

STEELERS
RESTAURANT & PUB

Patio Open 7 Days a Week!
23 Queen St. W. Elmvale
705 322 2652

paulsadlon.com

550 Bayfield St Barrie

LOCAL FOOD YOU CAN TRUST

Make every meal Nicholicious

www.nicholyn.com

Edition 657 - August 3, 2023 Serving Springwater & Tiny Townships and surrounding areas

Customer # 0003684814 / Publication/Admail # 0040027838

Elmvale Church Doubles Their Impact With Gift to MRI



Photo above: Jesse Dees, senior key relationships officer, GBGH Foundation accepts a cheque for \$5,000 from volunteers at Elmvale Presbyterian Church. The group held a Strawberry Supper and BBQ & Bake Sale to raise funds for a new MRI machine at Georgian Bay General Hospital, and the funds will be matched in the Bayport Masonic Lodge \$50K in 50 days campaign. Photo credit GBGH.

July 28, 2023 Midland, ON – Earlier this month, Elmvale Presbyterian Church held two events to raise funds for a new MRI machine at Georgian Bay General Hospital (GBGH). Combined, the Strawberry Supper on June 28 and public BBQ & Bake Sale on July 1st contributed \$5,000 to the project, and the funds will be matched by Bayport Masonic Lodge.

From June 23 to August 11, 2023, Bayport Lodge and its members, have pledged to match donations to the Georgian Bay General Hospital (GBGH) Foundation MRI Fund, up to a total of \$50,000. This gift from the Elmvale Presbyterian Church brings the total to \$37,450 with 15 days remaining.

“We are so thankful for the tremendous community support from local churches like Elmvale Presbyterian Church,” says Nicole Kraftscik, CEO, GBGH Foundation. “There are so many residents, businesses, organizations, service clubs and beach associations who have not only donated, but have also come up with their own unique fundraising ideas to help support their local hospital.”

On July 7, another local masonic lodge made a \$10,000 contribution to the campaign, the Woodland Beach Property Owner’s Association made a \$2,000 gift on July 21 and individual donations make up the remaining \$20,450.

The Foundation has a goal to raise \$4-million over the next two years, to ensure the hospital can proceed with the purchase and installation of the MRI in 2025. As of July 27, more than \$851,000 has been raised toward the goal.

Anyone interested in having their donation to the MRI matched before August 11, 2023 can visit <https://gbghf.ca/bayport-lodge-mri>.

By Jen Russell, GBGH

Church Donation Combines Events for GBGH Donation

Upon hearing of the prospective Government funding for the purchase of an MRI unit for Georgian Bay General Hospital and the \$4-million obligation of the hospital Foundation, Elmvale Presbyterian Church jumped on the bandwagon – or in this case – the food wagon. The church family of EPC loves to feed and fellowship with each other and the community and they do it well. As two eating functions were currently in the works, it was decided to combine the proceeds from each and make a donation towards the project.

At the Strawberry Supper, June 28th, approximately 120 people enjoyed a meal of ham, potato salad, various other salads and, of course, strawberries and cake.

On a beautiful Canada Day, July 1st, the community was invited to a BBQ . All enjoyed their hamburgers or hot dogs, drinks and ice cream sitting outside in the sun or in the cool of the church Social Room where there were tables laden with all manner of wonderful baked goods for sale.

When all the calculations from all events and the many very generous donations received were complete, a cheque for \$5000 was presented to two representatives of the Foundation, Jesse Dees, Senior Key Relationships Officer and Nicole Kraftscik, Chief Executive Officer who expressed their thanks. Construction and installation of the unit will take two years and early 2025 is the target for it to be operational.

OUR THANKS TO BAYSIDE MASONIC LODGE WHOSE OFFER TO MATCH ANY DONATIONS AT THIS TIME, ENABLES OUR DONATION OF \$5000 TO BECOME \$10,000.

Elmvale Presbyterian Church thanks Elmvale and the community for your support. Great things can happen when we work together.

By Mary Fleming

WILL MARSHALL INSURANCE BROKERS LTD.

Treating You Like Family Since 1983

Call for Professional Advice
Barrie: 705-726-2551 Orillia: 705-326-5664

Colin Marshall info@wmib.ca

Automobile Residential Business Farm Recreational

www.wmib.ca

GREEN MEADOWS
Still HOMES

Detached homes in the heart of Elmvale.

REGISTER ONLINE NOW

greenmeadowselmvale.com

Over 35 Years of Experience

Free Water Testing & Site Inspections

- Iron Sulphur Systems
- Water Softeners
- Ultra Violet
- Reverse Osmosis
- Pressure Systems

705.526.6665
780 Balm Beach Rd Midland
“We Service All Makes and Models”

EDITORIAL by Linda Belcourt, Editor

It's hard to imagine the August long weekend is just days away. The summer has gone fast, as they all do. To me, this time of year is about growth. The flowers are blooming at their peak, bugs of all sorts remind us of the great outdoors, gardens are being harvested with the tasty fruits of our labour. Berries are in the their glory, zucchini are over flowing our baskets already and sweet corn is just starting. Summer is about half way our evenings start to cool off.

I feel that I would not be a proud mother if I didn't point out the my daughter Dr. Marie Belcourt, from Elmvale, is in the RVH new release shown below. Our area needs more family doctors. There is something special about locals becoming doctors to practise where they were raised. Congrats Marie!

Springwater New Retraction for July 20, 2023 Edition 656.

The front page had the Festival Du Loup spelled incorrectly twice and once in the Editor's Editorial. Springwater News deeply regrets this error.

LETTERS TO THE EDITOR

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

July 23, 2023 - I own a nice treed property in a semi rural, holiday area! People love to go walking, riding, (property posted) WALKING their dog, Problem is, I have cameras and I see no one carrying a poop bag. Sort of seems, wrong doesn't it? You know who you are!

C Kachkowski. Tiny

Dear Linda,

July 28, 2023 - Edition 656 -- Massive Perch, Pg. 12 about Orville Wright (a favourite story), Coyotes, Bearbells column and the many photos are all great reading!! Keep up the best paper in our community!

Marianne Schall, Barrie

RVH Welcomes New Family Medicine Resident Physicians to Residency Program



Photo Above: Nine new family medicine resident physicians recently joined the Family Medicine Teaching Unit (FMTU) at Royal Victoria Regional Health Centre (RVH) to complete the final two years on their journey to becoming family physicians: (back row, left to right) Drs. Thiago Lusvarghi, Margaret MacDonald, Jennifer McKinlay, Marie Belcourt, Joe Loung (front row, left to right) Nathan Doupnik, Brandon Chan, Doan-Nghi Dam-Le, Dhurga Vaikunthan

July 28, 2023 - RVH News Release - Royal Victoria Regional Health Centre (RVH) continues its important work of training new family doctors as another group of residents begin their final two years of training in the health centre's Family Medicine Teaching Unit (FMTU).

The program, which is affiliated with the University of Toronto Department of Family and Community Medicine, recently welcomed nine new family medicine resident physicians to the FMTU's residency program.

"These residents will have the opportunity to practice medicine with a full caseload of patients while gaining invaluable knowledge as they work alongside RVH's many skilled physicians," says Dr. Christine Stewart, Site Director, Family Medicine Residency Program at RVH. "It is an extraordinary environment in which to learn to become comprehensive and well-trained family physicians."



"Choosing the Barrie residency program was a natural fit for me" says Dr Thiago Lusvarghi. "The program's reputation for producing comprehensive doctors aligns perfectly with my career goals. What makes it even more meaningful is the fact that I grew up in Barrie and have strong family ties here. Being able to practice medicine in a community I know and love is a privilege I deeply cherish, and I'm eager to give back to the place that has given me so much."

Since the program began in 2009, 109 family medicine residents have trained at RVH, with 68 staying in the area to set up their own practices, provide temporary coverage for area physicians or work in the health centre's Emergency and Hospitalist departments.

"As a teaching hospital we merge education and healthcare excellence to have a significant, positive impact on our community. We are pleased to welcome these new residents," says Gail Hunt, RVH president and CEO. "Many physicians who have completed their training at RVH have gone on to establish practices in the area which has helped meet some of the demand for family physicians. As we focus our efforts on increasing the teaching and research opportunities available at RVH, we plan to continue growing, and hopefully keeping, exceptional physicians in this region."

RVH welcomes Drs. Marie Belcourt, Brandon Chan, Doan-Nghi Dam-Le, Nathan Doupnik, Joe Loung, Thiago Lusvarghi, Margaret MacDonald, Jennifer McKinlay, Dhurga Vaikunthan.

In addition to welcoming the new residents, RVH also extends congratulations to the residents who graduated from the program this year including Drs. Fatemeh Bakhtiari, Deidra Carr, Ovina Chow, Jivan Gill, Anshu Jassal, Curtis Kelly, Timothy Lee, Anthony Parrell, Taylor Stanojev and Alis Xu.



Springwater News

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

Articles can be dropped off, mailed
or e-mailed 24 hours a day.

THE NEXT PAPER will be on Aug. 17, 2023
Publications Mail Contract No. 1443739
Unaddressed Admail No. 3684814




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


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

Ad*Reach.

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

Funded by the
Government
of Canada





BRING THIS COUPON & GET

10% OFF

होल वेड्डो
INDIAN CUISINE

46 Queen St W,
Elmvale, ON L0L 1P0
+1 705-515-7189
order@elmdesi.ca

THIS OFFER IS VALID FOR DINE IN & TAKE OUT
TILL AUG 02, 2023 ONLY AT THIS LOCATION.

Aug 12/13 Perseid Meteor Shower

July 26, 2023 - The highlight of any summer other than camping and going to the cottage is viewing the annual Perseid Meteor Shower. This year the peak night occurs on the night of August 12 into the morning of the 13th. We should see 60 to 80 meteors (commonly called shooting stars) dashing through the sky at 59 km/second, lighting up the night. This is peak night but the entire shower runs from July 14 to September 1. There could also be a possibility of enhanced activity on the night of Aug 13 from 9 pm to 10:45 pm eastern.

What we are seeing is earth plowing through the dusty debris of Comet 109P/Swift-Tuttle, a 26 km or 16 mi wide mountain of ice, dust and gravel that last appeared in 1992 in its 133-year orbit around the sun. It will return in the year 2125.

In his 1972 song "Rocky Mountain High", American singer-songwriter John Denver refers to his experience watching the Perseid meteor shower during a family camping trip in the mountains near Aspen, Colorado, with the chorus lyric, "I've seen it rainin' fire in the sky."

"The shadow from the starlight is softer than a lullaby".

The 8% waning crescent moon will rise around 3 am and will not interfere with viewing the faint meteors.

Gary Boyle
The Backyard Astronomer3



Aug. 1, 2023 - Saturday July 29th, 2023 around 0300 am police receive a call to attend in the area of Yonge St & Houden St, Elmvale for a hydro pole and traffic light down.

There was no vehicle at the scene. The vehicle was located in the area shortly after the collision by police with front end damage.

The driver was investigated and subsequently arrested for:

- Operation while impaired over 80mg.

Damian FROILAN NAULA, 21 years from Etobicoke
He is to appear in the Collingwood court in August.
Submitted by Cons. Lindsay Griffin, Huronia West OPP



Springwater Fire Department reported that Yonge St. was closed between Stone St. and Robinson Rd in Elmvale for most of the day. Hydro One was on scene and the power ws out for at least eight hours.

By Linda Belcourt, Editor (Photos Credit to Brian Belcourt, Reporter.)

Use code
"Springwater"
when booking for
10% off!

JEFF'S JUNK.ca
705-333-7767

JEFF'S JUNK.ca
BIN RENTAL

JEFF'S JUNK.ca
705-333-7767

BIN RENTAL
YOU LOAD

JUNK REMOVAL
WE LOAD

www.jeffsjunk.ca
705-333-7767
hello@jeffsjunk.ca

BARRIE HILL
FARMS

Pick local. Live green.

Pick-Your-Own
Blueberries

2935 Barrie Hill Road, Springwater
8AM-8PM Monday - Friday
8AM-5PM Weekends



Come discover all the treasures that the Village of Elmvale has to offer!



The Elmvale BIA's Music in the Park series continues throughout the month of August:

August 5 - Rick Robichaud
August 12 - Miranda Journey
August 19 - Craig Smith

Gateway Park in Elmvale. Corner of Queen St. & Hwy 27 - Saturday afternoons: 1pm to 4pm

Elmvale’s Great Outdoors & Beach Lovers Contest

Share your favorite summer activity with us!

Family beach days, boating, kayaking, paddle boarding, hiking, camping, biking, grilling, backyard fun, movie nights, golfing or just relaxing by the pool.

Send us the details, upload your photos.

Contest runs: July 15th to August 30th, 2023 - ElmvaleBIA.CA to enter

Best photo fun & details has the opportunity to WIN \$400 DINING IN ELMVLAE gift certificates.
Courtesy of The Country Diner & Steelers Restaurant & Pub, Elmvale, ON

The Elmvale BIA - Volunteer Opportunity - Board Secretary - If interested - Info@ElmvaleBIA.ca



Good Food, Good People, Good Fund-raising



Natural Gas Sales & Service

Scott's R & S Heating Systems

- ◆ Furnaces & Air Conditioners
- ◆ Fireplaces & Boilers
- ◆ HRV's & ERV's

705.527.4139
753 Vindin St., Unit 3, Midland
www.rsheating.ca

Serving Midland, Penetanguishene
Elmvale, Wasaga Beach, Tiny & Tay

With summer finally here, you may have noticed more motorcycles on the main street of Elmvale. Once again, Elmvale Bike Night is in full swing. Thursday nights at 6 pm, bike enthusiasts are meeting up starting in front of Steelers Restaurant and Pub. Elmvale Bike Night was started by Jeff Tress and Bruce Robertson, to bring motorcycle enthusiasts together to meet and enjoy great food. They also wanted to give back to the community by raising money for the Elmvale Legion and the Elmvale Food Bank. This year we are fortunate to have Barrie Harley Davidson join on as a sponsor, donating great prizes. We also have many great prizes donated by Steelers Restaurant and Molson's. Several local businesses have also donated wonderful prizes to help us raise as much money as possible for these two great organizations. We would like to thank, G&S computers, Solo Esthetics, Healing Hands massage therapy, Jack's on Queen and ShinyBud for their donations towards our prizes. The season began on May 4th with an awesome turnout and we will hopefully have less rain, for the remainder of the season, so that we can raise as much money as possible. This event is open to all, so please drop by and help support these wonderful organizations and our local businesses, Thursday's at 6pm.

FOODLAND

Fresh food. Friendly neighbours.

Local Butchering by
Our Meat Expert

14 Yonge St. North, Elmvale
705-322-2261



July 26, 2023 - EDHS Drop-In Gym Programs
The Township of Springwater is pleased to offer Open Gym Drop-In session at Elmvale District Highschool (25 Lawson Avenue) from July 24 to August 22. The gym will be open during the following times:
Mondays: - 5:00 p.m. - 9:30 p.m. - Drop-in basketball
- All ages are welcome. Equipment will be provided.
Tuesday: 5:00 p.m. - 9:30 p.m. - Drop-in pickleball
- All ages are welcome. Nets will be provided and a limited number of pickleballs and paddles will be available.
Drop-in programs will be no charge for July and August. Additional information and drop-in guidelines are available at www.springwater.ca/recreation

Blue-Green Algae Confirmed in Orr Lake
The Simcoe Muskoka District Health Unit has advised that a blue-green algae bloom has been confirmed in Orr Lake. The sample was taken from the South East portion of Orr Lake. As a result, they have issued a water quality advisory. Under a water quality advisory:
• People or pets should not enter the water if it looks green or blue-green.
• Avoid swallowing or getting the water into your eyes.
• If you come into contact with blue-green algae, rinse off with clean water.
For additional information on blue-green algae, please visit: www.smdhu.org/algae
Submitted by Nicole Audette, Communications Officer

Two GBGH Team Members Receive Hartog Health Innovation Award

July 20, 2023 - At the Georgian Bay General Hospital (GBGH) Foundation Annual General Meeting on Monday, June 25, the annual Robbert Hartog Health Innovation Award was presented to two deserving individuals from Georgian Bay General Hospital. Dr. Jeff Golisky and Erin Kominek were recognized for their outstanding achievements that demonstrate the values of Robbert Hartog, who worked tirelessly on behalf of Georgian Bay General Hospital and the Foundation. Established by the GBGH Foundation in 2009, the \$5,000 award is shared between the winners toward furthering their professional learning and development. “There are many exceptional people at Georgian Bay General Hospital, and this year’s recipients are absolutely deserving of this recognition,” says Nicole Kraftscik, CEO, GBGH Foundation. “These individuals are innovative, service-focused and have contributed to transformational projects for GBGH. I am honoured to present the award this year to Jeff and Erin.” Dr. Jeff Golisky, family physician and deputy chief of staff at GBGH, is recognized for his leadership on various committees at GBGH, including taking ownership of the Professional Staff Recruitment portfolio. Externally, he holds the rank of Assistant Professor with the Northern Ontario School of Medicine (NOSM) and Assistant Professor, Temerty Faculty of Medicine, Director of Physician Assistant Program and Director of Integrated Communities Residency Program at the University of Toronto (UofT). “Dr. Golisky has embodied the vision of a comprehensive family physician in this community for more than 15 years,” says Dr. Vikram Ralhan, chief of staff, GBGH, who nominated Dr. Golisky for the award. “He supports GBGH through his inpatient practice of more than 1,000 patients, while also taking on progressive leadership roles inside and outside of the organization, including enhancing GBGH’s positive profile locally and provincially.” Erin Kominek, Manager of Cardiorespiratory, Diagnostic Imaging and Laboratory at GBGH, is recognized as an exceptional leader who contributes to the success of the organization from both a clinical and people perspective. “GBGH is a better place because Erin is on the team,” shares Karen Redpath, director of clinical services at GBGH. “She is an enthusiastic champion for enhancing programs and upholding the

elevate

dance company

(formerly Cyndy’s Just Dancin’ Company)

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

Ages 3+

Registration Dates for the 2023 – 2024 Dance Season

Thursday September 7th6-9 pm

Monday September 11th6-9 pm

Wednesday September 13th6-9 pm

Online Pre-Registration opens

Wednesday September 6th at 10:00am

Classes Start September 16th

Information Packages for Season 3 are available by email

dance.elevate@outlook.com

705.322.9605

@elevate_dance_company

120 Yonge Street North, Unit 2, Elmvale

highest quality standards. From a people perspective, Erin is extremely active, and successful, in her recruitment and retention efforts. She focuses on personalized engagement, and has become a formal mentor for two new leaders this year.”

The GBGH Foundation Board of Directors and staff extend their sincere congratulations and heartfelt thanks to this year’s recipients.
Submitted by Jen Russell Sr. Marketing & Community Engagement Officer GBGH Foundation



Photo above: On Monday, June 26, 2023, the GBGH Foundation presented the annual Robbert Hartog Health Innovation Award to two deserving individuals from Georgian Bay General Hospital. Dr. Jeff Golisky and Erin Kominek were recognized for their outstanding achievements that demonstrate the values of Robbert Hartog, who worked tirelessly on behalf of Georgian Bay General Hospital and the Foundation. From left: Dr. Vikram Ralhan, Chief of Staff, GBGH; Katie Houston, Chair, GBGH Foundation Board of Directors; Dr. Jeff Golisky, 2023 Hartog Health Innovation Award recipient; Erin Kominek, 2023 Hartog Health Innovation Award recipient; Angela Wiggins, Vice President, People & Culture and Chief Human Resources Officer, GBGH; Karen Redpath, Director of Clinical Services, GBGH.

Karma Concert Raises \$6000 for Hospice Huronia: An Unforgettable Night of Local Music and Community Spirit



Tiny, ON – On July 15, 2023, our small and vibrant community came together for a night of music and magic at the highly anticipated 6th annual Karma Concert. Organized by local musicians and volunteers, Karma 2023 showcased the immense talent within this community while rallying support for a worthy cause. The night was an ode to the generosity of the human spirit, as attendees willingly contributed to the cause through ticket sales, donations, and merchandise purchases.

The performer garnering the most votes from the crowd was given the privilege of choosing a local charity to receive all proceeds from Karma Concert 2023. The Salamonies, who took the Karma stage for the first time this year, captivated the audience and took home the top-voted performance!

Hospice Huronia is dedicated to providing compassionate end-of-life care to patients and their

families and was the organization selected by the Salamonies as the beneficiary of the \$6000 raised during the Karma Concert. The funds will help ensure a comfortable and supportive environment for those in need.

"We are incredibly humbled and thankful for the overwhelming support we received from our community," said Julie Hartman, one of the organizers of the Karma Concert. "This event showcased incredible musical talent and the kindness of our neighbours, all coming together for a local cause."

A huge thank you to all the musicians who shared their talent:

Ken Allen
DJ and Daughter
Jamie Schaack
Bowen

You, Me and Where's KP
Walter Dandy
The Big Easy
Billy and the Devil
Wet Sheets
Motor Boat
Em Rey
Salamonies
Little John Bopps
Sound: RC Sound Design

A night like this brings out the very best people! A special thanks to Alex McLaughlin, Katie MacDonald, Larmand Group Private Wealth Management, Stone Tree Building Inc. and MegaMindful

Living for your generosity.

Hard Living With Depression

July 23, 2023 - People can become depressed for many reasons. It might be biochemical. It may also happen after a loss or break up. Disappointment in not getting a promotion or making a team can leave one feeling down.

If there is conflict in a relationship or within the immediate or extended family that can be a drag on our emotions. If there has been trauma or a painful childhood, these can also be contributing factors. There might be medical issues as well. The first step is to talk with your doctor to eliminate any physical cause.

As you can see, there can be an unlimited number of reasons why one might be de-pressed. If it is due to some life circumstance, the depression eventually lifts. If one is suffering from chronic depression that is a different thing.

Depression signals there is something wrong in our body, in our life, or in our thinking. It is important to understand what is causing these feelings. Medication does not have to be the first choice, but for many it is extremely helpful.

Sometimes medication does not help. It is then that we need to look more deeply. Often a difficult childhood leaves a person with negative beliefs about themselves. Other times the unhealed pain gets triggered by current life circumstances.

Often our minds are our worst enemy. It replays painful experiences, goes over and over some perceived wrong, is judgmental, or very negative. If we keep thinking negative thoughts, then we keep ourselves depressed.

Much of my work involves helping clients to see how their thinking is adding to their dis-tress. Our thoughts create our emotions. We have the power to manage or change our thoughts. Often people know what might help them but are unmotivated to do those things.

In this way depression can be like carbon monoxide poisoning; it sneaks up and makes you too tired to get fresh air. It can also be like hypothermia; you know you should not go to sleep in the snow. You just have to keep going.

Sometimes we must fight the depression. We need to do those things we know are good for us, even if we do not feel like it. It helps to do things that take our minds off our-selves.

Volunteering can take us out of our negative mindset, and it feels good to know we are appreciated.

Exercise releases endorphins and gets everything moving. Going for a walk and just no-ticing everything you see, rather than thinking about how bad you feel. No matter how bad we feel, we can always do something to make someone else feel

better.

Chronic depression is complex, but there are many strategies that can help. The bottom line, though, is we have to want to get better. Then, we have to make that effort to do things differently, and to think differently.

Wanting and wishing is simply not enough. It is said that the universe rewards action.

Reach out and find a professional who can do the deep work that is required to move forward.

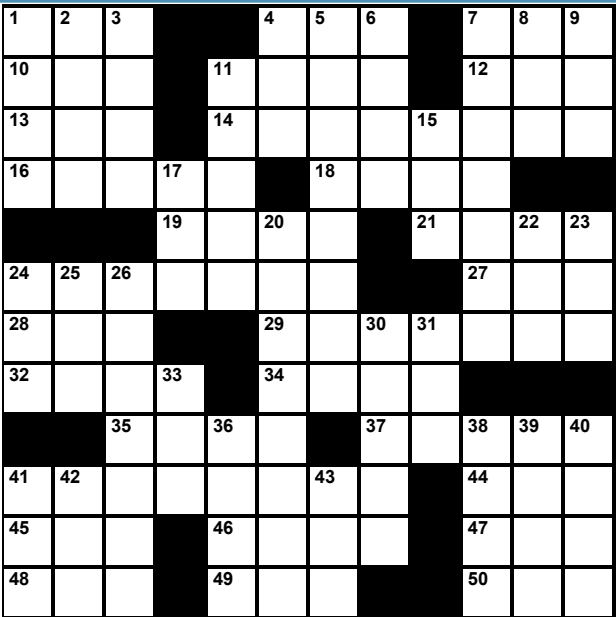
Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www.gwen.ca. Follow Gwen on Facebook for inspiration.



DUMP MOVE
WE LOVE YOUR GARBAGE

Your Best
Disposal Bin Rentals
for Barrie and Area

Container Rentals For:
Renovation • Construction
Site Clean-Up • Yard Clean-Up
Hauling • and more
10' & 14' Cubic Yard Bins
705.795.6514
info@dumprmove.com / www.dumprmove.com



- Across
- 1 Wordsworth creation
4 Big rig devices, often
7 In vitro items
10 1949 Nobel Peace Prize winner John Boyd
11 Contemptuous exclamation
12 Bother
13 Pricker
14 Outmoded
16 Job details, for short
18 Unfortunate
19 Dry sherry of Spain
21 Charades, e.g.
24 Gun part
27 Heap
28 Poodle skirt or parachute pants
29 Discontinue for now
32 Unquestionable
34 Spot
35 Enrobed
37 Aluminum _____
41 Writing on the wall
44 Spell-off
45 Like some prices
46 “Resident _____” horror film
47 Laid up
48 Adopt
49 Small
50 Family girl
- Down
- 1 “My bad”
2 What icicles do
3 Coastal raptor
4 Horse
5 Strait to the Med.
6 “Get outta here!”
7 Stuffed oneself
8 Doggy doc.
9 Logger’s tool
11 Propose
15 Fireplace piece
17 Controversial refrigerant
20 Vertical drop
22 Day of the week, abbr.
23 Sign off
24 Mini-newt
25 Pot
26 Tell a thing or two
30 Turn sour
31 Religious bread box
33 North pole pixie
36 Some
38 Bird venerated by ancient Egyptians
39 Cold turkey purveyor
40 Smoked delicacies
41 Antelope
42 Legal item
43 Backgammon impossibility

HEY DADS!

July 31, 2023 - Do you need to get caught up on the latest Hey Dads! content? Find it at heydads.ca. If you’re just joining us...last week we left off at basecamp before heading to the peak of Pico Duarte, the highest mountain in the Caribbean. My three teen daughters, in better shape than I, challenged me up the first 18 km on day one. Day two would start at the convenient time of 3:00am when roughly eight billion other people are still in bed.

The plan on day two was to hike up five km to the peak, take the obligatory pictures to show Grandma and post on social media, then turn around and hike the five km back to base camp just in time for breakfast. Since we were exhausted, in pain and counting the blisters on our feet we were in bed early the night before.

Annabelle, aged 17, had it the worst of all of us as she tallied 11 blisters on her two feet. I guess walking for a month in advance to work in our new hiking boots didn’t pan out so well after all. Being the unprepared dad that I am, I had brought exactly no remedial remedies for blistered feet. Luckily there were a couple moms on our trip that had thought through potential problems on a 46 km hike. Annabelle sought their wisdom in the art of healing balms, jams and jellies. (“Mom’s healing balms”- maybe there’s a business opportunity there?)

At the unholy hour of 3:00am we heard the other hikers starting to stir in their tents. “Up and at ‘em girls!” I called to my offspring. Not quite. They may have actually woken me up first. I was groggy at that hour and don’t recall the exact details. Despite being a summer morning in the Dominican Republic we were experiencing cold. I had joked the day before about why on earth we had brought hats and gloves with us. The joking stopped. We geared up with our gloves, hats and bright red Canadian-flag bearing hoodies. Head-mounted flashlights and hiking sticks in hand our little band of warriors headed up the mountain in the dark.

After about two hours of hiking in the dark we

arrived at the peak. It was freezing cold up there but also incredibly beautiful. Being careful not to fall down the cliff on the backside of the peak, we arrived just before sunrise. It was amazing to look out over God’s creation to see the sun rising over the hills. Despite our tired bodies, aching muscles and bleeding feet, we had made it!

If you’ve ever witnessed your kids accomplish something that they worked really hard for you can appreciate how I felt. I was proud of my three daughters for their perseverance, discipline and attitude control through the challenge of this hike. We had 23 km back down to look forward to but we had accomplished our goal. We had climbed Pico Duarte!

Maybe you’re not hiking Pico Duarte but I hope you’re finding ways to challenge yourself and your kids. (If you’re looking for ideas there’s a 15km Tough Mudder race in Toronto in September. The girls and I started training for that today.) Do a small hike, help an elderly person with their yard work or volunteer to serve at a local church or charity. Time flies! Make every moment count!

Jason Weening tries to stay in shape by hanging around with his nine kids as much as possible. For more dad fails check out heydads.ca.



City Introduces a Shuttle to Provide Alternative Options to Those Leaving Central North Correctional Centre

(Barrie, ON) – The City of Barrie and the Ontario Ministry of the Solicitor General have reached an agreement for the City to pilot a shuttle service that will allow individuals released from Central North Correctional Centre (CNCC) to get closer to home. This pilot project is part of a Council motion approved on May 17, 2023, to address chronic homelessness and enhance public safety in Barrie.

“The release of individuals from CNCC to the Barrie area created a challenging situation for the City. It’s an issue I heard a lot of concerns about when I was out knocking on doors during the election,” said Mayor Alex Nuttall. “I’m excited for the opportunity for the City of Barrie to partner with the Province of Ontario on this pilot project to provide additional options to help individuals successfully transition out of the correctional system. I want to thank our local Members of Provincial Parliament for their work and dedication on this, along with the Solicitor General for their help, cooperation, and leadership.”

Historically, Barrie was chosen as the drop-off

location for individuals released from CNCC because it was the closest city that provided regional transit service. Several individuals are released each day from CNCC and a number of those individuals arrive in Barrie. Of the approximately 700 homeless people in Simcoe County; half identify as living within Barrie. As part of this recent enumeration 38 per cent of all people living on the street in Simcoe County identified they were doing so because of “health or correctional” issues. The goal of the pilot project is to provide alternative transportation options to bring individuals leaving the correctional system closer to their desired final destination and existing support networks.

The City will be responsible for all costs associated with these transportation services and will monitor the success of this pilot project on an ongoing basis. The shuttle service is anticipated to start in September 2023. Submitted by Scott LaMantia
Manager of Marketing & Communications

Why Don’t Ants get sick?

Because they have little anty bodies.

Palace Tavern

THE PLACE FOR ALL YOUR SPORTING EVENTS AND LIVE MUSIC IN ELMVALE

IRISH PUB • KARAOKE • LIVE MUSIC THUR & SAT

13 QUEEN ST W, ELMVALE, ON

705-322-1741

MIDHURST PHARMACY

Let’s Talk About... Rashes

With Pharmacist Owners Jenna Lougheed and Carolyn Glover

As of January 1st, 2023, Ontario’s pharmacists were given the authority to assess and prescribe medications for common ailments including skin conditions such as dermatitis (eczema, poison ivy and other rashes) and impetigo (bacterial skin infection).

This common ailment consultation is OHIP covered and a pharmacist can be seen by appointment (same day appointments are possible). There are specific situation that require pharmacists to refer patients onward.

Call us today to inquire about an appointment with our pharmacist

94 Finlay Mill Rd, Midhurst 705.503.7333
MON-FRI 9-7 SAT 9-4 SUN 10-4

LIVE WELL WITH PHARMASAVE

SPIRITUAL and MENTAL HEALTH

ANNIE’S JOURNAL

by Annie Warner Donnelly



July 31, 2023 - By the time you read this journal entry, the first anniversary of my husband Ed's death will have passed on August 1st. When July began, it seemed like a cloud of grief settled over me. You know how it is with time: it can change the reality of events to a blurred version of them. For me, I began to wonder if things were as hard as I initially thought they were. Second guessing yourself can happen when memories blur, so I spent a few days doing that too.

I'm grateful to know God. This past year life has been challenging in many ways, but God has carried me through them all! Oh yes, I'm glad the first few weeks of July are over. I did cry my share of tears, but just like after the rain, the sun began to shine. Life stopped being topsy-turvy and I found my peace in God again.

God has shown me love like I've never known. Even before Ed died, God was beside me wherever I went. When I asked Him for comfort, I received it. When I asked for wisdom, it came. When I asked for strength, I became strong. When I asked to be calm and kind, He answered that prayer too. He is so much more than I had ever realized. Trusting God's love wherever we are, and in every situation, truly does provide us with the peace that passes all understanding.

I've read that being a caregiver is one of the hardest roles we will ever undertake. If you're a caregiver right now, please reach out to the professionals in our community. There is free counselling available. Ed's cancer invaded the last five and a half years of our life together. I had months-to-years of counselling from a compassionate social worker in the Royal Victoria Hospital Cancer Unit. Hospice Simcoe has excellent counselling services, too. Gilda's Club, a beautiful facility with many supportive programs, is just a phone call away.

This type of focussed counselling provides insight into the illness and the mental and emotional challenges the patient and the caregiver face; the impact of treatment; things we can do to help; things that will hinder healing; and all sorts of information that professionals have gathered through research studies and during their hands-on care of hundreds of patients. These professionals help patients and caregivers through one of the most difficult challenges that human beings experience.



If you are a family member or a friend of a caregiver, please offer to stay with their loved one so the caregiver can do the shopping or the banking, get a haircut or simply have some quiet time somewhere. Being a caregiver is a 24/7 responsibility. Often sleep is interrupted to meet a loved one's needs. Caregivers need care, too.

As for me, I'm grateful that year two has begun and that my journey to teach in Mugeta, Tanzania, will soon be a reality. I'm so grateful that God keeps His promises to never leave us nor forsake us. He is love! Amen.

Ask a Therapist: On Self-Sabotage

Q: I don't know why I keep sabotaging myself. How do I get this under control?

A: Self-sabotage is a common struggle that often gets a bad reputation, but do we even know why we do it? Or how it happens? Most often, we would simply blame ourselves and then move on with our life, however, sometimes self-sabotage can be a stubborn habit to break.



If we boiled down self-sabotage, it could be seen as an internal conflict between opposing parts of ourselves. Usually, it's one part that wants a "good thing" and another part of us craving a "bad thing" that ends up being the thing we cave into. It's not uncommon for this pattern to result in subconscious conclusions like: "I have no self-control," "I'm disgusting," "I'm stupid," etc. So imagine how many unconscious messages we're giving to ourselves if this is a habit that occurs regularly. No wonder we believe these things about ourselves and continue to engage in the "bad thing" that started the self-sabotage in the first place.

The previous breakdown is based on the assumption that we are succumbing to a "bad thing." But what if we took away the "bad" label (or at least for a moment to think more about it)? What if the part that we think is sabotaging us is trying to help us? So before the binge eating, extra drink, casual hook up, or one more lie happens, it probably tried to help you for a split nano-second. Maybe it tried to help you feel less anxious or sad, numb the pain, ignore the past, or make you feel connected. However small that moment of effect is, it's there. And while we typically remember the overpowering guilt, shame, and regret after this effect wears off, in an albeit broken way, a part of us was trying to help that hidden vulnerable part feel less terrible.

The moment you see how the part you hate is not so bad, you can create enough space for compassion to enter. Compassion is an effective remedy to shame. Shame is the deep dark hole that pulls you down into choices that hurt you because you believe you deserve the hurt. But if that part that sabotages you is trying to help you, maybe you don't deserve to be hurt and therein lies some hope which happens to be another remedy for shame.

So if sabotaging is just misguided help, we can use more resources to help us feel those tough feelings instead of shaming ourselves for the sabotaging choice. *By Sarah Piercy*

If sabotage is your habit and the journey to healing looks too overwhelming, reach out to a therapist to help guide you along the way.

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 beautiful and serene space at 12B 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 Follow us on social media @coveywellnesscentre

Rose's Devotions by Rosy Hagedorn

You Are The Change



July 28, 2023 - Tomorrowland, the movie, is a 2015 American science fiction adventure film. The film tells the story of a former boy genius, jaded by disillusionment, and a young girl, bright, optimistic,

and bursting with scientific curiosity, who embark on a danger-filled mission to unearth the secrets of an enigmatic place somewhere in time and space known as Tomorrowland. What they must do there changes the world and themselves forever. It is a movie of hope.

Today, we just have to read our newspapers, watch the news on television, or listen to the radio, to realize that the world is in desperate need of hope. When we look at the world around us, with its many serious problems, including poverty, injustice, war, overpopulation, environmental degradation, and a lack of love towards our fellow human beings, it's all too easy to become either angry and frustrated on the one hand, or passive and despondent on the other. Hopelessness is all around us, and we fear for the future and the future of our children's children.



But, there is hope.

Jeremiah 29:11-13 – "For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope. In those days when you pray, I will listen. If you look for me wholeheartedly, you will find me." (NLT)

Christ in you is that hope to change what is in your power to change. It may be standing up for the down-trodden, the cast-out, the defenceless, the orphan, or the widow. It may be volunteering in hospitals and old age homes. It may be listening to the broken-hearted and elderly. It may be finding a cure for cancer and all the other deadly diseases. It may be praying for your family, your neighbours, and the leaders of the world.

2 Peter 3:13 – But according to His promise we are looking for new heavens and a new earth, in which righteousness dwells. (NASB)

Prayer: Lord God, Creator of heaven and earth, with Your Holy Spirit guiding us, may we bring about much-needed changes in this world that You have given us to care for. Grant us the strength and the courage to help the helpless. Give us the assurance that one day, in Your good time, everything will become brand new. Amen.

THE BODYWORKS AND COLLISION CENTRE

LEE WOODHOUSE 14 William Street
705.322.2282 Elmvale ON
lee@thebodyworks.ca L0L 1P0

Group Benefits as Small As Two People

GROUP INSURANCE SPECIALIST

FREE QUOTES from Many Companies
Existing Groups and New Groups
Ongoing Service and Administrative Support

Brian Belcourt (705) 220-3942 BelcourtFinancial@gmail.ca

Huronia Community Foundation Gives and Gives and Gives



Photo above: Kim Hacker Executive Director Wye Marsh Wildlife Centre, Heather Keery Event and Volunteer Coordinator Wye Marsh Wildlife Centre and Scott Warnock Executive Director Huronia Community Foundation.

A Smart and Caring Grant provided by the HCF Community Fund will be of great assistance to the Wye Marsh Wildlife Centre as they prepare for next year's Sweetwater Harvest Festival.

" With this generous donation from Huronia Community Foundation, Friends of the Wye Marsh will be tapping into the local talent pool to invite performers to "take the stage" on March 23 and 24, at their 2024 Sweetwater Harvest Festival" said Executive Director at the Wye Marsh Wildlife Centre Kim Hacker.



Photo above: Scott Warnock Executive Director Huronia Community Foundation and Linda Keenan Chief Executive Officer/Librarian Penetanguishene Public Library.

Since 2007 the Penetanguishene Public Library Endowment Fund at Huronia Community Foundation has provided additional financial support for the organization.

According to Chief Executive Officer/Librarian Linda Keenan, this year's grant will help increase accessibility and benefit local seniors.

" Without these funds we would not have had the funding needed to replace our inside automatic door opener, which is greatly needed for our seniors with mobility issues. This will enable us to have accessibility once again within a few weeks,"



Photo above: Jocelyn Rutgers Interim Centre Manager OSPCA Midland, Freddie, Blair Stotesbury Fundholder and Scott Warnock Executive Director Huronia Community Foundation.

For the last 15 years the Iris Catherine Stotebury Endowment Fund at Huronia Community Foundation has supported the programs and services of the Midland Branch of the OSPCA. Fund holder Blair Stotesbury recently presented a cheque for \$ 372.13 to Interim Centre Manager Jocelyn Rutgers. To find out more about how you can support a local charity or organization by establishing your own Endowment Fund please contact Scott Warnock Executive Director Huronia Community Foundation at scottw@huroniacf.com.

DOUG SHIPLEY
MEMBER OF PARLIAMENT
BARRIE—SPRINGWATER—ORO-MEDONTE



48 ALLIANCE BOULEVARD,
UNIT 104
BARRIE, ON L4M 5K3
WWW.DOUGSHIPLEYMP.CA
DOUG.SHIPLEY@PARL.CC.CA
705-728-2596

Is anyone else shocked at how quickly July passed? It feels like we just started summer and here we are looking forward to the Civic Holiday weekend already. The great news is there is still lots of time to make memories and enjoy summer here in Barrie – Springwater – Oro-Medonte.

I really enjoy this time in the summer when I am home from Ottawa. Not only can I see my family every evening I also have more chances to connect with the constituents I serve.

Please remember that I do enjoy commemorating milestones with residents and businesses. If you are planning a celebration for a milestone birthday or anniversary, or a grand opening for a new business please contact my team by calling 705-728-2596 and share details so I can provide my congratulations too.

While it might seem early to talk about preparing calendars for next year my staff and I have already started working on my annual calendar so that we can have it printed and in your hands in January. We decided to use original artwork, including paintings and photographs, to fill the calendar last year. It was a remarkable success and people really loved it. And we are looking forward to doing it again. So please remember to keep sharing your original photos and art with me for consideration in our 2024 calendar. You can email pictures to: Doug.Shipley@parl.gc.ca

I hope each of you finds some time to get out and enjoy your favorite summer activity here in our community. Please contact my office if there is any federal matter with which my team and I can assist.

Sincerely,

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


Two Guys Automotive

1100 Flos Road 4 West, Phelpston
Complete Repair & Maintenance service
Cars, Trucks & Trailers
Motor Vehicle Inspection Station
Clean & Modern Facility
Quality Workmanship in Every Job

Marc Schutt • Tel: 705-322-4301
Fax: 705-322-3027
Email: twoguysautomotive@hotmail.com


MELANIE MARTYN
Broker, CIPS, SRES
“Always there to help!”

Sales-Investments-Valuations

Direct: 705 725-6439
Office: 705 797-4875
homes@melaniemartyn.com
FREE PROPERTY VALUATIONS




Ritchie's
Feeds'N Needs
Garden Centre

Taking Poultry Orders
Place orders early before
they sell out by calling the store
1548 County Road 92, Elmvalle ON L0L 1P0

Monday – Friday 8:30-5
Saturday 8:30-4:30
Sunday Closed

(705) 322-2363

LARRY'S APPLIANCES
• Fridges • Freezers • Stoves • Washers • Dryers • Dishwashers

198 Main Street
Wasaga Beach, ON L9Z 2L2
www.larrysappliances.com
larrysappliances@rogers.com
(705) 429-2560

HCF Concludes Successful Smart and Caring Grant Program



Photo above: Haylie Taylor Fundraising and Community Development Coordinator for BBBS North Simcoe and Scott Warnock Executive Director HCF

HCF's Smart and Caring Grants program has wrapped up another successful year of supporting our local community by getting funds into the hands of those who need it the most. This year 20 local charities and organizations shared in

\$ 24,000 in funding. One of this year's recipients is Big Brothers Big Sisters of North Simcoe. The \$ 1,500 grant from the David and Delva Finch Fund at HCF will help support their BIG BUNCH GROUPS. " With a current waitlist of over 50 young people for a community match and 100 plus young people in our School Based Mentoring Program, these funds will allow for group activity to introduce and support the youth on the waitlist. Many thanks." - JoAnn Stephan Executive Director Big Brothers Big Sisters of North Simcoe.



Go for a walk and read a story! Our popular storywalk program is back for you to enjoy the great outdoors and a great story too! We will have story pages lining the trail at Heritage Park in Elmvale the week of August 7-12.

Summer Reading Program

We just won a National Award for our Summer Reading Program so don't miss out this year! Ages 3+ it's not too late for another great summer of programs, reading, points and prizes! You can still register at: <http://springwaterlibrary.readsquared.com/> where you can earn points all August for reading toward some amazing prizes! Drop into the library every week to fill out a ballot for your chance to win a brand new Lego building set!

Elmvale Farmer's Market
Come find us at the Farmer's Market in Elmvale (and at the Midhurst Library) for our book sale, items fundraiser and a fun FREE weekly craft. The Farmer's Market runs from 9am-2pm every Friday.

Bowling Day at the Library

Come celebrate National Bowling Day Tuesday August 8 at Midhurst and Elmvale Branches. We'll have plastic pins set up for you to test your bowling skills. Bring your friends and see who bowls best!

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

Ocean Bottle Craft

Ahoy all creative kids (that's every kid!) come to the library and create your very own seascape in a water bottle! This program is for ages 5+. Tuesday August 8 at 11am, Elmvale Branch or Thursday August 10 at 11am, Midhurst Branch. Registration is required.

Preschool Water Play

Ages 0-4 are invited to sign up for a fun outdoor Water Play program on Wednesday August 9, 10:30am at Midhurst Branch. Registration required.

Foosball Craft

Nothing makes you appreciate a game more than creating it yourself! Ages 5+ will make their own Foosball game board at this program. Parents and siblings be prepared to sharpen those gaming skills when the Foosball game comes home! Thursday August 15 at 11am, Elmvale Branch or Thursday August 17 at 11am, Midhurst Branch. Registration required.

COPE Service Dogs

Dr. Liz Saul, retired vet and board chair of COPE will share briefly about their non-profit organization. COPE trains service dogs to assist those with mobility issues, sight, at-risk high school students and even youngsters learning to read. Following the presentation, you can meet some new dog friends. There will be a FREE dog craft to take home. Tuesday August 15 at 5:30pm Midhurst Branch. Suggested donation: \$10+ per family. Registration required. All proceeds raised will be given to COPE.

Take and Make

This month, Kaitlyn's free Take and Make is a monarch butterfly craft. Thursday August 17. While supplies last.

Elmvale Lioness Lions

July 25, 2023 - Elmvale Lioness are working hard this summer raising money and giving it back to the Community.



Photo above: Elmvale Lioness Lions volunteering their time cooking and serving in the very high temperatures last Fri. July 28, 2023 at the Elmvale Farmers Market. Lion Janine Carter runs the til show at the far right while Lion Brenda Sutton and Lion Lynn Patkau cook and serve peameal, hot dogs, homemade pastries and drinks



Photo above: Elmvale Lioness Lions run fundraisers in order to raise funds to give back to the community. Lion Lynn Patkau is shown above donating diapers to the foodbank that she purchased with the Clubs fun raising dollars. Many thanks to out to Lion Lynn.

TRUSTED. PROVEN. **McLAREN**
MCLAREN
EQUIPMENT
3464 Horseshoe Valley Road West, Phelpston
705 734 2424 info@mclarenequipment.com

Wasaga Beach Denture Clinic
House calls & Nursing Home Visits Available • Implant Retained/Supported Dentures Available
Carlos Melgarejo DD
DENTURIST
682 River Road West (705)429-8474
Wasaga Beach 1-888-531-6290
ON L9Z 2P1 www.wasagabeachdentureclinic.ca

FORSALEON
GEORGIANBAY.ca
KELLERWILLIAMS. EXPERIENCE REALTY BROKERAGE
Lana Spence
Sales Representative
705 817 6913
lanea@forsaleongeorgianbay.ca
forsaleongeorgianbay.ca
office: 705 720 2200

More on the Midhurst Derby Held Last Father's Day



Photo Above on left: Car Show Winner - L-R - Gary Price, Frank De Amicis (2). Photo on right shows the Classic Cars in attendance. Photo credit Hale Mahon

July 25, 2023 - There was a classic car show on site, showcasing some of our region's finest vehicles. Congratulations to Gary Price, who brought his 1933 Ford 3-window coupe, on winning the Best In Show award for the classic car show.

Congratulations as well to Judy Price, who won a Milwaukee stereo that was kindly donated by Plumbtech Plumbing.

The Midhurst CRA thanks the Springwater-Vespra Lions' Club for providing a BBQ lunch and Pizza Palace for offering pizza. We also offer a huge thank you to the volunteers who worked tirelessly to make this event come together—especially Phil Fisher, Soapbox Derby Coordinator and Nadia DeAmicis, Classic Car Show Coordinator.

Seventeen soapbox racers, thirteen classic cars, and roughly one hundred attendees came together on the Saturday over Father's Day weekend for the 4th annual Midhurst Soapbox Derby and Classic Car

Show!

The young contestants raced homemade and professional soapbox cars which were released in pairs of two from a specialty ramp operated by volunteers at Doran Road and Finlay Mill Road. The cars then raced down Doran Road past the Hall, being cheered on by excited spectators lining the street. Contestants came from as far away as Sudbury for the event, which was held on June 17. Congratulations to Jonah Rooks, who took home the first place prize in his homemade car.

We look forward to seeing new and returning racers and car enthusiasts next year!

By Hale Mahon

Original article in Springwater News: https://www.springwaternews.ca/wp-content/uploads/2023/06/springwaternews_june22_2023.pdf

Everyone Counts on Small Business Owners

August 2023 - According to Statistics Canada, there are 1.19 million small businesses in the country, employing up to 99 people at a time. If you are self-employed and have a team, it's a huge responsibility. Employees may not truly understand the immense pressure you are constantly under. In many cases, you are the product/service expert and the head of sales. You ensure that your company puts the customer first but not at the expense or abuse of your employees. You could be in charge of marketing or lead human resources. It's quite likely that you are the CEO, CFO and President all rolled into one.

It's likely as well that you have a few more hats to wear spouse, parent or grand-parent, daughter or son, sibling, caregiver, or coach. In my case, I need a hat that says "Personal chauffeur for children" who play sports and need to be driven everywhere.

Are you also the breadwinner at home? Do you earn the primary income on which your household thrives? Entrepreneurs are often big income earners and without their activity, it all falls apart.

The vendor doesn't get paid. The client is unhappy. The debts increase. The mortgage is missed.

We don't plan to go off and have a heart attack. We

don't want to have a stroke. We didn't intend for our body to fail us and develop cancer. We put protocols in place so there isn't a workplace accident, and we didn't think that driver was going to run the light.

No one expects to be brought to their knees financially, but it happens, every single day.

Planning for the potholes (or craters) on our journey through life is part of financial planning. If you wear a multitude of hats in your business and for your family, you know better than I do how many people are counting on you. By putting the right types of protections in place that will protect your income and cash flow, (disability insurance or critical illness coverage) you are a better employer than most. You're an even better parent or spouse.

Please reach out if you have questions on how to manage your business and personal risk. At Tayler Insurance & Estate Planning our solutions are simple and tax efficient. We help entrepreneurs grow their wealth and plan to protect their legacy.

Regards,

Taivi Tayler, RRC®, CLU®

CERTIFIED FINANCIAL PLANNER®



DOUG DOWNEY
MPP • BARRIE • SPRINGWATER • ORIOLE MOUNTAINS • DOUGDOWNEY.CA

14 - 20 Bell Farm Road
Barrie, ON
L4M 6E4

705-726-5538 doug.downey@pc.ola.org

Ontario Launching Mobile Skilled Trades Classrooms

Interactive Trades & Tech Trucks will bring simulators and hands-on activities to nearly half a million people across the province

July 25, 2023 - TORONTO — The Ontario government is investing \$5.4 million to design and build three mobile tech classrooms that will travel across the province and teach students and young people about the skilled trades. The class-rooms, built and operated by Skills Ontario, will feature hands-on learning stations and simulators for electrical systems, welding, crane operation, auto-painting, tire and brake work, heavy machinery and more. Over three years, they will let nearly half a million people explore the skilled trades and will help tackle the labour shortage the province faces in a critical industry.

"By 2025, one in five jobs in Ontario will be in the skilled trades. These are rewarding, well-paying careers that you can build a family and a life around," said Monte McNaughton, Minister of Labour, Immigration, Training and Skills Development. "That's why our government will continue to invest in cutting-edge programs that give students the chance to experience the 144 trades and life-changing opportunities available to them."

To help deliver the Province's ambitious infrastructure plans, including building 1.5 million homes by 2031, Ontario will need over 100,000 new skilled trades workers this decade. These three 12-metre-long Trades & Tech Trucks will travel across the province, providing students an opportunity to explore the skilled trades and speak with industry members, while learning about local training opportunities, colleges and employers.

"Since rolling out our first Trades & Tech truck last year, our mobile class-room has provided thousands of students with hands-on learning experiences," said Ian Howcroft, CEO of Skills Ontario. "This program ignites an awareness of opportunities in the skilled trades and tech field that inspires more young people to pursue these careers. We want to thank and recognize Minister McNaughton and Premier Ford for the leadership and in-vestments they have provided to build the skilled workforce of tomorrow."

Last month, the government announced apprenticeship registrations in-creased by 24 per cent in the last year – from 21,971 to 27,319 – as more people decide to pursue rewarding, well-paying careers in the industry. This increase, including a 28 per cent jump among women, follows more than \$1 billion in investment in the skilled trades over three years, along with the launch of the new government agency, Skilled Trades Ontario.

The province helped launch the Trades & Tech Truck pilot program in 2022. The first truck reached over 40,000 students and young people, visiting more than 50 events across the province from Toronto to Ottawa and Thunder Bay.

This project is funded through the government's Skills Development Fund, an over \$700 million initiative, which supports ground-breaking programs that connect jobseekers with the skills and training they need to find well-paying careers close to home.



Tayler
Insurance & Estate Planning

Making Estate Planning easy

Taivi Tayler
RRC®, CLU®, CERTIFIED FINANCIAL PLANNER®

www.taylerinsurance.com
705-733-3338
181 Dunlop Street W, Barrie, ON

959 Marshall Rd
Wyebridge ON
Ph - 705-526-0563
www.doublejbfeeds.ca

Just north of Mertz Side Road on Marshall Rd.
Mon. - Sat.
9am - 5 pm
Sunday & Holidays Closed

DOUBLE JB FEEDS

Trey's

Farm Feed Service

Dairy, Beef, Poultry, Swine, Sheep, Rabbit, Equine rations and Bird seed.
ORGANIC FEED AVAILABLE!

VISA MasterCard Interac

Happy Gardening!

Revive Those Tired Old Baskets!



By Stephanie Brash, Master Gardener
March 29, 2023 -Are your flowering containers and baskets feeling the heat? Are annuals that were once glorious starting to look straggly and tired? All is not lost, you can return them to their former glory in a few simple steps.

1.) Cut leggy plants back by half. Although it may seem daunting to remove so much of your prized plants, most annuals actually love a haircut. Removing spent flowers and leggy branches signals to the plant that it needs to make more. Make your cuts just above where leaves come from the stem, which is where new growth will occur. Improvement will begin quickly, likely within a few days, and within in a week or two there will be new flowers budding.

2.) Fertilize. A lack of adequate nutrition can be part of the reason for waning pots later in the season as the roots will have expanded to fill the soil and mined what is available. Even timed-release fertilizer will be past its prime by now, plants will have used most of it up, and some of it will have naturally washed out of the soil over multiple waterings. Use a water-soluble fertilizer at this point in the season to easily give the plants a boost of energy during a regular watering.

3.) Thin Out. If you (perhaps intentionally) overcrowded your containers early in the season for instant gratification (I am guilty of this) then the plants may be choking each other out as they fight for room to grow further. Feel free to remove one or two and replace the spaces they leave with fresh soil to revive your remaining potted plants.

4.) Replace any individual plants that do not start to quickly improve by swapping out the summer annuals for a new plant with more fall-like colours available in greenhouses this time of year. Consider adding a little houseplant for some leaf colour and shape variation such a croton or spider plant. Or, add a small pumpkin or funky gourd to fill in any bare spots.

CONSIDER THIS:
Do you have a bare spot in one of your garden beds from spring or early summer-blooming perennials’ dying foliage? Replant one of your pots in the garden!

If your hanging baskets are rootbound and water seeps right through, they can be planted in their entirety in a garden bed. The new space and soil will completely rejuvenate your worn-out plants, and provide a splash of colour to your perennial bed for the rest of the growing season. Dig a hole about 50% larger than the existing root ball. Carefully remove the plant from the basket, lightly breaking apart the rootbound edges. Soak the plant, fill the bottom and the edges of the hole with compost, fertilize after planting with a water-soluble fertilizer. The plant’s roots will quickly reach out to absorb the new nutrients and bounce back to life with a beautiful display of colour well into the fall.

Here’s to getting a second life out of those worn-out baskets and planters this summer! Happy Gardening!

This series of gardening articles brought to you by the Simcoe County Master Gardeners, members of the Master Gardeners of Ontario. For more information, visit www.simcoecountymg.ca.



Georgian Bay
Garden Tour

Proceeds to Hospice Huronia

The Georgian Bay Garden Tour, on Sat. August 12, 2023, is an annual tour that is held in the second week in August, and encompasses properties in Midland, Penetanguishene, and the Townships of Tay and Tiny.

Tickets In Person
You can purchase tickets for \$25 in person (cash only) at the following locations:

Norman’s Garden Gallery
830 Yonge St, Midland, ON L4R 2E7

Ritchie’s Feed N Needs & Garden Center
1548 County Rd 92, Elmvale, ON L0L 1P0

Wyevale Jug City
870 County Rd 6 S, Tiny, ON L0L 2T0

Wendy B’s Fine Foods
336 Lafontaine Rd W, Tiny, ON L9M 0H1

or Online
<https://www.gbgardentour.com/tickets>



Join fellow plant enthusiasts on Saturday August 12th 2023 for the annual Georgian bay garden Tour. Your \$25 ticket provides entry to 12 wonderful gardens located in Tiny, Penetanguishene, Midland and Tay. Some of the gardens are host to the work of 6 local artisans. Explore lovingly tended gardens in a variety of styles, delight in local art and craft and learn from local gardening hosts. At the same time your money will go to support a core community resource Hospice Huronia.

Visit our website for further details about tickets, garden and the artisans. www.gardenbaygardentour.com





1646 Forbes Rd., Midhurst
705-728-2356
midhurstlandscape.com

J’s Pressure Washing
The pressure is in our hands

Services include:

- Home exteriors
- Decks and patios
- Outbuildings
- Campers and Trailers
- Boats
- Other
- Recreational vehicles

Josh Featherstonhaugh Gowe
705 - 220 - 5227
Call or text for a complimentary estimate

The BLUEBERRY Place



U-PICK
ORGANIC BLUEBERRIES
1337 Ron Jones Rd, Tay Township
Go north on 93 from Waverley, east on McMann SR,
then south on Ron Jones Road
NOW OPEN • Call to confirm conditions
Monday to Saturday • 8 am to 6 pm
Sunday • 9 am to 4 pm
BYO Containers • 705-526-3042

Happy Gardening!

Get Your Shovel out for Dog Strangling Vine



By Cathy Krar, Master Gardener

March 29, 2023 - Dog Strangling Vine, (DSV), tops my list for most “unwanted invasive species”. Having spent hours and hours this past year cutting seed pods, digging out root systems and mowing DSV plants on private properties and hiking trails, I am convinced that this invader is big trouble. It is not particular about habitat. DSV can be found in fields, shrub thickets, on lake coastlines, stream banks, from tall bluffs to deep ravines, from deep shade forest to open prairie.

What is the fuss all about you may ask? Well, perhaps the most well known threat that DSV poses is to our at risk Monarch butterfly population. DSV mimics native milkweed and confuses our Monarchs so that they mistakenly lay their eggs on DSV. The butterfly larvae starve to death because DSV does not provide the nourishment they need. And if that wasn't enough to be concerned about, DSV outcompetes our native plants for sunlight, space, water and nutrients. The third weapon in the arsenal is that this invasive releases chemicals through its roots which inhibit the growth of plants around it. Dense growth of DSV suppresses our native tree seedlings and woodland groundcover plants so heavily that it adversely affects forest regeneration.

If you find DSV growing on your property, rapid removal is the best course of action. If you come upon a large area affected by DSV make a joint effort with your neighbours to control the spread of this invasive. And report your finding to www.ontarioinvasiveplants.ca or by calling the hotline at 1-800-563-7711

The best way to tackle a patch of DSV is by digging out the roots and then disposing of in black plastic bags to cook for up to 3 weeks in direct sunlight. Do not compost or mulch this plant! Even the smallest root fragments can regrow so it is a good idea to keep the site under surveillance for as long as three years to ensure eradication efforts are successful. If the site is too big to dig out entirely then mowing after the flowers have bloomed and before the plant produces seed will reduce the spread of the noxious plant. If you find large areas of DSV in open fields then tarping the area with dark material to block sunlight will cook the root system. Leave the tarp for the entire growing season for highest success. At the very least, a concentrated effort of seed pod removal in mid August- September will also stop further spread of DSV. Whatever you do, do not try tilling the plants in as this will just encourage new root growth.

CONSIDER THIS:

Next time you're out on a hike, keep an eye out for this aggressive bully and Monarch butterfly enemy and do what you can to eliminate it from our public trail systems.

This series of gardening articles brought to you by the Simcoe County Master Gardeners, members of the Master Gardeners of Ontario. For more information, visit www.simcoecountymg.ca.

You Don't Get to Quit Now



Written by Lisa Whiteman

July 28, 2023 - After years of navigating life if you turned around and looked behind you, you would not see a perfect line with flowers flourishing and green grass sprouting. You will see curves and hills, dark spots, low points, peaks and valleys, rough patches, and high points, with plenty of forks in the road. You see this is life, ebbs and flows, ups and downs with everything ever changing, except for one key player. You. You were there through every moment and you were the one steadfast and true person in your own life. In the low points it was you that carried on. It was you that got yourself out of bed and the kids dressed and fed. It was you that put in the eight hours at work while suffering at home. It was you that got the bills paid and it was you that stocked the fridge with food. It was you that hid the hurt and swallowed the pain so you could manage another day. It was you that put the gas in the car. It was you that healed the pain. It was you that read the bedtime stories. It was you that protected the part of you that needed someone. It was you that carried on while no one even knew what you were going through. You were what you needed in those times, good and bad. You are the strength, you are the reliability, you are the reason you are still here. You are the most important person in your own life and everything you will ever need. So you don't get to quit becoming the best version of yourself you have ever seen. You don't get to quit now.

Ladies Charity Shoot Event Money Raised Goes to May Court Club



Photo L to R: Velta Berzins-Bush, Lenore Hamley, Bev Jackson, Joan Bailey, Kat Hendenhaf, Darlene Mooney, Wolf Parisius (BGC), Sandy Mitchell, Dale Mays, Laura Keys, Janet Duffus and Karen Parisius (BCG). Photo by Kathie Macmillan

July 28, 2023 - The May Court Club of Barrie members gratefully accepted a \$12,000 donation from the Barrie Gun Club raised from their June 3, 2023 Ladies Charity Shoot event. With over 180 attendees and volunteers, everyone enjoyed a fun day of safety and education. Proceeds go towards helping those in need in the Barrie area. By Marianne Schall

Brian Fockler
SALES REPRESENTATIVE
705 790.0791
www.brianfockler.ca
info@brianfockler.ca

OFFICE 705 722.7100
Fax 705 722.5246
1.888.606.2429

Chay Realty Inc., Brokerage
Equal Housing Opportunity

Sweet Corn, Seasonal Vegetables and more!

3 km N of Hwy 90
3216 George Johnston Rd
www.harrisfarms.ca • info@harrisfarms.ca

Phone: 705 734.9448
Cell: 705 725.2023

The Strong Construction – Elmvale Expos U9 Team #2 Crowned
2023 Georgian Bay Minor Softball Playoff Champions

The Annual Vasey Ball Tournament



2023 Playoff Champion Elmvale Team #2 Team Members Include:
Front Row - Roland Byles, Draper Temolder, Braelynn Temolder, Scott Popple, Keira Hofman
Middle Row – Tanner Rowley, Sawyer Trace, Audrey Trace, Jace Strong, Jackson Dare
Back Row – Assistant Coach Mike Strong, Head Coach Jon Popple, Assistant Coach Scott Trace

Absent – Nash Rockey, Assistant Coach Dava Rockey & Manager Tarra Popple

The Strong Construction Elmvale Minor Ball U9 Team #2 had a great season of baseball playing in the Georgian Bay Minor Softball League. Elmvale U9 Team #2 finished the regular season in 2nd place with an impressive 8 – 1 record, only losing one game against the Regular Season Champions and their cross town rival Elmvale U9 Team #1 who finished with an unbeaten 9-0 record.

After a solid season, Elmvale Expos U9 Team #2 advanced to the yearend Championship Tournament hosted in Port McNicoll on Saturday July 29, 2023 at Talbot Park. Elmvale #2 opened round robin play with a hard fought 19-18 win over the Wyevale Tribe. In the second game, they faced the regular season champion Elmvale Team 1. The game went back and forth with both teams making some great defensive plays and getting timely hits, but Elmvale Team 1 maintained their unbeaten record and handed Elmvale Team 2 its first loss of the round robin play 18-15.

In the third and final game of round robin play Elmvale Team #2 faced off against the Coldwater Coyotes. Elmvale Team #2 needed a big win in this final game to punch their ticket to the Championship finals. The Coldwater Coyotes put up a big fight and going into the last inning, the Elmvale Expos #2 found themselves down 20-12 stepping to the plate for the bottom half of the final inning of the game. After a number of big hits, Elmvale closed the gap and was only down a few runs with the last batter

up to the plate. Scott Popple stepped in and hit the ball center field which cleared the bases and with a close call at home plate Popple was called safe and his homerun made the score 21-20 and secured a win for the Elmvale squad. With the win in the books, it pushed Elmvale Team #2 in to the finals and forced a rematch against the 12-0 undefeated Elmvale Team 1.

In the finals it was a back and forth battle between the two Elmvale teams, with both teams making defensive plays and getting timely hits driving home a number of runs for each squad. During the 1st and 3rd inning, Elmvale Team #2 managed to clear the bases three times with some big hits giving them the lead heading to the bottom half of the last inning. Elmvale Team #1 also had some big hits during their last at bat leading to them only being down by 1 run when their last batter came to the plate. The batter cracked a big hit to right field and Draper Temolder quickly got the ball back to 1st baseman Scott Popple who rumbled for home trying to beat the runner to the plate and with a bang bang play the runner was called out and the Elmvale Expos U9 Team 2 were 2023 Playoff Champions!

Elmvale Expos U9 Team #2 were happy to accept the Mary Ann Leonard U9 Playoff Championship Trophy and during the ceremony, Draper Temolder was named game MVP.

Submitted by: Jon Popple, Head Coach, Elmvale Expos U9 #2



The Annual Vasey Ball Tournament was held at Peter Robinson Field, on Friday July 21 and Saturday July 22 2023 in Vasey. Eight teams took part; Uththoff Nations, Wyevale Junior Tribe, Vasey Country Men, Parry Island Hawks, Minesing Mallards, Waverley Ravens, Goulding Park and Elmvale Merchants.

Vasey Country Men came away as the champions topping Goulding Park, 3 to 1 in the championship game. On the consolotion side, Waverley Ravens topped the Parry Island Hawks in an extra inning 9 to 8.

The Vasey Ball Tournament has been happening for many years with teams participating from all over Ontario. This reporter can remember going to this event over 50 years ago and enjoying a hamburger with fried onions. The baseball is always competitive, but the best part of the tournament is the social aspect around the park grounds. Another unique aspect of the ball tournament is the base running competition where each team picks their 4 fastest runners for a relay around the bases. The fastest time wins the competition.

by Brian Belcourt, Reporter



ELMVALE RECREATIONAL FASTBALL LEAGUE					
TEAM	GP	W	L	T	PTS
Minesing	8	7	1	0	14
Merchants	8	5	2	1	11
Selects	8	5	3	0	10
Brewers	8	5	3	0	10
Legion	8	3	4	1	7
Royals	8	2	5	1	5
Giants	8	2	6	0	4
Balldogs	8	1	6	1	3



MBP
MURRAY BROTHERS PERFORMANCE
Small Motor Sales & Service
705-725-0975
Sales & Service for all Brands
Lawn & Garden, Snow, Forestry
COVID HOURS -OPEN:
WED TO FRI 8-5 SAT 9-3
4436 Horseshoe Valley Rd. West, Minesing
CALL FOR COVID RELATED INQUIRIES/SERVICES
PICK UP & DELIVERY AVAILABLE

HOME OF THE:



LAWN MOWER BLADES & BELTS
ELECTRICAL/FUEL PARTS
TRACTOR TUBES & INSTALL
BLADE SHARPENING
D.I.Y MAINTENANCE KITS
FUEL & OIL
FORESTRY & APPAREL SUPPLIES
CHAIN SHARPENING
CUSTOM MADE CHAIN



Tirebuster
CARS, light & medium TRUCKS
FARM TIRES • CALCIUM • IN SHOP SERVICE



Sales & Repair of all Brands
Serving North of Barrie to Midland
705-322-0609 Tirebuster@hotmail.ca
7002 HWY 93 & STAMP SIDE RD • SOUTH OF MIDLAND

We're growing. We need help!
Are you looking for a job? Call!

Jo Knows Nutrition by Joanne Nijhuis



ON THE DOCK OR DECK – NON-ALCOLHOLIC BEER IS A GREAT WAY TO ENJOY A COLD ONE

The latest trend in the world of beer is the focus on non-alcoholic beer that tastes just as great as regular beer. If you haven't sampled a non-alcoholic (NA) beer of late, you will be amazed at the variety of styles that have been created by craft breweries and the big industry brewers alike.

There are many styles of non-alcoholic (NA) beer to be found at your local LCBO, The Beer Store, breweries, online and at certain grocery stores. Not surprisingly, most big brand beer companies carry their own version including Labatt (Blue Non-Alc), Molson (Excel), Corona (Sunbrew), Budweiser (Prohibition, Zero), and Heineken (0.0). Partake is a great craft, non-alcoholic beer being served in many local restaurants and bars. A good place to go for more information about non-alcoholic beer are the websites www.somegoodcleanfun.com and www.designateddrinks.ca which list where to buy non-alcoholic beer online in Canada as well as descriptions/reviews of the different NA beers

available.
Joanne Nijhuis MSc, RD is a consulting, media and culinary dietitian in Simcoe Grey Bruce on a mission to entertain and educate through her love of food. In addition to recipe development and writing for several publications, Joanne offers cooking demos/classes and individual counselling – in person and online via Zoom Health. For more information, email Joanne at jo.knows.nutrition@outlook.com www.joknowsnutrition.com Instagram: [jo_knows_nutrition](https://www.instagram.com/jo_knows_nutrition) Facebook: [jo_knows_nutrition](https://www.facebook.com/jo_knows_nutrition)



Did You Know?

Non-alcoholic, de-alcoholized or alcohol-free beer are beers that contain very little alcohol. By law, beverages in Ontario are considered non-alcoholic if they contain 0.5 percent or less alcohol by volume (ABV). Choosing to drink alcohol less often fits in well with the updated Canada's Guidance on Alcohol and Health guidelines which recommends that if you drink more than 2 drinks in a week, you should not drink more than 2 drinks on any given day. To promote a healthy lifestyle, the new guidelines on alcohol consumption are dramatically stricter than in the past with a focus on less is better or to not drink alcohol at all. Non-alcoholic beer is a great way reduce your alcohol intake and to move towards these new health guidelines.

Bearbells by Leslie Noonan



July 30, 2023 - This week's hike is the most unusual I have ever done. The distance was a short 5 km, the terrain was a mixture of hills and golf courses, and the path consisted of mud; mud and...foam, lots and lots of foam. That's

right, my friend Linda had signed us up for the Foam Fest at Horseshoe valley, and what an adventure that was!! Never tell two ladies over fifty that they can't foam it out with the best of them!



We started out on one of the early heats, just after 0800. The day could not have been more perfect for a foamy hike, with clear skies and no humidity. The excitement of the crowd, even at this early hour, was pumped, helped along by the most exuberant and outgoing emcee you could imagine. His energy was contagious, and we were all cheering and dancing with excitement. Ahead of us was the start line, which consisted of a wall of suds. Our emcee emphasised that this was a fun run, and that you could run, walk or even crawl, as long as you enjoyed your day. Thank god, as there was no way this chubby bunny could run anymore, hike yes, but no running unless a bear was chasing me and I needed to outrun my partner. Sorry Linda.

The horn sounded and off we went, at a somewhat sedate pace, through the twelve foot wall of foam. We were told not to eat or inhale the foam, and I had to wonder what had previously happened that they needed to put out this warning. I admit, I pictured groups of people sitting in the foam pit and gulping down handfuls of sudsy delights like toddlers in a bubble bath. Hmm, who am I to judge. Thankfully, today everyone was in adult mode and made it out of the first foam pit without incident and headed up the hills. I loved that there were no expectations, and that there were people of all ages, from kids to seniors, and of every body type and ability. The best part was that there was no judgement, and I have never experienced such a supportive and happy group of individuals. At one part we all had to wend our way through a spider web of cables, and the competitive



runners were patient and understanding of those of us less athletic people. Throughout this course every person was smiling and joking with the strangers surrounding us.

The course itself is not too difficult, and you can always walk around any obstacle that you think is too difficult. I have been having some knee issues, and when it came to the barriers that you are supposed to do a military style crawl under, I was concerned that I might not be able to stand up again. So I decided to change things up. If I could not crawl, I could still roll, and there I went through the wet grass rolling under the obstacles. It was hilarious to look back and see several others following my lead and taking the route less traveled. There was one obstacle that I did not even attempt. It was a large rope challenge that was tent shaped, though about 25 feet tall. I detest heights, and added to that was my knee issues, and I knew I had to bow out. Shout out to my friend Linda, who I cheered on and who did a great job on this obstacle.

Throughout the morning we walked through forests, across golf courses, through various foam pits, and over and under several obstacles, laughing all the



time. However, I was becoming nervous, as my friend kept mentioning her excitement over the fifty-foot water slide. Did I not just mention that I hate heights? We came out of the bush to a large clearing, and there it is, an inflatable fifty-foot slide. Oh my. I kept a smile on my face and pretended that I was thrilled to be doing this. Nope, not at all, I wanted to vomit, or pee, or maybe both. And then it is our turn, and we must clamber up a slick and wet rubber vertical ladder, where I am already having serious doubts about my ability to do this, up and up to the top where I look down an impossible incline of wet rubber to a pit of murky water. Nope, nope, nope. Then there is my friend Linda, cleaning her glasses, adjusting her hat, wondering where she should put her things, until I reach over, shove her down and follow with my eyes closed, as I knew that if I don't go now, I will never go. Sometimes, you just have to close your eyes and admit you are terrified and let go. The best part is the exhilaration at the end when you realize you are still alive and did something that terrifies you.

Eventually we made our way back to the last foam wall at the end of the course. People are cheering and clapping. What an amazing day with an amazing friend.

Dr Sean Corsini, Orthodontist



We make beautiful smiles

(705) 527-5570
550 Hugel Ave, Midland
DrSeanCorsini@hotmail.ca

Working & Living in the Community for Over 20 Years

Jonah Ross
Mortgage Agent Level 1
705.984.4411
jonah@mtgsense.com
book a call at chatwithjonah.ca

'Make Your Money Work for You'

MortgageSense
#10603





ANTEN MILLS by Dennis Gannon

It is often said that we as Canadians like to talk about the weather. Is it too hot? Have we had enough snow? When is the rain going to stop? All legitimate questions when you think about it. We live far enough away from the equator and the North Pole. We are often influenced by the major water bodies nearby. And there is no question that what usually occurs in the west is coming our way. The month of July has certainly demonstrated that we live in this diverse region of the world. We have had more than the usual normal number of days above 30 degrees Celsius and much more rain than normal. We have had tornado warnings which fortunately have skirted us although the storm on July 21 did result in some trees down and on houses. As far as rain is concerned the average for our area in July is 1.71 inches. According to the rain gauge records to date there has been 6.28 inches recorded with the largest single 24 hour report of 2.02 inches on July 13. After a dry spring the heat and rain has brought green lawns, gardens that are flourishing and the farmers have great crops. It's unusual to see corn as high as it is already, tasseled and available for consumption. Hopefully August will be slightly more moderate and we get to enjoy summer weather for another month. Summer officially reaches its midpoint on August 7 so soon will be heading into fall. This August there are two full moons. The first was this past week on August 1 called the Sturgeon Moon. On August 30 we will have the second and closest supermoon of the year known as a Blue Moon. The second full moon in a month is called a Blue Moon. A Blue Moon occurs once every two to three years. Apparently there will never be a Blue Moon in the month of February as there is roughly 29.5 days between full moons. February may also never have a full moon and this is known as a Black Moon. Also in August we have the Perseid meteor showers. They begin in mid July and the peak this year will be between August 11 and 13. With the moon being full early and late in the month and the moon rising and setting times early, it may be a good year to see these celestial objects. The Anten Mills Community



Recreation Association can almost guarantee that on Wednesday, August 9 it's going to be a Hot Summer Night in the village. Why? In cooperation with the Springwater Fire and Emergency Services, the Station 3 firefighters are coming to the Anten Mills Community Centre to have some water fun with the kids before the next movie night. Last summer the firefighters came and let the kids learn about fire safety and play with the fire equipment. Many got cooled off by the hoses and this year promises to be the same. Watch the Anten Mills Community Bulletin on Facebook for more movie details, pack some bathing suits and snacks and make an evening

of it. The water fun will begin at 7PM followed by the movie at 8PM. The history of our community centre which was once the Anten Mills school is going to be front and centre on August 26 and 27 as Springwater Township features the hall in the Simcoe County Open Doors event. As one of the oldest structures in the community and home to many early residents who went from Grade 1 to 8, the building fortunately holds many of its original characteristics. The walls have wainscoting of different dimensional width, the window trim is all handmade and the school bell is still very evident in the tower. What is also of interest are the initials and names that were carved into the brick at the front door. Hanging in the hall are the signatures of former students and teachers who attended the last school reunion. Many of the names are from families that still reside in the area. Attempts are underway to get some memories from those who attended the school and if you have or know someone who may have old photographs, report cards or other memories that can be shared for the day you are asked to contact Jennifer Marshall in the Clerk's office at Springwater Township. To make this a place to stop for the day, a market is also going to be set up under the pavilion. So far there are a few vendors who will be offering different wares but more are welcome. Those who have a take on food are of great interest and if you make products from plant based material, bake or have an abundance of produce please reach out and contact Jennifer at the township and she can discuss the needs and requirements. The event is free to attend so mark it in your calendars now and runs from 10AM to 4PM. Plans are also well underway for the Anten Mills Autumn Craft Fair and Farmers Market to be held on September 28. There are a few spots still available and Roslyn would be happy to discuss it with you. She can be contacted by email at farmview@on.aibn.com. More details on this event will be available in the coming weeks. That's all for this week. Enjoy the upcoming Civic Holiday long weekend and as always, THANKS for READING and BE WELL.

Elmvale BIA Parkette at Young & Queen Streets

July 22, 2023 - On a lovely summer afternoon in Elmvale, I thought I'd soak up the sunshine and read a good book in the park. I bought a coffee at the local coffee shop and walked across to the parkette. I was pleasantly surprised to find that live entertainment was underway there. With a strong voice and impeccable rhythm, solo artist Jason Redman was singing and playing guitar. His first set was his own original music e.g. songs "No Place Like Home" and "Am I Too Late?" and the second set were tunes familiar to the crowd e.g. Paul Simon: "Graceland", Gordon Lightfoot: "The Wreck

of the Edmund Fitzgerald", Beatles: "Blackbird", Neil Diamond: "Sweet Caroline" and Neil Young: "Harvest Moon." Look for his music under Jason Redman wherever you stream your music. His influences include James Taylor, Gordon Lightfoot, Blue Rodeo and other "bluesy" artists. Jason has his own band, "The Jason Redman Band." He is a versatile musician, playing piano and mandolin as well with bands "Shipyard Kitchen Party" and "Touch of Vinyl." Come and enjoy free concerts this summer every

Saturday from 1 pm – 3 pm in the Elmvale BIA parkette at Young & Queen streets. Scheduled to appear are:
July 29 Al Pratt and Amber May
Aug 5 Rick Robichaud
Aug 12 Miranda Journey
Aug 19 Craig Smith
Aug 26 Jason Shaw
Enjoy your summer!
Submitted by Connie Smith



Clarke's U-PIC/WE-PIC

Minimal use of pesticides • Local teenagers are helpers

Noted for flavour

ROADSIDE STAND NOW OPEN WITH IN SEASON PRODUCE - CORN COMING

Blueberries Great Cancer fighters

1571 Nursery Road, Springwater
(4 km North of Springwater Provincial Park)
Open Mondays to Fridays 8 am to noon & 5 to 7 pm
Closed Sat for Barrie Farmer's Market
Open/Sun • 8 am to noon 705-728-4369

Entrepreneurial investors welcome

No Obligations 705-441-6784

IT WORKS -
Want Your Hair Back?
Hair Regrowth Treatment

I am Frank Pesce, hair stylist in Stayner. I've been a barber for 43 years. I have used Charlie Heather's hair growth product for 4 years and have had all my hair come back. For free, one month's sample. Made in CANADA!

RKM

MOONEY INSURANCE BROKERS LTD.

HOME

AUTO

FARM

BUSINESS

LIFE

"Pride in Service"

705-726-9941

randy@mooneyinsurance.ca
www.mooneyinsurance.ca



CHECKING IN@PPL
News & Events at the Penetanguishene Public Library
24 Simcoe Street 705-549-7164
www.penetanguishene.library.on.ca

PD Programs are here!

Trip to Rom for Seniors 55+

The library will be hosting a bus trip to the Royal Ontario Museum on August 28th, 2023, from 7:45-4:15. Tickets are available to members with a valid library card. The cost for the trip is \$45.00 which includes your ticket to ROM, bus journey and Swiss Chalet lunch! Sign up in person during library hours to secure your seat. Limited number of spots available!

Summer Reading Challenge

The summer reading challenge is winding down and we will be holding a pizza party for all participants on August 17th from 1:00-2:00 pm. Keep the date on your calendar if you joined the reading challenge. If not, you can still sign up and start filling in your bingo chart with good books you have read!

Storytime

Enjoy a story, song, and craft with your little one! The next story time takes place on Tuesday, August 22nd from 10:30-11:00. Register with your library card.

Adult Book Club

If you like to read books and want to join a book

discussion, then our Adult Book Club might be for you! Book Club Meetings take place the first Wednesday of the month from 4:00-5:00 pm. You can join anytime with your library card and read a book a month.

Herbal Miracles

Learn about herbs and their health benefits! They also can enhance your garden! This month we learn about Aloe Vera, Oregano, Chives and Turmeric. Join us on Tuesday August 29th, from 2:30-3:30pm We will also have a special discussion about Indigenous plant Mayapple. Register with your library card. Cost: \$2.00

LEGO

Children can enjoy playing with Lego throughout the month of August. Pick up our Lego schedule at the library and build something unique!

New @PPL

Summer Book Sale

Book Bundles for sale! Four books in a bundle for \$1.00. Drop into the Library and get your book bundle for your summer vacations! Also available, Books on CD for \$1.00 each and DVD bundles for \$2.00!



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

Cathy Johnston Walton

Available from Cathy Walton at 705 728-1388 or snow-flake53@mail.com
Ritchie's Feed or Simcoe County Museum.

I'm not addicted to reading
I can quit as soon as I
finish one more chapter



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

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

Concession 8, E ½ Lot 5, Vespra Township
1904 Hendrie Road, Springwater Township

Concession 3, West part Lot 10, Vespra Township
2131 Gill Road, Springwater Township

Owners		Built: in the early 1900s Dimensions: 45 x 70’ Features: hand hewn timbers Water Source: artesian well
2015-present	Michael Coutts and Heather Whitcombe bought house and barn Henry and Mary Lynn (Downey) Vander Wielen bought land	
2015	Willie and Nancy (Giffen) Vander Wielen William and Hendrica (Ivits) Vander Wielen	
1984-2015	Norm Bartholomew	
1975-1984	John and Mabel Bartholomew	
1952-1975	Harvey and Emma (Cloughley) McLean	
1947-1950	Jack R. and Olive (Richardson) Maw	
1928-1947	fire swept through this swamp	
1918	Robert Maw bought 100 acres	
1908	Nicholas and James Balfe bought from the Canada Company for 216 pounds	
1896-1918		
1886		

Robert Maw cleared the land and added the buildings. Jack Maw farmed after his father. Charlie Grant helped Jack with the ploughing. The larger horses with the bigger feet worked better than the smaller horses whose hooves broke through the crust. Jack developed tuberculosis and sold it to Harvey McLean.

Harvey McLean moved from this farm on March 27, 1945. Horses and a sleigh were used because the snow was so deep. Fred Priest, a neighbour, put hay on the sleigh and the hungry cattle followed from 9th and 5/6 side road, across Highway 26, through Minesing to just outside the village. Ross McLean, who was 12, got the chickens with the team on Sunday. The following day the Bartholomews from New Lowell arrived with their cattle in a truck. They were unloaded at Fred Priest’s, and Fred once again led cattle to the barn.

Willie Vander Wielen removed the barn bridge, added a small building and put steel on the barn. Michael Coutts removed the stalls.

Ross McLean, Alan G. Johnston, Michael Coutts, Fred Priest, A History of the Community of Minesing p. 107, A History of Vespra Township p. 747.



Community 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 Sunday from 2 to 5 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
2nd Thursday of the month. Eat in: 12-1pm. \$5
For take-out & town delivery \$6 call 322-1411 between 9 & noon on the Monday previous.
Pick-up Thursday 11:15 – 11:45 at East side of the church.

BARRIE-KEMPENFELT PROBUS CLUB

Meets at 10:00 am, third Thursday of month
Canadian Legion, 410 St. Vincent Street in Barrie
Main Contact: Chief Information Officer, Robert Newby, barriekempfenfelt72@gmail.com
(705) 220-3501

Bay Shore Seniors Club

BINGO on Monday’s from July 3 to Aug. 28th, 2023
Children’s Bingo: Open at 12:30 pm, Bingo 1–2:30pm. No fee, canteen is open.
Adult Bingo: Open at 7 pm, \$2 entry fee, plus bingo cards.
Bid Euchre – Every Tuesday Night
6:30 pm – 9:30 pm
Bridge – Every Wed. Afternoon 1-4 pm
All activities at Bay Shore Seniors’ Club, 2000 Tiny Beaches Road South
Call Bay Shore for details: 705-361-136.
www.bayshoreseniors.ca

E.D.G.E. Elmvale District Garden Enthusiasts

Meetings held **4th Wed. of each month, 7:00 pm** at Elmvale Library.
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

VON SMART Program
Adults 55+ FREE
Wed. Elmvale Community Hall 11am
Mon. Elmvale Presbyterian Church 9am
Thur. Elmvale Presbyterian Church – 9am (Very full)
Also available – pole walking at Heritage Park on Wednesdays 9:15am
Times and locations all subject to change.
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
1st Tuesday of each month, 6:30 pm - 8:30pm
(North Simcoe Chapter) Penetanguishene Memorial Arena, Brian Orser Lounge, 2nd floor. 61 Maria St.
For more info.: 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 8 pm to 9:30 pm

Wasaga Beach Parkinson’s Support Group
1st Thursday of each month, 12:30-2pm

Wasaga Beach Public Library meeting room, 120 Glenwood Dr. All Parkinson’s patients & caregivers welcome. For more information contact Phil Bender 905-703-6248 bender.philip@gmail.com

Elmvale Youth Ball Hockey

Monday and Tuesday 5-8 pm in Elmvale
Players ages 4-12 for skill development and game play
Email: elmvaleyouthballhockey@gmail.com

GANARASKA HIKING CLUB.-Wasaga Beach

Weekly, **Wed hikes 09:15-09:30am** at various locations., year round. Also a casual hike, same time. Winter can be snowshoes. Weekly, hikes **Sunday 1:30pm** from a park near Foodland, WB.Weekly, Monday morning bike tours from various locations. Seasonal. Please contact Lorraine for info. 416-606-5081. Or lorvanvlymen@gmail.com

Elmvale Senior’s Walking Group

Monday’s 7:30 am
The Elmvale Community Recreation Association would like to invite all interested seniors to a walking group beginning on Monday, June 5th from 7:30 to 8:30am. The group will walk each weekday morning (not weekends) during that time throughout June, July, August & September. We will meet at the pavilion at Heritage Park and leave on the trail from there. You can walk in groups or by yourself at your own speed. Please come and join us!

Elmvale Legion

Every Saturday at 5 pm
Meat Darts- \$ 10.00 for 3 games
Everyone welcome

Elmvale Farmer’s Market

Every Friday 9 am - 2 pm
Elmvale Community Hall parking lot.
33 Queens St W

Community One Time Events

Art in the Heart - Artisan Fair

July 20-23, 27-30, Aug. 3-6, 10-13, 2023
Wyevale Park

Farmer’s Market

Unity United Church
4967 Vasey Road, Vasey , ON
All Saturdays in August from 8am – noon.
Peameal on a bun, home baking, fresh produce and preserves.

Phelpston Winger Dinger

Saturday August 5th.
If you’re interested in donating a prize - please contact Taylor Kelly tkelly@kellyinc.org

Unity United’s Trunk Load Sale

Sat. Aug. 5th - 8 am (7:30am setup)
Bring your treasures you no longer need, and sell them on For \$15, you will be assigned a slot in our

Community One Time Events

yard to display your items. Bring your own folding table to add to your display or borrow one from us. Take home what you don’t sell. For info. call Carol at 705-245-1527.

Annual Horseshoe Tournament Phelpston Winger Dinger

Sunday August 6th Registration at 12 PM
At the baseball diamond in Phelpston Horseshoes start at 1 PM Sharp! Game cap of 30 minutes.
\$10.00 entry fee - CASH ONLY day of event
Food and alcohol tickets \$5.00 each - cash only
Volunteers are needed and appreciated to keep this event running and running smoothly. Please let email phelpstoncra@yahoo.com if you’re able to volunteer.

One World Music Festival

Fri. Aug. 11 to Sat. Aug. 12, 2023
Brookside Music Association is thrilled to announce the inaugural One World Music Festival, a captivating celebration of music, culture, and unity. This extraordinary event will captivate audiences at the MCC and in front of the Huronia Museum in Midland. The festival promises an immersive experience, featuring international performers, interactive video collaborations, culinary delights, artisan booths, and a delightful children’s garden.

Vacation Bible School

Aug. 14-18th, 9-11:30 am
St. John’s United Church, Elmvale
Children in K-Gr. 5
Visit unitedchurchelmvlae.org

Centre Flos Coffee Parties

9:30-11:00 a.m
Last Thursday for June, July and August.
At Heritage Park

1st Annual Coin Show

Sat. Aug. 19, 11am-4pm
Prime Time Club/east side of YMCA Recplex, 1724 Mosley St. Wasaga Beach.
\$2 admission
Contact bill.beattie@sympatico.ca for info.

Midhurst Autumnfest

Sept. 30, 2023 at 10am
Midhurst Pavilion, 41 Spence Ave., Midhurst

HALLOWEEN RUN

Sunday October 22nd
SAVE THE DATE



Bernie Pilon Construction

Gravel Supplies

Crushed Road & Cement Gravel
Sand & Gravel Fill • Skid Steer Services
Excavating • Bulldozing • Backhoe & Snow Removal
7 Simcoe Street Rick’s Cell: (705) 623-4209
Elmvale, Ontario Phone: 322-2785
L0L 1P0 Fax: 322-4458

Drury Well Drilling Ltd

705.721.1053

WELLS - - - PUMP REPAIRS

ROBINSON



Canada's Paint Expert.

138 Penetanguishene Rd



Serving Barrie and Area for over 97 Years

A Hardware Store with ALL Your Needs!

Mon- Fri 8-6, Sat 8-5:30, Sun 10-5
(705) 728-2431

CLASSIFIED

Items Wanted

DOWNSIZING?- SETTLING AN ESTATE?

We pay cash for VINTAGE & ANTIQUE items dealing with - Fishing (old lures, fish baskets, rods) - trains (model, lanterns) - boat steering wheels - horse items (saddles, brass, harness, chaps, stirrups) - old toys - radios - musical instruments - Militaria - advertising signs & tins - old stained glass windows - ironware - pictures - crystal - fine china - knives - Small wooden furniture - First Nation's art - Bar decorations - old hats & accessories - fine jewelry & other items of sterling silver & gold - coins - Asian art - clock & watches - old scientific & medical pieces - maps - oil lamps - crocks & farm items or ANYTHING FROM 1970's & BEFORE. PLUS CDs & LPs of Rock & Roll & Jazz from the 1950's to present day.
Please call Peter at 705-322-3484

WANTED

We offer at 1285 Bayfield St N Midhurst;
Estates bought or consigned.
Quality Furniture, antiques, decorator pieces, collections, groupings, artwork, estate jewelry, coins, hockey card collections, vinyl and music, Estate Trailers motorcycles autos all considered
Call for quick response
Phone number 705-220-2433
VendorMarketLC@gmail.com
VMLC.CA
Call 705-220-2433 or
email vendormarketlc@gmail.com



Heaslip & Son Renovation
& Handyman Services
705-361-9945



KEN ARCHER
PAINTING

Over 25 years experience painting & wallpapering
Call Ken 705-727-8313

WYEVALE COMMUNITY NEWS

By Karen Moreau

July 31, 2023 - **Food Bank:** The first Sunday of the month @ the Wyevalle Church we ask people to bring Food for the Food Bank. Please call the church if interested in donating food 705-322-1451. They ask for pop open cans. This makes it easier for people who do not have a place to go to. Thank you.

Save the Date: Wyevalle United Church Garage Sale

Saturday August 19. The sale starts at 8:00 a.m. till 1:00 p.m.

For further information please contact Pat Smith. You can help a few ways:

1. Donate your gently used items to our sale
2. Purchase a table spot and sell your own items
3. Donate to our bake table
4. Volunteer to help at the sale
5. Come eat some peameal bacon on a bun
6. Support the sale-- you may find a treasure

August 6th Rev. Bonnie on Study Leave. There will be NO Church Service at Wyevalle. We will join the Ukraine Church on 5 Brook St. Concession 11 in Perkinsfield.

August 7th Rev. Bonnie will be back from holidays. Birthdays for the first two weeks of August are Mason Blow, Scott Marley, Murray Archer, Levi Campbell, Insook Kim, Andrew Grant, Alora O'Connor, and Darryl Madill.

WYEVALE TRIBE BASEBALL

July 27th @ 7:00 Parry Island & Wyevalle Tribe @ Wyevalle.

July 31st @ 8:30 Minesing Mallards & Wyevalle Tribe @ Wyevalle.

Aug. 3rd @ 8:30 Waverley Ravens & Wyevalle Tribe @ Wyevalle.

Aug.10th @ 7:00 Vasey Countrymen & Wyevalle Tribe @ Wyevalle.

Aug.10th @ 8:30 Uhthoff Nationals & Wyevalle Tribe @ Wyevalle.

Please if you have anything you would like to see in this report please send your information to moreau1949@rogers.com or the Springwater News.

Next submission date for this report is August 14th, 2023

HALL RENTAL

Elmvale Legion Hall Rental

Available for all functions.

135 person capacity.

Bar available upon request.

Contact 322-1042 to book

ELMVALE LIONS HALL RENTAL

1979 Flos Rd 7 W, Elmvale

Cost: \$350.00

Fully LCBO licenced facility.
Bartender available for hire.
Commercial kitchen and all meal serving items are included. Stage.
Capacity indoors: 125 in hall
Capacity with outdoors: 184
Call Lion Bob Coe to book 705-322-4484

S&J Barn Demolition

We pay cash for barns
WSIB insured
For a free estimate
Call 1 800-291-2276



Visit
SpringwaterNews.ca
Online

AUCTION NOTICES



online auctions anywhere

UPCOMING AUCTIONS

The Estate of Betty Miller Dodd, Tillsonburg (July 23-27)

Quality furniture sets, various electronics, unique art, and more!

The Elizabeth Anne Piper Estate Auction, Guelph (July 23-27)

Rich with uniqueness & a variety of vintage finds!

Simmons Moving Sale, Burlington (July 23-27)

Vintage barware, old signs, antiques, and collectibles!



Celebrating
39 years of
auctions!

www.rapid-sell.ca — 519-763-1856

FOR SALE

FOR SALE

- Six Porcelain dolls in early to mid 1970's
- Handmade wooden rocking cradle with Bunnykin labels, early to mid 70's.
- Four Precious Moments collectables in original containers
- small antique articles

Call Marilyn 705-429-6214



Our store is located at 9A Queen Street East, just steps from the four corners!

Our hours are:
Tuesday & Wednesday 10:00am until noon
Tuesday 6:00-8:00pm
Wednesday 3:00-5:00pm
Thursday 10:00am until noon

Saturday IF FLAG IS FLYING WE ARE OPEN

Love Starved

July 30, 2023 - When people are starving, they will eat whatever they have to, in order to survive. Flavor and nutritional content don't even enter the picture. When people live in a state of abundance, they can choose carefully what they want to put into their bodies. They can choose pure, organic, pesticide free produce, even if it costs a little more.

This is a good metaphor to describe what happens when people are starved for love. If we have grown up without the love, support and acceptance that is so critical to our emotional health, we may tend to settle for love that is not good for us. Consequently, people can remain in relationships or friendships (even families) where they are not valued, honored, and encouraged in their growth. There may be a little something that feels like love, but if there is constant pain, struggle, and stress, then it is not really love. Certainly not healthy love.

But like a starving prisoner, we may hang in for the scraps tossed our way, and even be thankful, believing that without them we would surely perish. But when it comes to love, we are not starving prisoners. We are more like plants, who can create their own food supply.

The love that we really need to survive and thrive is the love we can generate within. It is the total love and acceptance, and ultimately celebration, of health. When we become self-sufficient in this regard, we need never again rely on a form of love that is toxic or dishonoring. We don't have to live with trade-offs. We don't need to give ourselves away sexually or sell our souls in order to get love.

When we create an abundance of love within, then, when we choose to share love with another, we can hold out for the very best. We can wait for love that is non-toxic, non-addictive, and that does not leave a bitter aftertaste. As we work to heal ourselves, to clean up dysfunctional aspects within self, then we can begin to draw into our lives others who have made a similar commitment to their own wholeness. When we no longer need to project unhealed parts

of ourselves onto others, then we are all free to experience a more pure, higher form of love.

Healthy love is characterized by tenderness, openness, and trust. Some say love hurts. I disagree. I say love heals. If there's pain, it's a sure sign that something is getting in the way of the love. If the pain persists, despite our best efforts, then it may be time to take ourselves out of the "way" of the pain.

If we cannot summon the strength to do this, or cannot imagine how, then we are stuck. If your vehicle is stuck, you get someone to give you a push. If you are stuck, consider professional help to change a pattern that no longer serves you.

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



OPP REPORT

Collision on Horseshoe Valley Road at Highway 400, One Person Injured

(Oro-Medonte, ON) - Members of the Orillia Detachment of the Ontario Provincial Police (OPP) continue to investigate a motor vehicle collision on Horseshoe Valley Road at Highway 400 interchange that occurred on Sunday evening.

On July 30, 2023, shortly before 5:30 p.m., Orillia OPP, along with Oro-Medonte Fire, County of Simcoe Paramedics, responded to a two-vehicle collision where westbound motor vehicle collided with an eastbound motorcycle. The motorcyclist suffered life altering injuries and was subsequently transported by Air Ornge to a Toronto Trauma Centre. OPP Central Region Traffic Reconstructionist's attended the scene and continue to assist with the investigation.

The Orillia OPP request that any witnesses who have not already spoken to police or have dash cam footage of the collision, please call the Orillia OPP at 705-326-3536 or at 1-888-310-1122.

The Orillia OPP is committed to serving our province, including the Townships of Oro-Medonte, Ramara and Severn and the City of Orillia. If you have any information about crime in our community, please contact the OPP at 1-888-310-1122. To report minor occurrences online please visit www.opp.ca/reporting. You can also call Crime Stoppers at 1-800-222-8477 (TIPS) or submit your information online at www.crimestoppersdm.com. Crime Stoppers does not subscribe to call display, and you will remain anonymous. You will not testify in court and your information may lead to a cash reward of up to \$2,000.00

HOMICIDE INVESTIGATION IN PENETANGUISHENE

Vehicle of Interested Located; Cause of Death Confirmed

(PENETANGUISHENE, ON) - The Southern Georgian Bay Detachment of the Ontario Provincial Police (OPP) has located a vehicle of interest and confirmed the cause of death in connection to a firearm-related incident in Penetanguishene.

On July 27, 2023, at approximately 5:00 p.m., officers and emergency services responded to reports of gunshots and an injured person in the rear parking lot of the Village Square Mall. Jesse Daniel DESCHAMPS, 30 years old, of Penetanguishene, was transported to a local hospital, where he was pronounced deceased.

A postmortem examination conducted at the Ontario Forensic Pathology Service has confirmed a gunshot wound as the cause of death.

A vehicle of interest has been located and investigators are continuing their examination with assistance of the OPP Forensic Identification Services.

The assistance of the public continues to be sought to identify any suspicious persons or activity that may have been observed in the area around the time of the incident. The suspect(s) may still be armed. If you see a person or vehicle that may be linked to this incident, call 9-1-1 and do not approach.

Investigators believe this is an isolated incident and there is no immediate threat to public safety. Members of the public are reminded to always be aware of their personal surroundings and safety.

The investigation is being conducted by the Southern Georgian Bay OPP Detachment Major Crime Unit, under the direction of the OPP Criminal Investigation Branch, with assistance of the OPP Forensic Identification Services and in conjunction with the Office of the Chief Coroner for Ontario and the Ontario Forensic Pathology Service.

Anyone who has any information or may have dashcam or surveillance video is asked to contact the Southern Georgian Bay OPP at 1-888-310-1122 or opp.southern.georgian.bay@opp.ca. You may also submit your information online at <https://ontarioprovincialpolice.ca/evidence.com/axon/>

community-request/public/e231005932

Should you wish to remain anonymous, please contact Crime Stoppers at 1-800-222-TIPS (8477) or ontariocrimestoppers.ca. Follow Crime Stoppers of Simcoe Dufferin Muskoka on Twitter or Facebook and by visiting www.crimestoppersdm.com.

TWO INDIVIDUALS ARRESTED ON ROBBERY CHARGES

(ORILLIA, ON) - The Orillia Detachment of the Ontario Provincial Police (OPP) charged two individuals that attempted to acquire a male's vehicle without his consent.

On July 29, 2023, shortly after 12:00 a.m., officers from Orillia OPP were called to 24 Mississaga Street East in the City of Orillia for reports of a male party who was potentially stabbed and then fled the scene. Orillia OPP officers were able to identify the victim and entered into a robbery investigation. Two individuals were identified as the accused parties involved in the attempted robbery that left a male with several injuries. Orillia OPP along with OPP Forensic Identification Services (FIS), Orillia OPP Community Mobilization Unit (CMU) Bicycle Unit, Orillia OPP Emergency Response Team (ERT) and Central Region OPP Canine Unit have since located, arrested and charged the individuals.

As a result; Jobi GREER, 29 year-old, from Orillia has been charged with:

Fail to comply with Probation Order
Forcible Confinement
Assault

Robbery with Violence, and;

Paul HART-PAYNE, 30 year-old, from Orillia has been charged with:

Assault with a weapon
Uttering threats - cause death or bodily harm - 2 Counts

Fail to comply with probation order
Forcible confinement
Robbery using firearm

The accused are scheduled to appear before the Ontario Court of Justice in Orillia, to answer to the charges on July 31, 2023.

Members of Orillia OPP are committed to public safety, delivering proactive and innovative policing in partnership with our communities. Officers value your contribution to building safe communities. If you have information about suspected unlawful activity, please contact the OPP at 1-888-310-1122 or Crime Stoppers to remain anonymous at 1-800-222-8477 (TIPS) or www.crimestoppersdm.com.

Serious Collision on Highway 400 Sends Five to Hospital



(TAY TOWNSHIP, ON) - A motor vehicle collision has sent five people to hospital, including one person who sustained injuries requiring transport to a Toronto-area hospital.

On Sunday, July 30, 2023 at approximately 10 a.m., members of the Southern Georgian Bay detachment of the Ontario Provincial Police along with Simcoe County Paramedics attended the ramp which exits northbound Highway 400 onto Highway 12 in Tay Township for a report of a single motor collision involving injuries. One involved vehicle left the roadway and rolled over as a result of the collision, all occupants were transported to hospital. As a result of serious injuries, one party was flown to a Toronto-area hospital by ORNGE air ambulance.

The ramp was closed for several hours while the OPP Central Region Technical Traffic Collision Investigation (TTCI) unit investigated the scene of the collision. Photo attached.

This matter remains under investigation. No charges have been laid at this time. Anyone who may have witnessed the collision or who may have dash camera footage is asked to contact the OPP at 1-888-310-1122.

Midland Area Resident Charged in Connection to More Shoplifting and Theft Related Incidents

(MIDLAND, ON)- Johnathon James FOURNIER 36 years of no fixed address Midland, has caught the attention of more Midland area retail stores of late. Store security at Maurice's Independent Grocer contacted the OPP Communications Center at approximately 9:57 a.m. July 22, 2023, after store security apprehended an individual who failed to pay for food stuffs in the store. Officers from the Southern Georgian Bay OPP Detachment attended and arrested and later released the accused for court on August 31, 2023 on a charge of Theft Under \$5000- SHOPLIFTING contrary to the Criminal Code of Canada.

The accused was further arrested after police were in receipt of a theft report of a youngsters bicycle in the Midland Bay Landing area on July 23, 2023. Through investigation, the suspect was located near Bourgeois Lane, Midland and arrested on July 25, 2023 and found to be the accused from the previous reported incident. The accused has been charged criminally with Theft Under \$5000 in connection to this incident and also with Fail to Comply with Probation Order.

The accused remains in custody on these charges awaiting a bail hearing followed by an appearance before the Ontario Court of Justice at a future date.

Anyone who may have information of a property crime is asked to contact the OPP at 1-888-310-1122, opp.southern.georgian.bay@opp.ca or by calling Crime Stoppers at 1-800-222-TIPS



PROPANE

- Residential
- Commercial
- Farm

Cylinder Refills

15 Stewart Road, P.O. Box 321
Collingwood, Ontario L9Y 3Z7

(705) 445-4430

1-800-553-5571



FUEL DELIVERY

- Furnace oil
- Diesel fuels
- Gasoline

Oil furnace sales and service

JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT

AUGUST 10 TO SEPTEMBER 3
KING'S WHARF THEATRE

LYRICS BY TIM RICE
MUSIC BY ANDREW LLOYD WEBBER

Box Office Toll-Free: 1-855-DRAYTON (372-9866)

There's Money in Your Stuff
Let me teach you the difference between "VALUE" N "STUFF"
This 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.

Inflation makes things worth more and money worthless.
The above statement was made by a local well known financial advisor, who was commenting on wealth generation processes and philosophies. It was a statement made in a book written in 1990, and more every day the truth of the concept holds true.
That advisor always said that spending power was a true measure of wealth, not just the accumulation of monetary units.
True, if you have a million dollars, you are much better off than if you have ten thousand, yet the

actual value of the units are directly related to the convertibility to goods and services.
To you this means that your assets should be spread across the spectrum of different types of things, hard assets, financial assets, personal assets .
Historically Canadians have a tendency to think about physical assets like homes as shelter, with financial based assets as their nest egg, their hoard, their retirement pool and their wealth.
Due to that they make illogical decisions to spend and invest in depreciation assets like cars and trucks with forever payment schemes, yet they would not use that money for a down payment on a house but would continue to rent.
The point of this article is like gravity, inflation is always there.
That same financial advisor always told people to harness the forces that exist and embellish and adjust due to circumstances and seasonality.
Personal assets are ignored by the CRA, unless they

decide that you are a business.
Buying a new car, truck, sofa, or kitchen set are depreciating assets and will not do anything for you in wealth building as they are consumable and disposable.
A kitchen or a bath renovation will increase your wealth as this is value added to a long-term asset, that inflation increases the value of.
There is a whole spectrum of items the CRA ignores, that actually will increase over time, with inflation as a common root driver. Why do you ask? Simply put, the inflated assets you use to purchase, called money, are printed. Hard assets, such as investment grade assets, are not mass produced, exist as they are, and go up in perceived value, as it costs more dollars to purchase them. This applies to houses, it costs more inflated dollars to replace them. This applies to any asset, which by its type, style usage or history, will most likely not be consumed, but acquired, held, displayed, or venerated.
Choose carefully.



705.220.2433
VendorMarketLC@Gmail.com

This Coming August 18th,2023

VMLC Is Having Our First Annual Vintage Variety Event

Running from 10am-5pm
We Can't Wait To See You!
RAIN OR SHINE

From: Comics, VHS, Cassettes, LPs, Books, Home Decor, Artwork, Vintage Bottles, Casino Glass, Jewelry & So much more.... See you then!

Open 6 Days a Week 1285 Bayfield St. N Midhurst



@VENDORMARKETLC
VENDORMARKTLC
VENDORMARKETLC

www.vmlc.ca



EVENTS



Live Music Saturday Nights
July and August
Time: 5 pm to dusk

Food - Farm Market

We will be offering farm market spots at no charge to help the local farm community


4230 Crossland Rd, Tiny
705-322-8888 gbaypark@gmail.com

Georgian Bay Park—Saturday Night Musicians at GBP

Enjoy some great music by local Canadian musicians this summer at Georgian Bay Park. Here's the lineup for 2023.

Aug 5: Dylan Lock and Friends
Aug 12: Mike Roberts
Aug 19: GEORGIAN BAY FESTIVAL
Aug 26: Marcel Courville: Solitary Diamond

Upcoming Blood Donation Event in Wasaga Beach - August 19



Your donation matters

It matters to every patient across Canada. Because it's something we can do today to help others wake up healthier tomorrow.

Donate blood

Wasaga Beach RecPlex - Lions Den Room

1724 Mosley Street, Wasaga Beach
Saturday, August 19
10:00 a.m. to 3:00 p.m.

Book on blood.ca or at 1-888-2DONATE

Join Canada's Lifeline.
Book now at blood.ca

Blood for Life



BALM BEACH BUSK 'til DUSK

A COMMUNITY FUNDED EVENT

EVERY THURSDAY (WEATHER PERMITTING) **6-9pm**



AUGUST 3



FREEZ' CAREEB

This show is sponsored by:
IPS AUTO

Photo below: Last Thursday July 28th the Mugs, with Steve McGinnis singing backed up by Carl Rabinowitz, Stephen Hawmre and John Hall had the crowd entertained to classic rock.



July 28, 2023 - Thursday night's are party time at Balm Beach in the summer time. Live music happens from 6pm to 8pm weather permitting every Thursday July 7 2023, to September 1 2023.

There is a large turn out for this event with people

bring their lawn chairs and enjoy the music. They can dance in the sand in front of the stage or take a swim in the bay.

By Brian Belcourt, reporter

Summer is here and for many that means weekend camping trips, long weekends at the beach and patio season. However, there are patients across the country who are fighting for their lives and waiting for vital donations of blood and plasma products. The need is constant. A recent IPSOS survey indicates that 87% of people in Canada recognize there is a constant need for blood and blood products, yet nearly 50% say they have not donated because they are waiting to be asked.

We are asking, in as many ways possible, to make a blood or plasma donation part of your summer plans. Summer is a particularly difficult time for maintaining an ideal blood and plasma supply. Donation appointment cancellations are high due to donors travelling or being out of their regular routines. While you may have vacation on your mind, patients across the country are thinking about their next medical treatment or are in the hospital, unable to fully enjoy this sunny season. When you donate, you're helping them get closer to enjoying all that the summer has to offer with their family, friends and community.

Patient need never takes a holiday. Donate before you go on vacation this summer.

Patients need donors like you to act. Book and keep your donation appointment this summer. Ask your friends and family to join Canada's Lifeline and encourage them to book an appointment to donate blood or plasma. A small group of donors is meeting the needs of the entire country. We're asking everyone who is eligible across Canada to join Canada's Lifeline and donate. There's never been a better time to commit to patients and help save lives.

Will you take about an hour of your time to donate blood or plasma this summer? It only takes about an hour of your time to cool down at a donor centre this summer and help save a life..

When you donate, you can save a life and change so many more. Your support can impact the patient, their family, community — even the entire country. On behalf of the patients who need it, we're asking you to donate this summer. You won't just make a difference, you'll make all the difference.

Visit blood.ca, use the GiveBlood app, or call 1-888-2-DONATE (1-888-236-6283) to find and book an appointment at a donor centre near you. Often there are last minute cancellations so please continue to check online at blood.ca up until the day of the event.



G. Priest Services Inc.

**AGGREGATES
EXCAVATION
SEPTIC SYSTEMS
DEMOLITION
TRUCKING**



705-722-6555
gpriestservices.com

Join us for a dining experience like no other!



Rumi's
RESTO AND CHOCOLATE BAR



DINE-IN | TAKE-OUT | DELIVERY

13 QUEEN ST W, UNIT B ELMVALE

Obituaries



TURNER, Kathleen “Joy”
On Thursday, July 20th, 2023, Kathleen “Joy” Turner of Elmvale, passed away at the age of 75 with her husband Brian, and her children by her side. She will be deeply missed by her husband and best friend of 55 years, Brian. Her children, Nicole (Brent) Langman, Paul (Angela) Turner, Peter (Jocelyn) Brown. Joy was a cherished Grandma to Delaney, Brynn, Scarlet and Skye. And a beloved sister to David (Marie) Bodrug, Paul (late Bev) Bodrug, Faithe (Doug) Frew, and several beloved nieces and nephews. Visitation was held at the Nicholls Funeral Home in Midland on Friday, July 28th from 2-5 pm and 7-9 pm. A funeral service was held at Faith Missionary Church in Wasaga Beach on Saturday July 29th at 11 am. In lieu of flowers, donations can be made to Imani **Orphan Care Foundation** (www.imaniorphancare.com) or **RVH Cancer** (www.rvhkeeplifewild.ca)



Lynn-Stone Funeral Homes Inc.
15 Yonge St. S., Elmvale
705-322-2732
www.lynnstonefuneralhome.com



We Offer Basic Cremation Services as well as Traditional Funerals.
Agent for Sanderson Monument Co.
Family owned and operated since 1919

IN MEMORY



In Loving Memory of Douglas Frederic Griffin
December 7, 1959 - July 17, 2023
It is with profound sadness and heavy hearts that we announce the passing of Douglas Frederic Griffin who peacefully departed this world, in his 64th year, on

In memory of **Carol Joy Eggengoor**. It been thirty long years since we lost you. Sorely missed by her three daughters Susan, Brenda and Joanne. And now there are 5 Grandchildren; Spencer and Avery Toffs, Merisa and Dante Zolli and Jacob McLachlin.
Forever in Our Hearts
Henry Eggengoor



“Five Generations of Excellence”
SANDERSON MONUMENT CO. LTD.
AGENT: Lynn Stone Funeral Home
15 Yonge St. Elmvale
705.322-2732
www.sandersonmonument.ca

July 17, 2023.
He will be lovingly remembered by his wife Jackie Griffin and his three sons Bobby (Samantha), Marcus (Kelly), and Alex. His beautiful grandchildren Charlotte, Mackenzie, Quinn, and Thomas adored their granddad and will deeply miss him.
Doug is survived by his father Fred Griffin and his sister Debbie (Mell) Fildey and mother-in-law Pat MacDonald.
Predeceased by his mother Doris Griffin and his father-in-law Mervin MacDonald.
Sadly missed by his sisters-in-law Shelley (Dennis) Ball, Peggy (Jim) Balkwill, Jenny (Roger) Schandlen, and his brother-in-law Bill (Barb) MacDonald.
He will be lovingly remembered by his many nephews, nieces, extended family, friends, and golfing buddies.
A celebration of Doug’s life and the love his family has for him is planned for Friday, August 18, 2023, from 3-7 PM at the Barrie Legion on St. Vincent St., Barrie, ON.
We will forever remember the beautiful memories shared with Doug. You will be deeply missed, but never forgotten.
Funeral Arrangements entrusted to Adams Funeral Home.

In loving memory
Gilbert Moreau 1938-2016
To the world you were one,
to us you were the whole world

Forever loved and missed Diane, Andrew Jackie, Nash Teagan, Lochlyn, Shelley, Taylor and Eden, Matt, Dani, Ivy and Abel xo



Tompkins & Heels Monuments Ltd.
For Quality & Craftsmanship Since 1932
Locally owned and operated
Manufacturer of unsurpassed quality granite.
161 Essa Road Tel: 705-728-7749
Barrie ON L4N 3L2 1-800-465-9900
www.tompkinsandheels.com Fax: 705-728-6149
Mon - Fri 9 - 5 • Sat 9 - 1 pm
Evenings available by appointment

BIRTHDAY ANNOUNCEMENT



Doug Jones
Happy 92nd Birthday!

August 4th 2023
Love
Your family xoxo

ELMVALE FOOD BANK

Food list of Items Currently Needed

- Peanut butter
- Jam
- Snack crackers
- Beef gravy
- Cream corn
- Canned potatoes
- Hamburg helper
- Canned fruit
- Stew

The food bank will gratefully accept any donations of food items.

CELEBRATION OF LIFE

Margaret “Jean” Laurin (Tubman)
Jean’s family will host an informal drop-in Celebration of Life on Saturday, August 12th from 11:00 a.m. - 4:00 p.m. at the Township of Tiny Community Centre, 91 Concession Road 8 East, Tiny. Light lunch provided.



The family and friends of **Shirley McKeever** would like to wish her a very

Happy 80th Birthday

on August 30th, 2023. We love you Mom and are so thankful for your love, leadership, and guidance!

Adams Funeral Home:
A special place to remember



You are unique. Your loved ones are unique. So at your time of need or when planning ahead, rely on our specialists to provide everything you need to create a one-of-a-kind remembrance.

Time to remember. Scan the QR code to visit us online or call 705-728-4344 for a FREE planning kit.



Adams Funeral Home & Cremation Services
by Arbor Memorial
445 St. Vincent Street, Barrie, ON • adamsfuneralhome.ca

Arbor Memorial Inc.



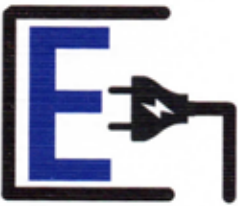
Cameron Johnston
Owner
Paul Johnston
Project manager/founder

(705) 791-9773

- Specializing in Residential Re-Roofing
- Metal Flashings and Roof Repairs
- Roof Ventilation Upgrades
- Eavestrough Cleaning • Sky Lights

“2nd Generation - 30+ Years in Business”

CARSON ELECTRIC & CONTRACTING



Jordan Carson
Master Electrician

1087 Rainbow Valley Road
Phepston, ON L0L 2K0
jordan@carsonelectric.net
705.717.8767

ECRA/ESA # 7011405

MRI for GBGH

On July 15, 2023, the Woodland Beach Property Owners' Association and the Woodland Beach History Committee presented Georgian Bay General Hospital (GBGH) Foundation with a \$2,000 donation. This gift was inspired by the Bayport Masonic Lodge 50-day match gift, where from June 23 to August 11, 2023, they are helping to boost fundraising efforts with a \$50,000 match gift towards an MRI for GBGH. This donation bumps the total to \$30,900.

The Woodland Beach Property Owner's Association hopes that their gift will inspire other local beach associations to take part in this match opportunity, to help bring us closer to acquiring an MRI for GBGH and ensure that our hospital is a centre of imaging excellence.

For more information, visit: <https://gbghf.ca/bayport-lodge-mri/>



SUMMER
Sale!
JULY



Barrie
LeisureScapes

10% Off Our Everyday Low Price on ALL In-Stock Deep Seating Furniture!



BONUS - 9' Umbrella Valued at \$460 with the Purchase of In-Stock Dining Sets



Save up to \$4,000 on BestLife Hot Tubs!



RELAX • ENTERTAIN • RECOVER • CONNECT • ESCAPE

705.733.9119 • 1027 Bayfield St. North, Midhurst • www.barrieleisurescapes.com