Black History Month, and the City of Barrie is proud to promote events and programming that bring awareness to the significant contributions that Black Canadians have made and continue to make to the cultural landscape of our country and our community. The City of Barrie and the City of Barrie Anti-Racism Task Force encourage the community to recognize Black History Month as an opportunity to embrace diversity and foster a sense of belonging and inclusion. A list of events and programming happening in the community follows.

**Programming hosted or supported by the City of Barrie:**

- Saturday, February 25** – Black Mosaic: The Afro-Caribbean Canadian Experience, hosted from 2 to 4 p.m. at the MacLaren Art Centre (37 Mulcaster Street). Attend an engaging presentation on Canadian Black history, Afro-Canadian Caribbean culture and diversity changes happening in Simcoe County. A steel pan performance will follow, with an opportunity for young audiences to try the steel pan for themselves, as well as make a working version in a fun hands-on workshop. This event is meant to give background on the beginnings of Caribbean culture to Ontario, provide a sense of the struggles and show how we can all be allies in welcoming diverse cultures in our communities. This event is organized by Making Change and sponsored by the MacLaren Art Centre and the City of Barrie.

- Saturday, February 25** – A Tribute to Bob Marley and the Wailers, starting at 7 p.m. at the Five Points Theatre (1 Dunlop Street West). The Afro-Caribbean Multi-Cultural Association presents A Tribute to Bob Marley and the Wailers. Ticket information available via [barrie.ca/BlackHistoryMonth](http://barrie.ca/BlackHistoryMonth). This event is sponsored by the City of Barrie.

**Programming hosted by Barrie Public Library:**

- Ongoing – Black History 365. Resources, readings, interviews and presentations that allow you to learn about Black history, all year round. Hosted by the Barrie Public Library in collaboration with UPLift Black. Access online; details via [barrie.ca/BlackHistoryMonth](http://barrie.ca/BlackHistoryMonth).

- Thursday, February 23** – Thursday Night at the Movies (Harriett), from 6 to 8:35 p.m. at the Barrie Public Library's Downtown Branch (60 Worsley Street). From her escape from slavery through the dangerous missions she led to liberate hundreds of slaves through the Underground Railroad, the story of heroic abolitionist Harriet Tubman is told.

**Programming hosted by the MacLaren Art Centre:**

- Sunday, February 26** – Family Sunday: Caribbean Paper Masks, from 1 to 2 p.m. and 2:30 to 3:30 p.m. at the MacLaren Art Centre (37 Mulcaster Street). The cost is \$5 per child, or free for MacLaren Art Centre members. Led by regional artist Angela Francis, families will learn more about Caribbean carnival culture and the artistry and purpose of mask-making as a part of masquerade performance. Using the art of collage and a variety of coloured and textured papers, participants will create their own vibrant mask.

- Ongoing throughout the month** – National Film Board Short Films. Available online; access via [barrie.ca/BlackHistoryMonth](http://barrie.ca/BlackHistoryMonth).

**Additional programming:**

- Monday, February 20** – Family Day: Celebration of Diversity, from 12 to 3:30 p.m. at Shak's World Community Centre (59 Maple Avenue). Led by regional artist Shanique Brown, families will be engaged in a creative painting and embroidery project, followed by musical entertainment. This event is free to attend and all are welcome. This event is hosted by the MacLaren Art Centre in partnership with Shak's World.

- Ongoing throughout the month – The Afro Caribbean Business Network (ACBN) and the Social Economy for Social Inclusion (SETSI) leadership series. The program is more than 20 virtual panel discussions, starting February 1 and ending February 28, 2023. Ticket information and more details available via [barrie.ca/BlackHistoryMonth](http://barrie.ca/BlackHistoryMonth).

*Visit [barrie.ca/BlackHistoryMonth](http://barrie.ca/BlackHistoryMonth) for additional details on programs. To learn more about the Barrie Anti-Racism Task Force, visit [barrieantiracism.ca](http://barrieantiracism.ca).  
Submitted by Emily O'Brien*



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

Call Brian or David 705-220-2433 or email [vendormarketlc@gmail.com](mailto:vendormarketlc@gmail.com)

## TENDER

### Agricultural Land Rental Tender

Location (see map – west side of property) 500 Tiny Flos Townline, Elmvale, ON L0L 1P0. 100 acre parcel (Hay/cover crop only). Cutting restrictions for hay to commence cutting after July 1. **Tenders due by Friday, March 3, 2023.**

One year term commencing April 1 2023 MTM Conservation Association will grant a non-exclusive license to the successful tenderer for the property. Subject to terms and conditions. For Further information and to submit tenders please contact:  
Brent Merritt [bmerritt49@yahoo.ca](mailto:bmerritt49@yahoo.ca) or  
Alex Smith [aw.me.smith@sympatico.ca](mailto:aw.me.smith@sympatico.ca).



## HIRE ME

### ELDER HELPER

Need someone to pop in and make a meal, or tidy the house, elder-sit or just be there when you can't

**Call Mel, the "happy, handy helper"!**

Great references! 705 725-6439

## AUCTION NOTICE

**ON LINE EQUIPMENT AUCTION SALE**  
TRACTORS, LOADERS, SKID STEERS, TRUCKS & EQUIP.  
**HELD AT 15 FRENCH DR. MONO TWP. THURS. MAR. 9TH @ 6:30 P.M.**  
**FOR INFO CALL BRIAN 519-216-9702**  
**Tractors** John Deere 7420 - 4WD - 6223 hrs; John Deere 6420 - 4 WD, 5783 hrs; John Deere 6415 - 4 WD, 6469 hrs; New Holland TN55D - 4 WD- 3669 hrs; Ford 4630 - 4 WD - 1117 hrs; Kubota M5700 - 4 WD, w/ldr, 1281 hrs; Kubota L2074 - 4WD w/ldr;  
**Skid Steer** Case 95 XT; New Holland LS 150 Super boom; Gehl 4835 SXT;  
**Loader** John Deere 344J wheel loader;  
**Dozers** John Deere 700 HXLT; John Deere 550H; John Deere 450 LGP;  
**Trucks** 2000 Peterbuilt model 379 w/cat 14.6L diesel, dble bunk; 2006 GMC C 8500, SA dump truck; 1983 Int/600 C model 1954 Easy Rider w/Frink box; 1998 Ford SA w/Jerr-Dan - 24' roll off deck; 2014 Dodge 1500 w/Eco diesel (engine problems);  
**Trailers, Golf Course Equip. & Misc** 2000 Himoina diesel generator on TA trailer; 2016 N&N Remorgues TA galvanized trailer; VGM TA hyd dump trailer; Weberlane Supertilt TA dump trailer; SA hyd dump trailer; Barber Turf Rake model 600 HD; Finn straw crimper; broadcasters; power top dresser; Ditch Witches; land levellers; box scrapers; 4 snowblowers; Stout grapple forks & Brush grapple;  
**VIEWING DATES** Wed. March 1st & Thurs. March 9th 10 a.m. - 3 p.m. **Pick up dates** are Sat. March 11 & Mon. March 13th 10 a.m. till 4 p.m. **or** call Bob (auctioneer) 519-938-0815. **Note** 10% Buyers Premium maxed at \$1,500.00 per item. For full list, pictures, terms and conditions go to [severnauctions.hibid.com](http://severnauctions.hibid.com)  
Bob Severn Auctioneer  
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[Severnauctions.wixsite.com/severn](http://Severnauctions.wixsite.com/severn)

**RETIREMENT ON LINE AUCTION SALE FOR BARRY MCLEAN CONSTRUCTION LTD**  
**FOR INFO CALL BARRY 1-519-940-5336 EM # 595401 BLIND LINE MONO TWP.**  
**DIRECTIONS** Come east of Shelburne on Hwy 89 approx. 2 miles to the Blind Line, turn south for approx. 2 mile to sale on east side.  
**THURS. MAR. 2ND @ 6:30 P.M.**  
**Sale offers.** Case CX130C excavator c/w WB bucket/clam, thumb control 8'6" push blade, 1563.3 hrs; Cat model TH460B - 4 WD Telehandler w/anglecrawl, front stabilizer; 44' reach w/forks & man bucket, 5387 hrs; Kubota model U27 - 4 mini excavator, track drive, push blade, dirt/clam bucket, 513.6 hrs; Kubota model SVL 65 - 2 track skid steer w/cab, only 127.5 hrs; 2022 Canada T.A. galvanized trailer, 20' x 7'; 2019 Load Trail 14' x 8' TA dump trailer; HLA QA hyd clam; Allied Farm King 7420 - 74" front mount snow blower (new never used); buckets; M.F. 265 tractor w/ldr.; qty of power tools; scaffolding; construction fence; generators; compressors etc.; Still adding to catalog.  
**Viewing** Feb 25th 10 am - 3 pm - OR - Mar. 2nd 10 am - 3 pm or call Bob 519-938-0815. 10% Buyers Premium maxed at \$1500.00 per item. **Pick Up Date** Sat. Mar 4th 10 a.m. - 4 p.m. and Mon. Mar 6th 10 a.m. to 4 p.m.  
**Terms** Cash or Known cheque with proper ID only. M/C, Visa, Interac and e-transfer. For full list and pictures go to [severnauctions.hibid.com](http://severnauctions.hibid.com)  
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## UPCOMING AUCTIONS

**Estate of Heather Boswell, Guelph** - Feb. 19-23 - Pyrex, vintage Christmas ornaments, antique clock, dust collector, fabulous finds  
**Estate of Ronald Gillespie, Hamilton** - Feb. 26-Mar. 1, shop finds, 1965 Ford Mustang, Mustang parts, pocket watch, vintage finds  
**Tim Polhamus Estate Content Auction, Wallaceburg** - Mar. 5-9 1977 Harley-Davidson, LP's, Native art, Pepsi collectibles, phones  
**Wallaceburg Riverfront Real Estate Auction** Mar. 10-20 an exquisite property located on the Sydenham River  
**Lifelong Collection Dispersal Auction, Simcoe** - Mar. 19-23 Carnival & Amberina glass, bronze sculptures, limited edition prints  
**March Madness Multi Consignor Auction, Guelph** - Mar. 26-30 stamp collection, beautiful jewellery, tools, coins, more to come!

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## NOTICE

### Cheezers Co-ed Soccer Registration

Registration for soccer for ages 3 - 15 yrs old is at the Springwater Library, Elmvale:

**10 am - 1 pm**  
**February 25 (Springwater Residents only)**  
**March 25 (Open to ALL)**  
**More dates to follow in April**  
**\$40 per player**  
**Starting Thursday May 11 at 6:30 pm**

Call **Doug Tinney 705-322-3239** for more information or email: [elmvalesoccer@gmail.com](mailto:elmvalesoccer@gmail.com).  
The soccer play time is at 6:30 pm

**Mt. St. Louis Church**  
The times they are a'changin'!  
**Starting in February, we are moving our mass time from 8.30 Sundays to 9 am.**  
*You're invited - come join our warm and welcoming community!*  
At 4th Concession N. & Mt. St. Louis Road.

## HALL RENTAL

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**Capacity indoors:** 125 in hall  
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**Call Lion Bob Coe to book 705-322-4484**

OPP REPORT

OPP Seeking Public's Assistance in Solving Downtown Midland Fail to Remain Crash Involving a Pedestrian - Feb. 14, 2023



Surveillance Photo of Suspect Vehicle

Officers investigating this Fail to Remain Collision have obtained a surveillance video of a vehicle suspected to be responsible. Please see the attached photograph of what appears to be a blue full size pickup truck, travelling north on King Street with a timestamp of February 10, 2023 at 1:22a.m.

Anyone who may have witnessed or has video/dash camera footage of the collision and has not spoken with police is asked to contact the OPP at 1-888-310-1122 or if you wish to remain anonymous please call Crime Stoppers at 1-800-222-TIPS (8477). Anonymous tips can also be provided online at [ontariocrimestoppers.ca](https://ontariocrimestoppers.ca)

OPP Concerned for Safety of Missing Male from Midland

There are concerns for the well-being of a 25 year-old Midland male and police are seeking assistance from the public to help locate him. On February 13, 2023, members of the Southern Georgian Bay detachment of the Ontario Provincial Police were notified of his disappearance. Information was gathered which causes concern and police would like to ensure his well-being.



Nicolaus WILSON was last seen on Wednesday, February 8, 2023, he is described as 6'2" feet tall with a medium build. Please see attached photo. He is likely to be operating a black 2015 Volkswagen Jetta with Ontario license plate #CLPK 548

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

Weekend Traffic Notes from North Simcoe Roadways

Traffic issues over the weekend on North Simcoe roadways kept officers from the Southern Georgian Bay OPP Detachment busy responding to those events. Officers issued 43 traffic violations under the Highway Traffic Act for a variety of offences as motorists drove through the detachment area. Of note, were the speeders travelling through the Highway 93 corridor while numerous construction crews worked to repair Hydro lines along side the highway along with a traffic light control malfunction in Waverley which tasked an officer to manually direct traffic within the intersection.

A 66 year old Penetanguishene man was charged with Careless Driving after he sped through the County Road 93 roundabout and his Toyota rolled into the ditch at approximately 1:00 p.m. February 12, 2023. Further investigation led officers to impound the involved vehicle and issue a 3-Day suspension ADLS as part of a drinking and driving investigation as per the ADLS guidelines.

12 vehicle crash's were investigated by patrol officers who also conducted 16 Reduce Impaired Driving Everywhere (R.I.D.E.) check stops, checking drivers for signs of impairment and investigated 19 traffic complaints.

Incident of Impaired Driving

At 2:55 a.m. February 12, 2023 officers were dispatched to a vehicle in the ditch off Highway 400 in the area of Crooked Bay Road, Georgian Bay Township. The lone driver was located and upon exiting the vehicle, the driver was arrested for impaired driving and transported to Orillia Detachment for further investigation by a OPP Drug Recognition Expert.

As a result of this investigation, Cameron BOATMAN 34 years of Shanty Bay has been charged criminally with Operation while impaired - blood drug concentration and further with Operation while impaired - drugs.

The accused was released on an recognizance to appear before the Ontario Court of Justice on March 2, 2023 and further faces a 90 day drivers licence suspension and a 7 day vehicle impoundment as per the Ministry of Transportation ADLS suspension guidelines.

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

OPP Seeking Public's Assistance in Solving Downtown Midland Fail to Remain Crash Involving a Pedestrian

Investigators from the Southern Georgian Bay OPP Detachment are asking for the public's assistance in solving a downtown Midland vehicle vs pedestrian crash which left a Midland man with serious injuries and the involved vehicle fled the scene. Officers were dispatched at 1:22 a.m. February 10, 2023 to a report of an injured male lying on the roadside of King Street between the Scotia Bank and Maple Pub with injuries consistent to that of being struck by a north bound vehicle.

The suspect vehicle is described as being a newer model Dodge Ram crew cab pick up truck, grey or olive in colour with tinted windows. Anyone with any information on the possible vehicle, driver or dashcam video is asked to contact the OPP at 1-888-310-1122 or [opp.southern.georgian.bay@opp.ca](mailto:opp.southern.georgian.bay@opp.ca) . If you wish to remain anonymous please call Crime Stoppers at 1-800-222-TIPS (8477) and anonymous tips can also be provided online at [ontariocrimestoppers.ca](https://ontariocrimestoppers.ca)

Door-To-Door Sales/ Liens/Mortgage Fraud Complex door-to-door sales scams - Avoid further victimization

Ontario's Serious Fraud Office (SFO) is shining a light on a multi-layered door-to-door sales scam, which leaves victims with poor renovations, liens or a mortgage on their homes.

Despite rules banning door-to-door sales, criminals have not stopped. Those involved in these frauds are persuasive and persistent. They continue to visit the homes of vulnerable individuals and endear themselves, giving the impression they are a friendly helper.

HOW DOES THIS FRAUD UNFOLD?

Fraudsters approach individuals at the door of their home or by phone and use compelling tactics to persuade the homeowner that a new appliance, contract or service is required; something that was

never asked for or needed. These have included: air cleaners, air conditioners, air purifiers, duct cleaning, furnaces, water filters, water heaters, water treatment devices or even bundles of these goods and services.

After the service has been completed or device installed, a few things can happen to make a bad situation even worse.

Whether by phone or in person:

The victim is contacted by someone claiming to be from a law firm offering assistance to exit previously signed contracts, remove possible liens and consolidate incurred debts. Victims are told they may be eligible to receive a grant for a significant amount of money IF they agree to exit the contract.

If a grant was offered, the victim is contacted by a home renovation company and is persuaded to sign a contract and speak with a finance company on the phone. They are led to believe this is required to comply with the grant, BUT it is actually the process to have a mortgage approved on their home.

The funds are then deposited into the victim's bank account, leading the victim to believe they have received the grant, but it is actually funds from the home equity mortgage taken out on their home.

The victim is told not to touch the money, as it must go toward renovations, as well as to the payments they were making for installed equipment.

TIPS TO PROTECT YOURSELF/YOUR LOVED ONES

Answer your door only if you are expecting an invited guest

Do not allow unsolicited visitors into your home

Hang up on unsolicited phone calls

Never share personal information or copies of any bills or financial statements

Do not make a decision on the spot

Do not sign blank documents

Take the time to understand what you are signing and ask questions

Do not answer questions on a phone/video call if you are being told the answers by someone else (if someone is telling you to answer 'yes'/'no')

Check regularly on family or others who might be vulnerable to persuasive and persistent individuals

Talk to the bank about a vulnerable loved one to prevent suspicious withdrawals

Understand no renovations are free

Visit [Canada.ca](https://Canada.ca) to review green grant opportunities

Ask yourself: why has this person offered to help and how do they know your situation

Consider checking your credit history online at TransUnion and Equifax

Look up your property on the Land Registry Ontario website

Install video cameras around your home or video capturing doorbells

RED FLAGS

The person visiting you says you have won a class-action lawsuit regarding the installation of your equipment and the money can only be used towards renovations to your home

You are told your home is now a 'green home' after the installation of some equipment and therefore you qualify for a grant. A condition of the grant is that you can only use the money to do renovations or add more equipment

A financial company approaches you, unsolicited, indicating they can help you get out of payments or to consolidate your debt

If you are told renovations are free

If you do not have input on the renovations a company does or what materials they use

If you are pressured to have renovations started right away

Renovations in these frauds have included: flooring, painting, smart thermostats, vanities, sinks, toilets, showers, kitchens cabinets and insulation. They are often poor quality and are left unfinished



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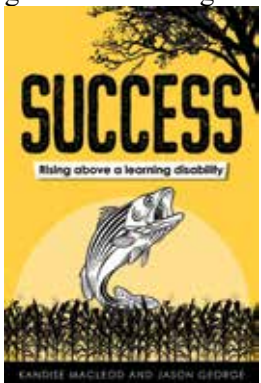
**Oil furnace sales and service**

## Going Deeper and How Scary It Can Be

by Jason George

January 31, 2023 - I wanted to update everyone on some fun and exciting things happening the might be interesting to you as well. Next article, I promise you an awesome story about this one time I thought the road moved. Yes, I actually thought that, till I saw the wolf.

So, on a recently drive up to Algonquin Park, to me the 'Mecca' of wildlife in Ontario. A spot that I often head to for potentially animal encounters. This trip wasn't about the animals, although I saw a pheasant and 4 pine martins on this trip which is pretty awesome. This trip was about getting my book into the Algonquin Park bookstore, which is something I've been working on for a while. Don't worry those of you that can't get up to the park it is on Amazon - 'The World with Jason George - Canada'. Rumour has it that book 2 is coming out soon...can you guess where we go? There is a school in Peterborough that is actually doing a book study on the book starting in February of 2023.



In other book news, I've also released a totally different book about my experiences with dyslexia. Well, I only contributed some personal stories to the book by Kandice Macleod called 'Success - Rising above a learning disability' This book is about

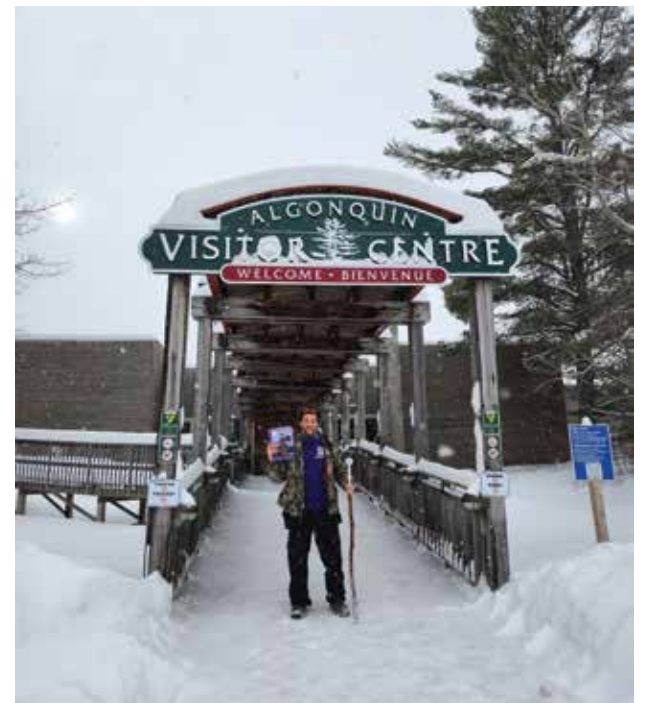


dealing with learning disabilities and how scary it can be but also how to work with them to succeed.

For those of you that enjoy videos like Animal Plant and Blue Earth then you should subscribe to my YouTube channel - Jason George Photography - as every month I'm releasing a video on different animals as part of my new series called 'Going Deeper' where we will look at how the specific animal eats, cleans, hunts, reproduces, protect themselves, swims plus see these animals from different angles - inside dens and lodges, going underwater with some or watching them come out of a shell as we try to learn as much as we can about the different animals of the world. We've started with Owls, Foxes, Beavers, Moose, Loons feel free to leave a comment about what animal you want to see next on the videos ever month on the 15th a new video gets released.

Finally, the JGP Prowl club for wildlife lovers is scheduled to have the 1st meeting ever Feb 12th. The Prowlers are excited for the events and activities we have coming up (May 28, July 2nd and Oct 1st). We are going to help the animals, the planet and try to have some fun doing this with prizes at every meeting.

Please find more information on [www.jasongorgephotography.com](http://www.jasongorgephotography.com)



## Under The Glass

*Under the glass is a column by Mr David Kai for VMLC. David Kai is a published author nationally, a TV and radio commentator on investments, asset classes, collector and investment markets.*

February 12, 2023 - Recession fighting extra cash from your closet. Your pocketbook hurts, we get it. Your money is not going as far as before, we understand. Everything cost more with inflation. Understood. What can you do? Turn stagnant into dynamic!

Take love loss and turn into vibrant, lively and current. Take stagnant assets and turn them into cash. I am a well known for my views on investing and taxation. Never pay taxes if you can arrange a structure to defer or defeat taxation. I spent 35 years teaching that and wrote three books on it. Do not let stagnant capital sit for no reason if that capital is out of sync with your life.

What is out of sync? These are things that no longer line up... In everyone's lives there are assets, both investment, and personal that no longer line up. On the investment side, unstructured assets (assets that do not have a taxation shell around them), assets that are invested on a pre covid reality as opposed to a post covid reality, assets that simply suck as investments with a upside long gone, all should be reviewed, all altered and restructured.

On the personal side, many sacred cow assets reside in your closet, garage or basement. These usually are attached to a former life relationship, belief, need or simply you had before when you were interested and now you're not.

I still do personal financial reviews and restructuring for select people. Nobody does personal asset reviews, they let those sit, dwindle and fade.

Having a hard time paying your bills? Get help from your closet.

Sell your fantastic "A" collectible, its worth a lot. That's a home run, but the other "B" assets beside it may be failing, fading, dying in value,

These other "B" assets should be monetized and used to invest in an asset with a greater upside, or to pay bills, but don't let them fade and die in value.

Where are those other assets? In the garage, in the basement, in the top shelf of your bedroom closet and in the third drawer on the left in your bedroom dresser.

Your 35 year old son left his hockey card collection, but mom, your grandmother, both have their own version of a hockey cards of their era and those are probably decreasing in value as the people who they mean something to die off.

Call me personally If you need a review, of either part of the equation. Remember ultimately everyone disposes of everything at the end, and the prices in that forced market are not the most favourable. Think hard about this column.

## VENDOR MARKET AND LIQUIDATION CENTRES

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- Consignments Accepted
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- Ask, we probably have it

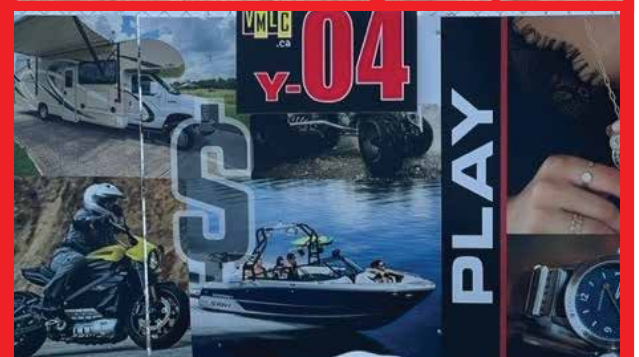


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Conrad & Donna Huber Match

Kickstart Your Heart Donations\* to GBGH Foundation



Photo above: Conrad & Donna Huber have offered to match all donations (up to a total of \$25,000) to the GBGH Foundation through the Kickstart Your Heart campaign from February 1st to 14th, 2023. In partnership with Bell Media’s Pure Country 106 and Bounce 104.1, the GBGH Foundation has a goal to raise \$100,000 to help replace cardiac monitors and ECG machines for Georgian Bay General Hospital.

January 31, 2023 – For the first two weeks of February, the Georgian Bay General Hospital (GBGH) Foundation is raising funds for cardiac monitors and ECG machines, inspired by a \$25,000 match gift from Conrad and Donna Huber. This year’s ‘Kickstart Your Heart’ campaign will aim to raise \$100,000 for these two cardiac care priorities at GBGH.

In its first two years, the Kickstart Your Heart campaign raised more than \$300,000 to replace all the defibrillators and crash carts at the Midland hospital. The annual campaign was first inspired by the Hubers, who consider their support of the campaign a gift to each other.

“Conrad & Donna are an incredibly generous local couple,” shares Nicole Kraftscik, executive director, GBGH Foundation. “They have a love for healthcare, and a love for their community, which they celebrate through their generous match gift to the Kickstart Your Heart campaign each year. Their hope is that our community will take advantage of their match gift and support GBGH.”

To help the GBGH Foundation invest in cardiac monitors and ECG machines for the hospital, Bell Media’s Pure Country 106 and Bounce 104.1 are putting their voices to the airwaves in the coming

weeks.

“Bell Media is supporting the Kickstart Your Heart campaign because we understand how important it is for communities to work at their best potential,” shares Meg Whitton, morning show host on Bounce 104.1. “We want hospital staff to have the very best equipment and we want to show our hospital staff that we are willing to provide that for them.”

Local businesses are also stepping up in a big way this year, offering special promotions that kick back a portion of sales to the Kickstart Your Heart campaign. Sweet Treats Factory, a new business based in Penetanguishene, was one of the first to step up with plans to donate 20% of sales from their Valentine’s Heart Cookies & Heart Brownies.

“We are excited to be part of this campaign, and support GBGH in any way we can,” shares Matt Mackenzie, owner of Sweet Treats Factory. “We have had three children born at GBGH, and have always had a great experience with the team there.”

Anyone interested in having their gift matched\*, can make a donation at [www.gbghf.ca/kickstartyourheart](http://www.gbghf.ca/kickstartyourheart). A list of businesses participating in the campaign can also be found there.

\*Donations will be matched up to a total of \$25,000.

BIRTH ANNOUNCEMENT



Abel Matthew Garwood, arrived at 7:45pm on Tuesday February 7th, weighing 8 lbs. 5 oz.

Both Mom (Danielle Garwood) and Baby are happy and healthy.

Matt & Danielle

ENGAGEMENT

Arnold & Sandy McAuley are thrilled to announce the engagement of their daughter Sarah to Thomas Graham of Kamloops BC.



The couple will be married in the Revelstoke area on June 24th.

There will be a **Buck & Doe** for the couple at the Elmvale Community Hall on **Saturday, March 11th** at 8pm for anyone wanting to wish them well.

Springwater News

Found in Costa Rica



On Feb. 14, 2023, Springwater News is found on a Raspberry Farm in Conception de San Isidro, Costa Rica. Brian Belcourt brings the Springwater News with him while his wife, Linda Belcourt, Editor/Photographer of the Springwater News, works hard on this edition. This is the view from the Springwater News remote office that has an elevation of 4,986 feet.

Send in your picture with the Springwater News on your travels to [info@springwaternews.ca](mailto:info@springwaternews.ca)

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Obituaries

**CONN, Michael Thomas**

Passed away peacefully at Royal Victoria Hospital, Barrie, with his family by his side, on Monday, January 30, 2023. Mike Conn of Wasaga Beach, dear husband of Marjorie (nee Madill), in his 77th year. Cherished father of Jeff (Jeannie) and Lu-Anne (Dwight) Breedon. Proud grandfather of Alex, Ben, Miranda, Allie (Courtland) and Kyle. Lovingly remembered by his brothers Jim, his twin, (Sandy; predeceased) and George (Sandy). He will be missed by his in-laws, Donna (John), Carol (Ross), predeceased by Bill (survived by Joanne), Bev (Ed) and Ken (Olga) as well as many nieces, nephews and friends. Mike was a 'global traveler'. He and Marj were able to visit many places in Canada, Europe and beyond. He enjoyed his years as a minor hockey coach when his son was playing. He was well known for his 6-Horse Clydesdale Hitch, always taking pride in showing off his beloved team. More recently he was an active woodworker taking great pride in his projects.

A visitation will be held on Saturday, February 18th at Lynn-Stone Funeral Home from 1 - 2 pm followed by a Celebration of Life at 2 pm. Cremation has taken place and inurnment will follow later in the year at Elmvale Cemetery.

In lieu of flowers please consider a memorial donation to Royal Victoria Regional Cancer Centre ([www.rvh.on.ca](http://www.rvh.on.ca)) or Elmvale Food Bank ([elmvaledistrictfoodbank.net](http://elmvaledistrictfoodbank.net))

*Messages of sympathy may be sent to the family at [lynnstonefuneralhome.com](http://lynnstonefuneralhome.com)*



Obituaries



**REYNOLDS, Frances Marion**

Passed away peacefully at Hillcrest Village Care Centre in Midland on Tuesday February 7, 2023, in her 91st year. Fran Reynolds (nee French), formerly of Waverley, beloved wife of the late Eldon Reynolds. Loved and missed by her children, Barb (late

David) Swanson of Thornbury, Russell of Vasey, Dennis (Kathy) of Omemee and Wanda (Vince) Patenaude of Victoria Harbour. She will now be reunited with her son Scott (Helen). Survived by her sister Ann (Ron) Leonard of Waverley and predeceased by her brothers Allan, Lawrence, Albert and Doug. Lovingly remembered by 14 grandchildren and 19 great grandchildren. Fran loved to cook and was famous for her delicious bread and tea biscuits. She couldn't resist buying yarn when it was on sale and loved to knit. She found great joy working with her husband on the farm, in the fields and vegetable garden. Fran earned a lifetime membership with Waverley Women's Institute and enjoyed her years as a 4-H Leader.

A visitation will be held on Monday February 13th at Lynn-Stone Funeral Home, Elmvale from 12 - 2 pm followed by a service at 2 pm.

Spring interment at Waverley United Cemetery. If you wish to make a donation in her memory please consider the Heart & Stroke Foundation

*Messages of sympathy may be sent to the family at [www.lynnstonefuneralhome.com](http://www.lynnstonefuneralhome.com)*

THANK YOU

We would like to send our sincere thank you to our friends, family and community for their support during our time of loss. The food, cards, flowers, donations and help with chores has been greatly appreciated. It was comforting to know Jacob had touched so many people with his smile and willingness to help.

Thank you,  
**The Martin Family**

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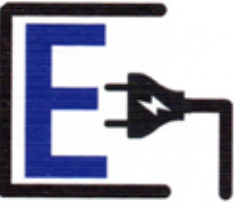
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Hidden Gems: A Tale of Two Spas by Lesley Gowens

*Feb. 13, 2023-* With a winter that has had its share of ups and downs, it has often been difficult to maintain favourite past times such as cross country skiing, snowshoeing, snowmobiling and skating. In the previous issue, we looked at some fun indoor activities to get you out and about during these long, dark and snowy months. Today we are going to look for something you can enjoy outdoors that is sure to restore your health and well being.

Norse culture has embraced the concept of the winter spa experience for generations. The benefits of hydrotherapy cannot be overstated. Engaging in the heat-cold-relaxation cycle, restores both mind and body. During the hot part of the cycle which lasts between 15-20 minutes, your blood vessels dilate and blood flow is increased resulting in lowered blood pressure. The hot cycle also cleanses the skin through intense perspiration. The cold stage ensures you receive the most benefit from the hot/cold circuit. A quick 5-10 second plunge is all it takes to increase heart rate and release endorphins. During the relaxation stage (20 minutes) the cardiovascular system has an opportunity to regulate itself. The cycle can be repeated as many times as desired.

To visit Le Scandinave Spa, head out to 152 Grey County Rd. 21 in the town of The Blue Mountains. It's open 7 days a week from 9 a.m. to 9 p.m. Surrounded by natural ponds and forests with a view of the Niagara Escarpment, this spa is the ideal spot to indulge the senses. Hot cycle options include hot baths at various temperatures, a Finnish spa, a



eucalyptus steam bath and an infrared sauna. To cool down enjoy the Nordic waterfall, cold showers, cold plunge baths or take a roll in the snow. Finish off the cycle by relaxing in one of the solariums, on a hammock or in a Muskoka chair by the fire. Bring your own water as water stations are located throughout the spa or enjoy a light lunch at the cafe. Book a massage for an added treat. Wednesdays give you the opportunity to save \$10 off of your visit.

Vetta Nordic Spa is located at 3210 Line 3 North in Oro-Medonte. In the heart of the Horseshoe Valley, this Finnish inspired spa also ensures you are surrounded by nature. It's open 7 days a week from 9 a.m. until 9 p.m. The Hot (Kuuma) part of the cycle



includes hot pools, Vetta signature scented steam rooms, small electric saunas, a large wood burning sauna, a hot stone room and an exfoliating salt scrub and shower experience. The cold part of the cycle includes cold plunge pools and a cold plunge bucket. To relax (Levata), take advantage of the relaxation rooms/areas, sit by one of the gas or wood burning fires, sink into a Muskoka chair or lounge or indulge in a massage. Take some time to socialize at the in-spa bistro or Finnish inspired restaurant.

Going to an outdoor spa in the winter is an amazing experience that is sure to be repeated. To try something a little different, check out Le Scandinave or Vetta Spas.

Views from the Cottage by Melanie Martyn



“IT’S NOT SAFE...YOU CAN’T GO!”

*Feb. 15, 2023* -I’ve been told that before but I went anyway. I just got back from Acapulco, Mexico and have the sunburn to prove it. Last minute plans always seem to work out the best it seems. I had three days to organize my workload and find someone to watch my two kitties. You never like to take your cats away from their cozy environs, so I was lucky enough to have my son stay a few nights here and there. Another very good friend dropped in every other day and stayed the odd night so I felt I could rest easy. Since I’m feeding the birds now, I left a substantial sized bag of feed and a few suet bars by the back door. So off I went, into the wild blue yonder.

There is much to tell about this trip abroad but I’ll leave the gist of that for another time as I’ve left myself little time for this issue deadline. I will quickly tell you a couple of highlights or should I call them lowlights. I have not travelled too far in the last few years for many reasons but mainly, I just wanted to stay close to home. Ever since I moved to my cottage home, I’ve found plenty to do to keep myself occupied and who needs to leave the lake?

I was happy to make a new friend this last year and



it was with this happy occurrence that I was invited to take this trip. Two gals with a mission. More about that later but let’s start with the adventure of the stopover at the huge City of Mexico. Flying over the City, you could see miles and miles of homes and commercial buildup. We landed fairly softly through a cushion of thick foggy smog. If anyone tells you that you don’t need a little Spanish to travel to Mexico, tell them they are lying. Our Air Canada flight was delayed at Pearson so we only had about an hour and 20 minutes to get through Customs and find our connection flight to Acapulco. The lines were huge, and I mean huge. I am not good with lines so I re-routed and tried to explain our dilemma to anyone in uniform at the front of the kiosk. There was no

English spoken and we just got pointed to the end of the line. The very, very long line. Desperate, at this point, I just said to my friend. “I don’t care if I have to pull out my wallet, I’m going to beg someone to let us in at the front.” We turn to the first soul and who is it? The gal with the cat in a carrier and her mother (also with a cat lol). I had sat beside this young gal and bought her lunch on the plane as she did not have her purse available on the journey. Was this our lucky day? She welcomed us into the line and my belief in synchronicity was rejuvenated. So thankful, we traded names and phone numbers for future contact.

After that, we whizzed through the terminal and finally found our flight provider, only to find out the gate was closed and no amount of talking was going to make any difference so we were forced to buy another ticket for a flight a couple of hours later. The one hour flight was not too expensive and we would still arrive in Acapulco in time to attend the big Mad Max party. This planned event had people coming from all parts of the world and the kick off was this theme party and I was not going to miss it. At any rate, we finally landed in Acapulco and made our way by taxi to our little Villa on the coast in the quiet village area known as Bonfil. Villa might give you the impression of a beautiful white stucco adorned residence with a nice terrazzo style courtyard. There was lots of stucco and quaint palm leaf, thatched roofs but this was definitely a culture shock experience. At least it was clean and we occasionally got some hot water to come out of the taps, lol.

We dressed for the party. I had a cute little outfit with what I thought might fit the ‘scene’ and adorned my head with a very fluffy purple and white-haired wig. I do think it was not too shabby and we had a great time mixing and mingling. As I mentioned, I will be chatting about this adventure in a follow up article but let’s just finish with our first nights adventure.

We headed back to the room about 2 a.m. on quiet streets with just the occasional cat prowling for food. Laughing and chatting about the music and the broad spectrum of people, we came to an abrupt stop in front of our villa’s front gate. A

locked gate with a keypad and a keyhole we had no key for. Now the courtyard was fenced all around, about nine feet high and it appeared we might have to sleep on the beach?? I don’t think so...

A quick call to the management lead to an answering machine and we pretty much felt abandoned but I never give up. Surely I could scale over the side wall if we just went around the corner to where we could see our balcony above. We needed a bit of height though so we scoured the street and saw a couple of chairs. You see a lot of white plastic patio chairs in these small village streets. Better yet though, I saw a nice 20-foot metal ladder leaning unemployed against a nearby shop. We hauled it over to the side yard and leaned it up to the balcony. At that point there was one Mexican fellow in the street saying something indistinguishable (if you don’t know the language lol) and I just uttered back “Una momento” as I clambered up the ladder. Finally near the top, I was surprised by another amigo coming out of what I thought was our room. A bewildered gal was close behind him and I soon realized we were on the wrong balcony! I’m sure the purple-haired lady gave them a bit of a shock! I quickly apologized and we soon had the ladder down and moved it to the front of the villa as “I never give up!”. Thankfully, our rumblings alerted one of the other vacationers who came out to let us in. Thanks be to heavens! The young man just opened the door and said, “ Oh yeah, I had to scale the fence to get in as well, not 20 minutes ago.” Well, all was well with the world and a good nights sleep was our reward.

More to come....stay tuned!



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