

STEELERS

RESTAURANT & PUB

Open 7 Days a Week!

23 Queen St. W. Elmvale

705 322 2652

paulsadlon.com

CHEVROLET

BUICK

PS

Cadillac

GMC

550 Bayfield St Barrie

FEATURING 100+ LOCAL PRODUCERS

Nicholyn Farms

LOCAL FOOD YOU CAN TRUST

Make every meal Nicholicious

www.nicholyn.com

NORTH SIMCOE

Springwater

SERVING SPRINGWATER, TINY TOWNSHIP, MIDLAND, AND PENETANGUISHENE

NEWS

Edition 671 | February 15, 2024

Customer # 0003684814 / Publication/Admail # 0040027838



Photo above: Daredevil Float at Minesing Minifest on Saturday February 11, 2024 with Darren Priest, Cameron Johnston, and Mitch Johnston.



Photo above: Swampy, the Minesing Minifest mascot, entertains children.



What Does "Inspired by a Lifetime" Look Like? Come See For Yourself!

By Lisa Harpell
Feb. 8, 2024 - A fine arts gallery in Wasaga Beach, under the umbrella of the Wasaga Society for the Arts, the Stonebridge Art Gallery, is hosting the 2nd Annual "Inspired by a Lifetime" senior's exhibit from February 8th - March 30th, 2024
The exhibit includes Seniors Residences' from all around the area such as Leacock Retirement Lodge, Waterside Retirement Lodge, Bayfield House Retirement Residence, Chartwell Whispering Pines, Aspira Waterford Retirement Residence, Woods Park Care Centre, Chartwell Allandale Station

Retirement Residence, and Lavita Barrington Retirement Residence. All of the participating artists have been taking Art Therapy classes with instructor Lisa Harpell, (Creative Madness Art Studios, Elmvale) and have advanced so much since last year that they appear to be more confident in showing their work, so much so, that the size of the canvases grew to 16 x 20" this year and although they all found it a little daunting, the time, effort and stories while they created made it less scary.
The idea was born out of the pandemic to get the seniors work up on gallery walls in order for the

artists to realize how incredibly talented they were, that coupled with a reason to get out and have a field trip to an art gallery in Wasaga Beach. Once on board, all the artists, family, friends and the support from the lifestyle managers and staff made this unique exhibit happen that will grow even more every year !
I'd like to thank all who were involved to make this incredible event happen but especially the artists who, I feel, now believe in themselves enough to keep going!

will

MARSHALL INSURANCE

BROKERS LTD.

Treating You Like

Family Since 1983

www.wmib.ca

Barrie: 705-726-2551

Orillia: 705-326-5664

Automobile

Residential

Business

Farm

Recreational

GREEN MEADOWS

Still HOMES

Detached homes in the heart of Elmvale.

REGISTER ONLINE NOW

greenmeadowselmvale.com

THE WATER STOP

WATER SPECIALISTS

Full Service

Water

Treatment

Experts

705-526-6665



WILLIAMS & MCDANIEL
PROPERTY MANAGEMENT

806B ABERDEEN BLVD., MIDLAND



OPEN HOUSE

2 Bedroom Executive Suite
\$2,475

- Four stainless Kitchen Appliances
- In-suite Washer and Dryer



Friday 4-6pm and Saturday/Sunday 12-2pm

www.williamsandmcdaniel.com

705-427-2323

EDITORIAL by Linda Belcourt, Editor

I have had the great pleasure of meeting Doug Rawson, owner of Rawson's Meat and Deli, and his friendly and charming grandson Alex. It warms my heart to do business with local folk that have a successful business because they take that extra step for people and listen to the customers. Doug is a great supporter of the community. Quality can still be found in our local area, you just have to look for it. Rawson's has been in business since 1992 and serves very high quality meats for a fantastic price. Drop in and give Doug a big shout out!

There are new news stands at Grenfel Hall 1989 Sunnidale Rd, Grenfel in Township of Springwater and at Rawson's Meat and Deli at 27 Main St. in Penetanguishene. The Elmvale Water Flow also has a news stand.

I urge go to the Township of Springwater council meeting at the 32:00 time stamp. The first 30 minutes of the meeting is dedicated mostly to honouring the great staff we have at the Township and it is worthy of watching as well. During this meeting you will get a first hand look at the behaviour of our divided elected officials on council. This portion of the meeting basically is to give updates on wards and normally involves the good works going on in each area of our township, but subject matter took a surprising turn. Does the issue belong in a council meeting or should it have been dealt with at a different time? A divided council costs us all. I will let you form your own opinion. Please send me your letters to have your opinion known. I will not publish slander or defamation. Thank you.



We OFFER EXCLUSIVELY
Ontario Grade 'A' Beef
Select Grade Pork
Hormone & Antibiotic FREE
Chicken

27 Main St. Penetanguishene
705-549-6891

A Family Business To Serve You Better



Midland Fire Department Cheque Presentation

Submitted by Town of Midland
Jan. 31, 2024 - The Midland Fire Department was excited to join with staff from Firehouse Subs in Midland to celebrate a special day! In November 2023, Firehouse Subs Public Safety Foundation of Canada awarded Midland Fire Department with a \$45K grant to ensure first responders have the necessary equipment to keep community members

and themselves safe.
Two new Hurst eDRAULIC® tools were purchased and brought to the event. These lifesaving auto extraction tools will allow for significantly faster on-scene setup, extrication, and easier mobility when seconds matter while extricating patients during severe car accidents.

**NORTH SIMCOE
SPRINGWATER NEWS**

INFO@SPRINGWATERNEWS.CA
705.790.1993
SPRINGWATERNEWS.CA
1058 FLOS ROAD 10 EAST, ELMVALE, ON L0L 1P0
THE NEXT PAPER WILL BE ON FEB. 29, 2024



PUBLISHER/EDITOR/OWNER:
LINDA BELCOURT

North Simcoe Springwater News is published every two weeks and delivered by Canada Post and available at newsstands throughout North Simcoe. 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.



Funded by the
Government
of Canada



Interested in Advertising?

This newspaper is delivered by Canada Post to mailboxes in Townships of Springwater, Tiny, Towns of Midland and Penetanguishene. News stands are located throughout North Simcoe and Barrie South.

21,000 copies printed every two weeks.

Online advertising available.

www.MidlandRotaryAUCTION.com

Shop Local, Amazing Deals Online, for Charity!

February 15th - 29th 2024, Closes in Blocks 7pm - 9pm on February 29th 2024

100s of Gift Certificates • 34 Beautiful Works of Art (on display at Quest Art) • Tools • Tickets • Something for Everyone!

Rotary Club of Midland  *100% of net proceeds support our community and international charitable causes.*





Wendat Mobile Crisis Workers Have a New Look

Submitted by Andrea Abbott-Kokosin
Feb. 8, 2024 - The North Simcoe Crisis Management and Response Team (CMART) is a program where an OPP Officer is partnered with a mental health crisis worker from Wendat Community Programs. The teams respond to individuals experiencing a mental health crisis in the community. The program operates Sunday to Friday from 9am-7pm. The program is accessed by calling 911. On average, the team assists 560 individuals and has over 1,000 contacts with these individuals annually. The program diverts visits to the hospital and ensures

that individuals in the community receive prompt assistance when experiencing a mental health crisis. Individuals also receive follow up and links to appropriate community programs and supports. Wendat’s Mobile Crisis Workers recently got some new gear including body armour, jackets and hats. All of these items clearly identify them as Crisis Workers. This was done to increase their personal safety while on job. It also identifies them so that the individuals they are visiting, police and other emergency service staff know who they are.

New Path Receives Funding to Support our Healthcare Heroes in a Post-Pandemic World

Simcoe County – Thanks to \$43,624 in funding through the Government of Canada’s Community Services Recovery Fund, New Path Youth and Family Services (New Path) is surveying its staff and providing additional training to strengthen engagement, enhance meaningful connections, and support resilience in a post-pandemic world. “COVID-19 amplified work-related stress and health-related issues,” says Tara Powers, New Path’s Manager of Human Resources, and Project Lead. “Receiving this funding means that we can continue to support the wellness of our staff who are dedicated to finding new ways of connecting with clients, and with each other, and to address the rising demand for mental health services in our local community.” Increases in demand for child and youth mental health services as well as adapting service delivery due to pandemic restrictions and lockdowns saw New Path quickly shift to phone and virtual service delivery. This enabled children, youth, their families, and caregivers in Simcoe County to continue to access high-quality mental health services when and where they needed them during the pandemic. Since the loosening of pandemic restrictions, in-person services in addition to phone and virtual service options are available. “We were incredibly nimble during the pandemic and seamlessly shifted the way we were able to provide support to our community. Demand for

child and youth mental health services has never been higher for us and we want to continue to be resilient and ensure that our staff health and wellbeing is at its best,” says Jim Harris, New Path’s CEO. “Having healthy, thriving, and connected staff providing high-quality mental health services benefits everyone, including the children, youth and families we serve.” “I am continually impressed by the passion, dedication, and creativity of community service organizations, like New Path Youth & Family Services. I am equally proud the Government of Canada has supported their important work through

Wendat Cash Raffle Results

Jan. 31, 2024 - Midland Ontario – From September 15, 2023 until January 1, 2024 Wendat Community Programs sold tickets for a cash raffle. On January 2nd, 2024 at noon, Andrea Abbott-Kokosin, Executive Director drew the three winning tickets. Wendat is pleased to announce that the raffle was sold out. We thank everyone who purchased tickets. We also thank our staff, Board members and friends of Wendat who worked hard to sell all the tickets. Winners were notified by phone and cheques were mailed out to them immediately. Congratulations to our winners!
1st Prize of \$1,000 Dev Singh of Midland
2nd Prize of \$500 Kathy Webb of Waubaushene
3rd Prize of \$100 Orton Crawford of Midland
After paying out the prizes and fees for the lottery license, \$3,145 was raised. The funds will be used to cover operating costs for the current fiscal year. Wendat Community Programs provides high quality care and support services to adults experiencing mental illness or age-related challenges in the Simcoe-Muskoka area. Wendat has been in operation since 1987.

WAUBAUSHENE RESIDENT
\$100,000 ENCORE WIN



Jan. 6, 2024
LOTTO
649-Saying “yes” to ENCORE paid off for Michael Munroe of Waubaushene. The winning ticket was purchased at Derek Roberts Country Store on Pine Street in Waubaushene.

Midland

Home

hardware

building centre

705.526.5416

199 Fourth St., Midland

QUALITY

LUMBER

In Stock





1LB WINGS & FRIES

Fri | Sat | Sun

RIB & WINGS

OR

FAJITAS CHICKEN STEAK OR SHRIMP

ONLY 11.11 PLUS TAX

ONLY 20 PLUS TAX



INTERIOR DOORS BLOW OUT SALE! NOW ON



Council Meeting Highlights: February 7, 2024
Next Council Meeting: February 21, 2024

Submitted by Nicole Audette

This summary is not a full representation of the meeting. For the official record, please refer to the minutes in the next Council Agenda. Past Council Meetings are available for viewing on the Township's YouTube channel.

Letter of Endorsement - Definition of Employer

Council has voted to endorse a resolution from the City of Greater Sudbury to petition the province to amend the Occupational Health and Safety Act to clarify the definition of 'employer' and exclude owners that have contracted out a project.

Service Awards

CAO Jeff Schmidt recognized staff members that recently achieved years of service milestones with the Township of Springwater. Staff who received awards were:

5 Years: Brittnee Fisher, Katie Naray, Cheryl Thompson, Jennifer Marchand, Deborah Ann Liske, Greg Goss, Anita Shanks, Joseph VanLaarhoven

10 Years: Nicole Audette, Brittany Kellington, Chris Russell, Jeff Schmidt

15 Years: Steve Buchanan, Chris Nichols, Mike Ummels

20 Years: Scott Trace, Brent Spagnol

RFP Awarded

The award for the Supply and Delivery of Bulk Highway Salt was awarded to Compass Minerals Canada Corporation for the 2024/25 year at an estimated amount of \$75,878 plus HST.

Celebrate Springwater

Mark your calendars for Celebrate Springwater taking place on Saturday, September 14, 2024. The community-wide event will be held in recognition of the Township's 30th anniversary of amalgamation and will be held at the Township Administration Centre. Additional details will be released in the coming months.

Cycle Simcoe Grant Partnership

The Township will partner with Tourism Simcoe County and Cycle Simcoe to apply for funding to purchase e-bike charging stations located along the Simcoe County Loop Trail. Should the grant application be approved a charging station will be located in Heritage Park in Elmvale. The Township would be responsible for the installation and maintenance of the charging station through the partnership.

2231 Nursery Road, Minesing, ON L9X 1A8 | 705-728-4784 | info@springwater.ca | springwater.ca

Springwater Announces Doug Herron as New Director of Planning & Development Services

By Nicole Audette

Township of Springwater / February 5, 2024 – The Township of Springwater is pleased to announce the appointment of Doug Herron as Director of Planning & Development Services, effective February 5, 2024.

Mr. Herron brings an extensive range of knowledge to the position with over twenty years of experience, primarily with the Town of Wasaga Beach, including five years as the Director of Planning and Economic Initiatives.

Mr. Herron holds a master's degree in public administration from Western University and is a member of the Canadian Institute of Public Planners and Ontario Professional Planners Institute. He is passionate about professional development and continues to upgrade and expand on his skills.

"We extend a warm welcome to Doug Herron, our new Director of Planning & Development Services," says Jeff Schmidt, Chief Administrative Officer. "As Springwater sees significant changes in the coming years and with considerable growth on the horizon, his knowledge and expertise will play a crucial role in guiding the direction of this important portfolio."

"I am honoured to join the team at the Township of Springwater," says Mr. Doug Herron. "I look forward to working with staff, Council and the residents of the community by contributing to the efforts of delivering, supporting and implementing key planning and development initiatives."

Mr. Herron will oversee the Planning, Building and Development portfolios at the Township of Springwater.



Tiny Wants Three-month Septage Extension From Midland to Handle Biowaste

By Derek Howard, Local Journalism Initiative Reporter, Midland Today

Feb. 12, 2024 - There was a bit of a stink when Midland dropped a bombshell in December that as a cost-measure savings for their aged wastewater treatment centre, they would be closing the lid on accepting septage from anyone but their own ratepayers on the system.

As the largest contributor to the plant with 59 per cent of all processed septage (in contrast to Midland's own 12 per cent), that put Tiny Township in a bind as per the March 6 deadline for closure.

A report was brought to the recent regular council meeting when public works director Tim Leitch provided an update and staff recommendation for a three-month extension to the neighbouring town.

"This is a big concern for Tiny, of course," Leitch said, explaining that while summer months allow for the spreading of septage onto fields from holding and septic tanks, residents requiring those tanks to be pumped during winter would be impacted by the decision. By contrast, as portable toilets and marine systems cannot be spread on fields, they would require processing at Barrie, Orillia or Collingwood treatment facilities along with a likely price increase as a result.

"We had a chance to meet," Leitch continued, referencing the CAOs and mayors as well as his public works counterparts, "and we talked about this at a subsequent meeting... to go through some different options."

"The one thing that was really pointed out was providing us with the proper amount of time to do a

thorough study on what type of options are available, what impacts this will have on the township, and also soliciting to see if we can continue the previous discussions of septage management for Tiny and for everybody in Ontario that has to deal with septic tanks – especially in rural areas," Leitch emphasized.

Tiny staff had recommended in the report that their council send a formal request to Midland's council to request the three-month extension, stating that it was a time-sensitive matter due to the Midland's budget timeline. The request would also allow Tiny residents to continue at current rates until the field-spreading season started.

Addressing council, Mayor Dave Evans said: "Midland has been very open to discussions and are very committed to helping us come up with a solution." He added, "I'm firmly in belief that it's a lot cheaper, first of all, than us building our own facility as we've seen in other municipalities; Tay being one of them."

His underlying motive, he stated, was if Tiny were to invest in the Midland wastewater treatment centre, then they would want to take an ownership position, use it as a revenue source, and manage it themselves, "and Midland is open to that."

Council approved the recommendation for a three-month extension to be asked of Midland council.

The Midland wastewater treatment centre report for receiving septage can be viewed on the agenda page on the Township of Tiny website.

Archives of council meetings are available to view on the township's YouTube channel.



Give the Gift of Self Care

Mini Pedicure. Soak in salts. Enjoy massage plus be pampered with natural Organic product made here at our country store.

Shop in store or online at www.organicbodyshop.ca



Pedicures 30 min. \$35.00
Luxury with hot towel \$60.00

705-728-8288

951 Penetanguishene Rd. Oro Medonte
shop in store or online
www.organicbodyshop.ca



MOONEY INSURANCE BROKERS LTD.

- HOME
- AUTO
- FARM
- BUSINESS
- LIFE

"Pride in Service"

705-726-9941

randy@mooneyinsurance.ca
www.mooneyinsurance.ca





GRAND OPENING SPECIAL!

50% OFF

FOR THE FIRST THREE MONTHS

Heated Storage as low as \$65 per month

705-333-2768

info@langmansstorage.com
3600 Vigo Road Unit 2 Elmvale



FORSALEON GEORGIANBAY.ca
KELLER WILLIAMS EXPERIENCE REALTY BROKERAGE

Lana Spence

Sales Representative

705 817 6913

lane@forsaleongeorgianbay.ca
forsaleongeorgianbay.ca
office: 705 720 2200



A TINY SENIOR MOMENT

By Carol-Lynn Lepard, Township of Tiny, Senior Column Writer

Garden in Winter

Right in the middle of February, the outside world can look pretty boring. No little shoots are coming up in the window box, so our spirits may tend to match winter's bleakness. One activity sure to give us a boost is to bring on the colours of spring by starting a garden. Now is the perfect time to start planting seeds indoors for a spring garden that will turn into summer's delight.

Are flowers your passion? If so, colours and varieties do matter, but you'll also need to think about what part of the season you'll want them to be at their best. If you want to grow vegetables, it's important to make sure you'll have enough time to care for them once they're in the soil and know when you'll want them to ripen. Many varieties of tomatoes and potatoes, for example, are ready to pick much earlier or later than others.

After a bit of thought about the "what," a quick trip to the local hardware store or a call to a garden supply expert may help with the "how." Vendors in our community can help give you a picture of which plants grow well locally. They'll also offer advice on growing systems, from simple trays with seeds and soil to huge systems aimed at starting plants to fill a large vegetable garden in spring.

If you'll be inside quite a lot and don't have outdoor space for a garden, maybe you'd like to grow some microgreens for the kitchen table. Microgreens are vegetable greens that are harvested just after the first set of true leaves has developed, when they are between one and three inches tall. They are known to be highly nutritious and can add sweetness or spiciness to foods, or offer colourful garnishes to soups, sandwiches and salads.

Programs, Activities and Events

The Wye Marsh Wildlife Centre, 16160 Hwy. 12,

is hosting a workshop on microgreens, on Sunday, February 25, 1:00-3:30 p.m. The cost of \$40 includes lots of information and tips from a local expert on how to grow and use microgreens at home, recipes, a list of seed providers in our community and the chance to make a tray of seeds you can sprout at home. To register, drop by or call the Centre at 705-526-7809, or visit the website at www.wyemmarsh.com.

Township of Tiny's Community Garden is located at the south-east corner of Perkinsfield Park, 43 County Road 93. If you plant your seeds now, you should know whether you'll want to apply for space in the Community Garden by the time applications open at the end of March. The garden offers 28 four by eight-foot plots that community members can rent, at minimal cost, May to October, to plant and care for vegetables, flowers and herbs. If you'd like to participate, but don't have the time to look after a garden yourself, there are opportunities to help out as a volunteer, or to make donations of tools, seeds and seedlings. For more information on the Community Garden, visit the website at www.tiny.ca, or call the Recreation Department at 705-526-4204 ext. 271.

Pollinator Gardens have been created across Tiny, a designated Bee City, to help bees and butterflies thrive and to beautify public spaces. The Township is looking for volunteers to help maintain these gardens. Supplies and other resources are provided to volunteers by the Township. Locations include Perkinsfield Park, Lafontaine Park, Wyevale Park, Bernie LeClair Parkette, Tiny Trail (Concessions 4 and 6) as well as the Community Centres and Municipal Office, along with various fire stations. Join in the fun or learn how to plant your own pollinator garden. Information is available on the Township website, at www.tiny.ca.



Town of Midland News

Midland Council Approves 2024 Budget

(February 6, 2024, Midland ON) On Thursday, February 1, 2024, Midland Council approved the Town's 2024 Operating and Capital Budgets with some amendments after three full days of review with Town administration, and agencies, boards, and commissions.

"Over three days last week Council undertook a thorough review and reduction of the proposed 2024 Budget to offer some much-needed financial relief to our taxpayers," said Town of Midland Mayor Bill Gordon. "After a line-by-line review of the proposed capital budget and service increases, we asked staff to identify any discretionary projects that could be delayed or deferred without significantly impacting the services and programs that our residents depend on. I congratulate staff and Council for their diligent work to get us to this point."

The approved 2024 Budget will result in a 4.6% levy increase, or a 3.99% blended rate, and includes:

- Estimated County and Education rates.
- 0.8% increase to the sustainable capital levy.
- 5% increase in Water Rate equaling a \$1.80 increase per month for a typical user.
- 4% increase in Wastewater Rate equaling a \$1.60 increase per month for a typical user.

The 2024 blended rate equates to a \$5.28 increase per month per \$100,000 of property assessment to support municipal, County and school board services.

The 2024 budget includes critical capital investment in infrastructure including wastewater treatment, road and storm sewer improvements, streetlighting, sidewalk rehabilitation, a new pedestrian crossing, and Harbour improvements.

Other projects highlighted in the Town's approved 2024 Budget include:

- Hiring of four new Firefighter positions.
- Purchase of two new Fire Services Pumper Trucks.
- Feasibility Study for a Joint Fire Service with Penetanguishene.
- Weekend Transit Service to Balm Beach (pilot project for Summer 2024).
- New Accessible Transit van.
- Underground infrastructure to prepare for the realignment of Vindin and Harbourview.
- Numerous park improvements including the Little Lake Park Rotary Stage roof addition.
- Dock replacement and non-resident permit fee for boat launch at Pete Pettersen Park.
- Other studies including Waterfront Master Plan and Housing Needs Assessment.
- Continued support to various community organizations and events including the 2024 Community Grant Program.

The amended Operating and Capital Budget summaries will be posted in the coming weeks to the Town's website at Midland.ca/Budget.

Read this article on our website.

Local Mayors Get 'Fairly Non-committal'

Response to Aggregate Concerns

By: Derek Howard, Local Journalism Initiative Reporter, MidlandToday.ca

Feb. 9, 2024 - Tiny Mayor David Evans says north Simcoe municipalities have no plans to abandon their hopes for better water protection when it comes to aggregates.

"I know this is an ongoing issue, the control of aggregate extraction and the impact that it has on our water in North Simcoe," said Tiny Mayor Dave Evans at a recent committee of the whole meeting.

He spoke in response to a late-January return correspondence to the five municipalities from Natural Resources and Forestry Minister Graydon Smith, who assured the group that their comments were being considered regarding the Environmental Registry of Ontario post, adding that ministry staff will continue to review received feedback.

Evans urged interested residents to look at the ministry response included in the meeting agenda.

"The letter itself, you'll see, is fairly non-committal at best," he noted.

"We are still following (and) monitoring this issue," Evans reinforced. "We meet four times a year and it's always on our agenda, so it's something that we'll continue to push, and make sure that (we will) minimize any impacts that it may have on our water moving forward."

Water remains one of the main priorities of

Tiny Township, just one of five North Simcoe municipalities who penned a joint open letter of concern to the Ministry of Natural Resources and Forestry changes to aggregate policy last year.

Prior to a mid-year deadline for comments on the changes to the Aggregate Resources Act, the mayors of Tiny, Tay and Springwater townships along with Midland and Penetanguishene submitted a letter explaining their five concerns toward proposed policy amendments.

In the letter, the joint mayors wrote: "We believe that the expansion of self-filing activities and the new policy on amendments to existing aggregate approvals may have significant implications for various aspects that we hold dear."

Those concerns included hydro-geological protections and management of the local "exceptional groundwater resources", the impact of increased truck traffic and that toll on infrastructure, noise issues, monitoring and enforcement of site operations, and impacts to natural heritage features and ecology.

In August, Tiny council directed staff to prepare a report for a future meeting which explored the implications of the legislative changes regarding changing of approvals under the Aggregate Resources Act and supporting policy.

Archives of council meetings are available to view on Tiny Township's YouTube channel.

Youth in Penetanguishene Encouraged to Apply for \$400 Grant Through Youth Endowment Fund



Welcome to / Bienvenue à
PENETANGUISHENE

Feb. 9, 2024 - PENETANGUISHENE, ON - The Submitted by Town of Penetanguishene

Town of Penetanguishene is excited to announce the availability of a \$400 grant through its Youth Endowment Fund. This grant is open to residents or groups from Penetanguishene, as well as individuals or groups who attend school in the town.

Applicants must be under the age of 30 and engaged in activities that promote Penetanguishene through participation in athletic, artistic, educational, or cultural pursuits. Those who are willing to share their

knowledge or skills with the community through volunteer work are encouraged to apply.

Interested individuals or groups under the age of 30 can apply by completing the Youth Endowment Fund Application Form outlining the:

- Name of group or individual with a qualifying Penetanguishene address or school
- Activity (athletic, artistic, educational, cultural) and how it promotes the Town of Penetanguishene
- How the group or individual will share the skill or knowledge with others in the community

Applications must be submitted by 4:30 pm on March 1, 2024, either via email or in person. The Community Wellbeing Advisory Committee, a Committee of Council, will review and score all applications based on predetermined criteria. The

successful recipient will be announced during National Youth Week, held annually in the first week of May.

To submit an application, please fill out the form attached to the website, and direct it to Angele Proulx.

Angele Proulx, Recreation & Community Services Admin

- 705-549-7453 ext. 231

• aproulx@penetanguishene.ca

Sherry Desjardins, director of Recreation and Community Services

- sdesjardins@penetanguishene.ca

By Wayne Doyle, Local Journalism Initiative Reporter, Barrie Today

Things got a little heated around the Springwater council table Wednesday night when talked turned to dinner plans ... or lack thereof.

During the municipal notes portion of township's bi-weekly council meetings, every councillor normally takes a few minutes to tout their ward's gold-star efforts — maybe an upcoming public event organized by a local service club, or a successful venture by a local resident.

Last night's session started as expected.

Coun. Matt Garwood kicked things off by giving a shout-out to Elmvale curler Tye McCutcheon, who is part of an under-18 curling team competing in the national championship in Ottawa.

He followed that up with information about the Saginaw Spirit practising in Elmvale on Wednesday, Feb. 14. Garwood wrapped up by announcing a St. Patrick's Day dance will be held on March 16 at the Elmvale Community Hall.

When he finished, you could feel a change in the air.

Coun. Anita Moore began to recount her experience at the Rural Ontario Municipal Association (ROMA) conference, which was held Jan. 21-23 in Toronto.

She said she received a call on the Monday evening (Jan. 22) of the conference from a councillor from a neighbouring township who wanted to know why she didn't attend a specific sponsored dinner. Moore said she knew nothing about it.

While she didn't name the sponsor, Moore said they represent "one of the largest and longest-standing service partner relationships we have in this township."

"So, that was strange," she said.

Moore made some calls and discovered the invitation — which was extended to all of council, she said — went through the mayor, who was requested to call back with the numbers of who would be attending.

"She (the mayor) returned the call to say three would be in attendance, inferring that all seven had been invited, but only three would be attending," Moore said.

According to Moore, she ran into the sponsor at some point after the dinner was held and the sponsor wondered why she and other members of council — Deputy Mayor George Cabral as well as Councillors Danielle Alexander and Phil Fisher — were not at the dinner. She said she told the sponsor she wasn't invited and didn't know anything about it.

Moore said the interaction was "a very awkward moment for both of us."

She called it embarrassing for everyone and then questioned the mayor's integrity.

"It begs the question, what other information has deliberately been kept from council," she asked the mayor directly. "The withholding of information affects trust and relationships and can

lead to misunderstandings, conflicts and damaged relationships.

"The act of keeping secrets raises questions about honesty, transparency and the potential harm caused by withholding the truth not just for council members, but for the township's accountability and public image," Moore added.

The councillor finished with a three-point question to the mayor.

"First, should I bring a motion forward that says the mayor be directed to disseminate all information as requested to do so, to all members of council, by anyone that so requests?" she asked.

"Seems like a no-brainer," said Moore, answering her own question.

"Number two, no council members will attend said conferences or sponsored events in the future. And number three, that the mayor commits to ending this high school nonsense now."

Mayor Jennifer Coughlin, obviously caught off guard by Moore's comments, responded directly.

"I spent the conference learning and networking with stakeholders and politicians from across the county and the province," Coughlin said. "I was invited into conversations, to many meals, hospitality suites and many delegations with provincial ministers as deputy warden of the county, vice chair of TAPMO (Top Aggregate Producing Municipalities of Ontario) and only one delegation with the minister as the mayor of Springwater Township, to which you were invited and declined to attend."

Coughlin said that over the past 16 months, since the current council was elected, she has extended many invitations and sent many emails to members of council.

She said she's received no response to most of them.

"As mayor, I will continue to use my discretion and, just as I have ended every email to you, please feel free to reach out to me with any concerns or questions," Coughlin said.

"And now, I would prefer to get back to relative municipal business," she added.

Coughlin also expressed a desire to stop "the high school nonsense."

But Moore wouldn't let it go.

"You didn't answer my question," she said. "Why would you do that?"

Coughlin replied: "I believe that when I did show up the Wednesday before that (ROMA) I was very clear why. I do believe there is a division amongst this council and I think that division is not created by one person — the division is the responsibility of seven people at this table."

"There have been numerous opportunities for council to become involved and engaged and those opportunities were not taken," Coughlin added. "So no, I did not extend the invitation."

Coun. Phil Fisher picked up where Moore left off.

"I'm concerned over the non-transparent and divisive pattern of behaviour on the part of our mayor

and other members of council," he said. "I've often felt that as chair, our mayor has favoured certain members of council."

Fisher noted that he and Coun. Alexander were not invited to tour schools in their wards, but Coun. Garwood was invited to tour one in his ward.

Fisher said he dismissed these incidents in the past, but felt the need to speak up about not being invited to dinner.

"The decision to exclude and hide an invitation from council members that was extended to us from a major firm that Springwater uses as a consultant on a regular basis shows incredibly poor judgment in my eyes," he said.

"This could have caused irreparable damage to the relationship the municipality and councillors have with this particular firm," Fisher added. "This particular firm may have felt members of council from Springwater were apathetic toward the valuable work they do for us."

Coughlin responded directly to Fisher.

"The invitations to the school were given to me by Trustee (Liz) Grummett and I was not asked to invite anyone else," Coughlin said. "The invitation to Coun. Garwood did not go through me. That was an assumption on your part."

Garwood, now brought in off the sidelines when his name was mentioned by Fisher, tried to maintain his composure.

"The invite that I attended a school visit in Elmvale came from a teacher at that school that is a resident in the ward that I was elected," Garwood said. "That same invite was returned this year and I'm going there next month."

"Again, if you'd like, I can send you an email and let you know," he said directly to Fisher.

Deputy Mayor George Cabral said he was "a little bit miffed" about not knowing about the dinner, but it wasn't the first time it's happened, he said.

"I can't recall being invited or apprised of a dinner at ROMA last year," Cabral said. "I'm disappointed because it seems like there might be a pattern here."

Cabral also agreed that there may be a sense of favouritism on council.

"I'd have to say, from looking outside in, certain members of council got a room on Saturday night without asking for it yet other members who registered didn't get a room Saturday night," he said. "I'm disappointed and disillusioned."

Coun. Alexander said she was also disappointed.

"I feel by not extending the invite and deliberately choosing whom the invite was going to go to, it showed a lack of leadership," Alexander said. "As mayor, you're supposed to act as a leader."

"I understand there's divisiveness sometimes, but actions like this just make that divisiveness worse and it does not move us forward in a productive manner," the councillor added.

Springwater Township council will meet again on Feb. 24 at 6:30 p.m.

Town of Penetanguishene is Looking for Nominations for the 2024 Senior of the Year Award

The Town of Penetanguishene is pleased to celebrate the ongoing contributions of seniors by recognizing one outstanding senior in the community annually.

Seniors who qualify for this award may have contributed to many different aspects of community life such as the Arts, Literature, Community Service, Education, Environment, Fitness and Humanitarian activities.

Eligibility Criteria

- A current resident of the Town of Penetanguishene.
- Has contributed to the enrichment of the social, cultural or civic life of the community after the age of 65 and made their community a better place to live.
- Is not a previous recipient of the award.

Exclusions

- Self-nominations and individuals who have passed away.
- Those currently holding political office or achievements related to a political appointment.

Residents are asked to submit the nomination form to Angele Proulx, Administrative Assistant to the Recreation and Community Services Department through:

Email: aproulx@penetanguishene.ca

Fax: 705-549-3743

Drop off or mail:
Town of Penetanguishene

10 Robert Street West
P.O. Box 5009
Penetanguishene, ON L9M 2G2
The submission deadline is March 29, 2024.

UFO's, Aliens, Ghosts, Sasquatch, Yeti, etc.
I have never seen one, at least not yet!
AND ... I hope I never do see one. Scary!!
TEMPORARILY FREE. No obligations.

**But - I have seen
HAIR REGROW,
on a bald head!!**

You can see it too; FOR REAL!!

No surprises, except for HAIR REGROWTH.
If you are a bald alien, give me a call.

If there was anything I could say or do to
convince you (It's the Truth),
I would say or do it!

**CHARLIE 705-441-6784
No UP FRONT FEES**



DUMP MOVE
WE LOVE YOUR GARBAGE

Your Best
Disposal Bin Rentals
for Barrie and Area

FAST, EASY DELIVERY!

Container Rentals For:
Renovation • Construction
Site Clean-Up • Yard Clean-Up
Hauling • and more
10' & 14' Cubic Yard Bins

705.795.6514
info@dumpnmove.com / www.dumpnmove.com

**CARSON ELECTRIC &
CONTRACTING**

Jordan Carson
Master Electrician



**1087 Rainbow Valley Road
Phelpston, ON L0L 2K0**

jordan@carsonelectric.net
705.717.8767

ECRA/ESA # 7011405

GLEN NEWBY SCHOLARSHIP FUND NOW ACCEPTING APPLICATIONS FROM SIMCOE COUNTY YOUTH

Feb. 12, 2024 - Simcoe County – The Glen Newby Scholarship Fund is now accepting applications for three scholarships, one award of \$2,500 and two awards of \$1,250 each, from Simcoe County youth affected by adversity and challenges to help them reach their learning goals.

“We are thrilled to, once again, partner with New Path Youth and Family Services to support deserving youth in our community through this scholarship,” says James Thomson, President, and CEO of The Common Roof. “I encourage youth who could use some financial support to apply.”

Applications are open until April 30, 2024, and are available to any young person up to the age of 24 years residing in Simcoe County, entering, or continuing in post-secondary studies and/or apprenticeship programs. More information and the application form are available at: www.thecommonroof.ca/scholarship

“We are proud to continue to honour the legacy and commitment of former New Path CEO Glen Newby’s almost five decades of work in the child and youth mental health sector,” says Jim Harris, CEO of New Path. “We are thrilled to support deserving youth in our community to help them reach their learning goals.”

About The Common Roof

The Common Roof seeks to lead in the development and empowerment of strong, compassionate social communities through innovative shared services. We are a community-based social enterprise providing sustainable and professional workspace for human-service not-for-profit agencies. At its core, The Common Roof seeks to inspire and empower change in the following areas:

- Encourage organizations to operate efficiently and effectively;
- Mobilize community support to meet local community identified needs;

• Develop and manage philanthropic investment. The Common Roof is a registered charitable organization based in Simcoe County. Together, we are building inclusive, healthy communities for children, youth, and their families. To learn more about The Common Roof, to donate, or get involved please visit www.thecommonroof.ca, follow us on social media Twitter: @TheCommonRoof and Facebook: New Path Foundation or sign up for The Common Roof Newsletter

About New Path Youth & Family Services of Simcoe County

New Path Youth & Family Services of Simcoe County (New Path) is an accredited children’s mental health agency providing a range of compassionate, innovative, and accessible services for children, youth, and their families throughout Simcoe County. We are a registered not-for-profit charitable organization with office locations across Simcoe County, including Alliston, Barrie, Bradford, Cookstown, Collingwood, and Orillia. New Path is also the Lead Agency for children’s mental health in Simcoe County with the goal of enhancing the experience and outcomes of children and youth, their families, and caregivers, seeking assistance with mental health and wellness.

New Path offers mental health services for children, youth and their families in-person, by-phone or online. A range of free mental health services are offered by professional counsellors. To get started, book an appointment online at: www.newpath.ca or for those without internet access, by calling New Path at 705-725-7656.

To learn more about New Path, to donate, or get involved please visit www.newpath.ca, follow us on social media Facebook: New Path Youth & Family Services Twitter: @NewPathYFS Instagram: @NewPathYFS or sign up for our TrailSigns Newsletter

1	2	3		4	5	6		7	8	9
10				11			12		13	
14				15					16	
17				18			19	20		
			21		22		23			24
26	27	28			29	30				
31				32				33		
34						35	36			
		37					38		39	40
42	43			44	45	46			47	
48				49					50	
51					52				53	

Across

- 1 Part of WWW
4 Anomalous
7 Switch
10 Rink surface
11 Set of two
13 Place for a stud
14 Word for half of all hurricanes
15 Verge
16 Sear
17 Actress Blackman
19 Bronze ____
21 Nasty lady
23 Part of the Great Barrier Reef
26 Stipend
29 Iron man
31 Set up
33 Owner’s acquisition
34 R&B singer, Angie
35 Leave speechless
37 Put into service
38 Slant
42 Did a marathon
44 Islets on maps
47 Frito-____
48 Help and comfort
49 One-arm bandit
50 “____ moment”
51 The other half
52 Batiking need
53 Made one

Down

- 1 Prized bone
2 Canyon sound
3 “____ there, done that”
4 Juilliard major
5 Little League coach, often
6 Like a lot, in the 60s
7 Arbitrator
8 Sweep
9 Dull
12 Get through to
18 Wave makers
20 Eagle type
22 Name
24 Scarfed down
25 Took the initiative
26 Maroon 5 song “The Way I ____”
27 TV host ____
Linkletter
28 Coffee residue
30 Crumpet accompaniment
32 Demands
36 Spill
39 Healthy look
40 Penny ____; 1967 Beatle song
41 Watched
42 Sheeplike memory!
43 Ozone
45 Faded
46 Squirt gun

Tiny Resident Now A Published Author

By Laura Mattice

Feb. 11, 2024 - Cheryl Moore Writes - Africa Brought Me Home, One Woman’s Journey to Reclaim Her Soul

Local Tiny Township resident, Cheryl Moore has many celebrated roles - Social Worker, Healer, Spiritual Teacher and now, Published Author.

Africa Brought Me Home is the result of her lifelong desire to write a book. It has brought two of her dreams to fruition; to visit Africa to make a positive difference and to publish a book that would have meaningful impact for the reader. The book is autobiographical, sharing what Moore experiences during an incredible six-week adventure in various regions in Africa. In her opening message to the reader, she writes: “Many of the ‘lessons I learned’ on this trip were based on thoughts I had before. They are probably thoughts most of us have considered if we have been engaged in personal and spiritual growth. But knowing something and feeling something are different things. The ‘feelings’ I had as a result of my African volunteer experience brought me deeper and deeper into myself and helped me to turn inward as opposed to outward for answers to difficult questions,

and for comfort about some of my life challenges. This is why I say that ‘Africa brought me home.’ It brought me to myself.

If you have ever wanted to experience a life and culture entirely different than your own, are not sure how to reach your dreams or have wondered about the impact of your actions on yourself and others, you will resonate with this book. Her reflections are often poignant and I felt I was celebrating her achievements and “ah-ha” moments with her.

Cheryl has had three book launches since the book was released in November and has been humbled by the support of the community.

She is open to speaking events in person or online for groups who want to learn more about the law of attraction, dream manifestation, living in presence, or journaling and learning to write. The next opportunity to hear her speak in our community will be on Friday, March 8th, from 4:30 – 6:00 pm, at ‘A Passion for Fashion Inc.’ in Penetanguishene, where she has been invited to speak about her book in honour of International Women’s Day. In lieu of entrance fees, she and shop owner, Nancy Yip, will be inviting participants to make a donation to the

Tiny Resident Now A Published Author (cont.)

Georgian Bay Cancer Support Centre, where Cheryl is a long-standing Program Provider. To reserve a seat for this event, call the store at 705-527-5499.

If you would like to get your own copy of this book, you can purchase Africa Brought Me Home at Georgian Bay Books in downtown Midland, or by contacting the author directly through her web site at <https://hereandnowhealth.com/>, where you can also learn about the many ways she serves our community

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

LIVE BAND Sat. Feb. 24

Geogian Nights

MIDHURST PHARMACY


Let’s Talk About...
Urinary Tract Infection (UTI)
With Pharmacist Owners Jenna Lougheed and Carolyn Glover

Pharmacists are now able to assess and prescribe for uncomplicated urinary tract infections (UTI) in women. Women are more likely to get urinary tract infections than men because they have a shorter *urethra* that’s closer to the rectum. This allows bacteria easier access to a woman’s urinary tract. Sexual intercourse increases the risk for UTIs because bacteria are spread upward into the bladder. Using diaphragms and spermicides can also increase the risk for UTIs. Women who are pregnant or have diabetes have higher rates of UTIs. In seniors, UTIs are often due to problems with incomplete bladder emptying or bowel incontinence.

Common UTI symptoms may include pain or burning during urination, frequent desire to urinate often, urgently and immediately, unusual discharge from the urethra, urine that looks cloudy or smells foul, pressure in the lower pelvis, fever with or without chills, bedwetting in a person who has normally been dry at night, nausea and vomiting. Some of these symptoms are considered red flags and require referral.

Same day appointments are available for minor ailment assessments including UTI. Inquire today about this or your other health and wellness questions.

94 Finlay Mill Rd, Midhurst ON
705.503.7333 | Mon-Fri 9-7 Sat 9-4 Sun 10-4



LIVE WELL WITH
PHARMASAVE



Elmvale Branch: 705 322-1482
Midhurst Branch: 705 737-5650
Minesing Branch: 705 722-6440
www.springwaterlibrary.on.ca

We Need your Feedback

Please fill out our survey! We are working on our new Strategic Plan and would like to hear from you. What programs and services would you like to see at your library? What would you like to see in the new Midhurst branch in the Community Hub? Let us know today! Our survey can be accessed through the captcha code above or online through our website and social media, you can also pick up a paper form at your local Springwater Library branch. One lucky participant will win a \$50 gift card! <https://forms.gle/7kywuQSxw5Gh27pC6>

Take and Make Craft

On Friday February 16 stop by the Elmvale or Midhurst Branch and pick up Valentine themed craft of a heart peacock. Available while supplies last.

Closed Family Day

Please note, all branches of Springwater Public Library will be closed on Monday February 19 and will reopen to regular hours on Tuesday February 20.

Teen Game Night

Each month, bring your friends and try out some of the trending board games the Library has purchased for Teen Games Night. Tuesday February 20 5:30pm at Elmvale Branch. No registration required for this drop in program.

Drop In Craft

On Friday February 23 stop by the Elmvale or Midhurst Branch and make a fun, easy suncatcher to brighten your window. Available while supplies last.

Volunteer Income Tax Program

In person, phone appointments and drop off processing of taxes are available for those within the tax brackets of \$35,000 for one person, \$45,000 for two people and up to \$50,000 for a family of four. In person appointments are available in March and April, please contact us to book your appointment at (705) 322-1482. If you are using the drop off method of tax processing, please ensure your documents are in a sealed envelope labelled INCOME TAXES and includes your date of birth, contact information (name, address, phone number and email address). This program operates in collaboration with the Canada Revenue Agency.

Prediabetes/Diabetes Seminar

In partnership with South Georgian Bay Community Health Centre, this informal workshop is for anyone who has recently been diagnosed with diabetes or prediabetes, who cares for those living with this chronic health condition, or those who would benefit from a review of management strategies. This workshop will cover a wide variety of topics including medication, exercise, nutrition, mental health and preventing complications. Caregivers are also welcome to attend. Tuesday March 5, 6pm at Elmvale Branch. Walk-ins are welcome but registration is required. You can register at www.southgeorgianbaychc.ca/ program or call (705) 422-1888 ext 143

March Break Activity Bags for Sale

Available starting Tuesday February 20 come in the library and buy your activity kit perfect for ages 5-12. The bags include five crafts and activities to keep your little ones entertained and creatively busy while school is out. Cost per bag \$10.

English Learners Club

All are welcome! Meet new people, increase your fluency and vocabulary. Mondays 1pm at Elmvale Branch. Registration required.

COMING SOON: ONLINE PROGRAM REGISTRATION!!!!

Starting Monday February 26, our new online program registration service will begin. From the comfort of your own home, 24/7 you can browse our programs calendar and register for the events/programs you love. Watch for more exciting details coming soon!

News & Events at the Penetanguishene Public Library

24 Simcoe Street 705-549-7164
www.penetanguishene.library.on.ca

PD Programs are here!

Technology Sessions for Seniors
We will be holding technology sessions for Seniors interested in learning how to use Apple Tablets. Must have a valid library card to participate. Apple iPad: Feb. 23rd, Mar.8th and Mar. 22nd from 9:30-10:15
Programming fee is \$2:00. Please register in person during library hours with your library card.

Author Talk

Tanya Deschambault will be introducing her book "The Love Bracelet" on Tuesday, February 27th at 10:00. A charming book about a special bracelet filled with parents' love can help children cope if they are away from a parent. Registration is required. Free. Copies will be available for purchase.

Spanish Lessons

Learn Spanish in 6 weeks! Starting Feb 6th, 3 levels of Spanish will be available. Beginner, Intermediate and Advanced. Register in person with your library card. Cost: \$30.00 per level. Some spaces still available.

International Women's Day

Join us on Friday, March 8th, from 10:00 -11:30 a.m. to celebrate International Women's Day at the library. Stay Strong Together is the theme. Guest speakers include Diane Marion – Courage for Change – GBNWA and Lauren Foot, of Chigamik's Community Health and Wellbeing Coordinator. Sign up with your library card. Light refreshments and snacks will be served.

Black History Month

Enjoy some books to celebrate Black History Month from our special display celebrating Black History.

March Break 2024 (registration with library card is now open)

Monday, March 11th

Make a Birdhouse: 10:00-11:00 am Pancakes and Koolaid: 1:00 – 2:00 pm

Tuesday, March 12th

Cupcake Decorating: 10:00 – 11:00 am Paint a Squishmallow: 2:00 – 3:00 pm

Thursday, March 14th

Play at Candyland: 10:00-11:00 am Movie and popcorn: 1:00-3:00 pm

Friday, March 15th

Easter Bunny visits the library: 10:00-11:30 am Drag Queen Storytime: 12:00-2:00 pm


New @PPL

Light Therapy Lamp

Come to the library and enjoy our Light Therapy Lamp while reading a book! Brighten your winter days.
2024 Park Passes are available at the library. Check-out with your library card for one week and enjoy winter walks through the park.
Town of Penetanguishene Winterama Buttons available for purchase at the library. Cost. \$3.00 each.

Library Board Meeting

The next Library Board Meeting will be on February 26th, 2024 at 6:30 p.m. This meeting is open to the public.



THE BODYWORKS AND COLLISION CENTRE

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



GROUP INSURANCE SPECIALIST

Group Benefits as Small As Two People

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

HOW TO SAVE TO PURCHASE A HOUSE

By Brian Belcourt, Financial Advisor

The Canadian government created a new account type in 2023 for residents to save to purchase their first Home. First Home Savings Account FHSA, can be setup at most financial institution.

FHSA are the best way to save for a home as it combines the advantages of a RRSP; your contributions are tax deductible and the advantages of a TFSA redemptions to purchase or build a house are not taxed.

FHSA basics

- Annual contribution limit: \$8,000
- Lifetime contribution limit: \$40,000
- Maximum participation period: 15 years (or to age 71)
- Tax payable on qualifying withdrawals: \$0

Do you qualify for the FHSA?

Yes, if you:

- Are a Canadian resident and you have a social insurance number?
- Are of legal age in your province of residence
- Are under age 71
- Have not lived in a qualifying home in Canada that you or your spouse owned at any time in the year that the FHSA account was opened or at any time in the preceding four years.

An advisor can help you find the strategy that works best for you.

Transfers from a RRSP to a FHSA are allowed. It is important to complete a direct transfer, not withdraw the funds and reinvest in a FHSA. Direct transfer will make sure there is no tax to report on the withdrawal of funds from your RRSP.

If you decide to not use the funds in your FHSA to purchase or build a home, you can transfer the funds to a RRSP without having to pay taxes.

A FHSA allows you to contribute up to \$40,000 and can be combined with a Home Buyers Plan which allows you to use up to \$35,000 from your RRSP to purchase or build a home.

If you plan on starting a savings program to purchase a home, you should be talking to an advisor about opening a First Time Home Savings Account.

Wyevale Community News.

Submitted by Karen Moreau

Bible Study: Join us Wednesday afternoon 2:00 p.m. to 3:30 p.m. at the church. All are welcome. We are studying the Parables of Jesus.

Play Group: Thursday morning play group from 9:15 a.m. until 11:15 a.m. Drop in Program for parents and little ones. Contact Pat Smith for further details, 705-543-9043.

Youth Group: Next Youth Group meeting will be held on Feb. 23rd, 2024, from 7:00 p.m. till 9:00 p.m. Please contact Pat Smith for further details at 705-543-9043.

Remit Discussion and Vote Re: Establishing an Autonomous National Indigenous Organization February 18th after Church.

Baseball Registration: It won't be long before the Baseball season will be upon us. Watch for registration details coming soon.

If there is any news you would like to share please contact me by e-mail (moreau1949@rogers.com). Next submission date will be Feb. 25th 2024.

Drury Well Drilling Ltd

705.721.1053

WELLS - - PUMP REPAIRS



DOUG DOWNEY
MPP • BARRIE • SPRINGWATER • ORO-MEDONTE • DOUGDOWNEY.CA

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

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

HOME TO HOME care
BRINGING COMFORT AND CARE TO YOUR HOME



705.433.3349 Home2Homecare.ca
Midland info@home2home.ca

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

Ontario Protecting People from the High Costs of a Provincial Carbon Tax

Province ensuring people have a say while continuing calls to scrap the federal carbon tax
By Premier's Office

Feb. 13, 2024 - MISSISSAUGA — The Ontario government is keeping costs down for people by introducing legislation that, if passed, would give Ontario voters a direct say over a new provincial carbon tax, cap-and-trade system or other carbon pricing program. This proposed legislation would protect people and businesses from the high cost of a provincial carbon tax by requiring the government to first obtain the consent of Ontario voters through a referendum before implementing a new provincial carbon pricing program.

“With the Bank of Canada’s high interest rates and the cost of living still so high, it’s never been more important to keep costs down for people and businesses,” said Premier Doug Ford. “I’ve always said, the carbon tax is the worst tax. It increases the cost of everything. We need to protect Ontario workers and families from the high cost of a carbon tax and we urge the federal government to do the same.”

The Ontario government continues to urge the federal government to apply the same carve out on home heating that was provided to Atlantic Canadian provinces or to eliminate the federal carbon tax entirely.

“We made a promise to fight the federal carbon tax and our government will continue to lead by example, giving Ontarians certainty that carbon pricing on the backs of taxpayers is not the way forward,” said Peter Bethlenfalvy, Minister of Finance. “Any new provincial carbon tax is unacceptable for Ontario residents who are seeing their hard-earned dollars stretched further than ever.”

This measure is part of upcoming legislation that will kick off the spring sitting of the legislature on February 20, 2024. The Get It Done Act will include a host of measures that, if passed, would build on the government’s commitments to date to streamline approvals for major infrastructure projects and housing, keep costs down for people and businesses and support economic growth for long-term prosperity.

Springwater Mayor and Councillors Focus on Long Term Care Issues



Feb. 2, 2024 - In late January, Mayor Coughlin, Councillor Garwood, Councillor Thompson and Township staff met with Ministry of Long-Term Care Parliamentary Assistant, MPP John Jordan at the 2024 Rural Ontario Municipal Association Conference as shown in above photo.

During the delegation, focus was placed on the need for the provincial government to put measures in place to construct more long-term care spaces by extending existing licenses and providing more funding opportunities for new capital infrastructure projects. *By Matt Garwood*

After eight years of this Liberal government, many people will wake up, and one of the first things they’ll do is look out of the window. Not to check the weather, but to check if their car is still sitting in their driveway.

Car thefts are up 34 per cent across Canada. A vehicle is stolen every six minutes in Canada, at an estimated cost of one billion dollars a year.

This is having real consequences on the finances of Canadians – Insurance companies have raised rates across the board, especially for cars that are most often stolen sometimes by 25 to 50 per cent over the last two years.

Unfortunately, after eight years in power this government has not done a single thing to crack down on car theft in Canada. In fact, they’ve made life easier for the criminals who steal cars from hardworking Canadians and the overseas organized crime syndicates that profit from their actions by ensuring that they face zero repercussions for their actions.

This is happening because the Liberal government’s dangerous catch-and-release policies have led to increased crime in our communities. Bill C-75 allows repeat offenders to be released on bail within hours of arrest, who then often go and promptly re-offend. Police are powerless to stop career car thieves. After offenders have been convicted, Trudeau’s Bill C-5 allows house arrest for these criminals, even those with a long rap sheet. This means that they can just walk out their front door, and be on the streets again immediately, stealing cars and terrorizing our neighbourhoods.

A Conservative government will go after the real criminals by restoring jail, not bail, increasing mandatory jail time and ending house arrest for car thieves, while also increasing sentences for gang-associated car thieves. We will:

- Increase the mandatory prison time from six months to three years for a third offence of motor vehicle theft.
- Remove eligibility for house arrest if convicted of motor vehicle theft by way of indictment.
- Create a new, specific aggravating factor where the offence of motor vehicle theft is committed for the benefit of organized crime.
- Repeal catch-and-release rules in Trudeau’s Bill C-75 to ensure that repeat offenders get jail, not bail.

A Conservative government will hit the brakes on car theft, protect your property and bring home safe streets. It’s just common sense.

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

Sincerely,
Doug Shipley, MP
Barrie – Springwater – Oro-Medonte

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

RE/MAX
Chay Realty Inc., Brokerage
Independently Owned and Licensed



TRUSTED. PROVEN. **McLAREN**

MCLAREN
EQUIPMENT

3464 Horseshoe Valley Road West, Phelpston
705 734 2424 info@mclarenequipment.com



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

HANKOOK **MICHELIN** **Firestone**

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!

Elmvale Welcomes SwoopFiber: A New Era of Internet Connectivity

by Simran Hotwani

Feb. 12, 2024 - Elmvale, a community known for its vibrant culture and spirited residents, is now at the forefront of digital innovation with the introduction of SwoopFiber, a new local Canadian internet service provider - the first and only 100% fiber in Elmvale. This significant development promises to revolutionize the way residents and businesses in Elmvale experience online connectivity.

SwoopFiber, after completing a successful pilot program with select early adopters, is set to roll out its advanced pure fiber network across the entire community. This move is part of the company's mission to deliver unprecedented internet speeds and a seamless online experience to both homes and businesses in Elmvale.

The company's vision of providing the fastest and most reliable internet service in the area has now become a reality, thanks to the introduction of its state-of-the-art true fiber network.

U18 Curling Ontario Provincial Champions Team Consolation B Side Winners

U18 Curling Ontario Provincial Champions team out of Sierra Sutherland Rideau Curling Club, Ottawa, Ontario (Ontario #2 Nicholls) lost in the B side consolation. The team consisted of SKIP: Owen Nicholls, THIRD: Drew Zettler, SECOND: Tye McCutcheon, of Elmvale, LEAD: Kole O'Connor, ALTERNATE: Dylan Stockton and COACH: Sierra Sutherland. Ontario #2 (Nicholls) played 6 games and won 3 and lost 3. We are so proud of all teams players and especially Elmvale Hometown proud Tye McCutcheon

ONTARIO #2 (NICHOLLS)

Score	Opponent
9 - 3	Northern Ontario #1 (Julien)
7 - 8	Prince Edward Island #1 (Dalton)
4 - 9	Saskatchewan #1 (Derksen)
7 - 6	New Brunswick #2 (Hughes)
7 - 8	Nova Scotia #1 (Atherton)
5 - 4	Quebec #1 (Tremblay)
5 - 6	Alberta #1 (Hlushak)
9 - 3	Saskatchewan #2 (Snow)
5 - 6	Manitoba #1 (Campbell)

This technological advancement is expected to set a new standard in digital connectivity, ensuring that Elmvale stands out in the realm of internet technology.

To commemorate this milestone, **SwoopFiber is hosting a launch party on February 27, 2024, at Steelers Restaurant & Pub, from 6 PM to 9 PM.** The event is designed to celebrate the company's commitment to the community, offering residents a chance to engage with the team behind the innovation and explore the future of their internet service.

The launch party will feature a sneak peek into SwoopFiber's services, engaging conversations with the team, a variety of appetizers and refreshments, fun activities, and exclusive offers for attendees. **Given the limited space, potential attendees are encouraged to RSVP early to secure their participation at swoopfiber.com/rsvp.**

In addition to the festivities, SwoopFiber is

conducting a raffle and planning giveaways as a gesture of appreciation to the community that has warmly welcomed them. The top prize is a pair of Bruce Springsteen floor seats with an overnight hotel stay in downtown Toronto. Winners will be announced during the event.

For those unable to attend the launch party in person, SwoopFiber plans to live-stream the raffle draw on its social media channels. Residents are encouraged to stay informed and connected by following SwoopFiber on social media (Instagram, Facebook, and LinkedIn) @swoopfiber.

SwoopFiber's launch in Elmvale isn't just a tech upgrade—it symbolizes a strong partnership with the community to boost its digital framework. As Elmvale enters a new digital phase, SwoopFiber is central in providing fast and reliable internet. This move marks a significant leap in community growth and connectivity, with SwoopFiber excited to join Elmvale and Springwater.

The Penetanguishene Wolverine is Living his Dream!



By James Dalzell

Feb. 12, 2024 - Local Jamie Dalzell took a Professional Fight on short notice for Havoc FC in Red Deer Alberta Feb 9th. This wasn't the typical Boxing or MMA fight that he's been used to this was the First Bareknuckle Boxing event legally sanctioned in Canada. Dalzell excepted the fight on three weeks notice to make his Professional Bareknuckle Boxing Debut Vs. Alberta's Joshua Ladouceur at 145 lbs. James "Flash" Dalzell lived up to his name when the fight was scored a 56 second TKO for Dalzell after the cage side doctor stopped the contest.


The local's fight team consisted of Gary Goodridge, Bradley Neuen and Blue Brent and had sponsorship



from The World Famous Dock Lunch, The Pulse Nutrition, Raw Dog Apparel and We Do Transformations. Any local businesses or individuals looking to sponsor or partner can contact James at dalzellj@gmail.com

Dalzell now moves to 1-0 as a Pro and is looking to get back to business as soon as possible.

James will also be living out another dream on March 6th as he and his Rap Duo 4G will be open for Rap Legends D12 and Obie Trice of Shady Records at the Queens in Barrie. You can contact the email address for tickets as well. Keep chasing your dreams and never quit on yourself !!



SWIPE RIGHT ON FAST INTERNET

LOVE AT FIRST SWIPE – POWERED BY OUR HIGH-SPEED INTERNET.


USE CODE:


LOVESWOOP

FOR 25% OFF YOUR FIRST 3 MONTHS

TRUE FIBER Launch Party
Feb. 27, 2024 📅 at Steelers
from 6 PM to 9 PM

RSVP: swoopfiber.com/rsvp






Stay in the Loop with SwoopFiber by following us on Social Media: @SwoopFiber
Contact us at info@swoopfiber.com or 1-877-SWOOP-IT or visit us at www.swoopfiber.com


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



Dr Sean Corsini, Orthodontist
No referral necessary



705 527-5570
550 Hugel Ave., Midland



FLEMING ELECTRIC

1793838 ON INC.
Established 1999

COMMERCIAL - RESIDENTIAL
KEVIN FLEMING

1562 Flos Rd 8 W.
Elmvale ON
L0L 1P0
ECRA/ESA License
#7002406

NEW PHONE NUMBER
705.333-8824
info@flemingelectric.ca

Penetang Kings Continue to Hold Onto 5th Place

Provincial Junior Hockey Team By James Robillard Photos by Russ Zmijowskyj



The Penetang Kings played three games between January 26 and February 4 winning one and losing two. The Kings continue to hold onto fifth place in nine team North Carruthers Division of the Provincial Junior Hockey League.

On Friday January 26th the Kings hosted the third place Orillia Terriers and came out on the short end by a 6-3 margin. Penetang jumped out to a quick 3-1 first period lead but were tied 3-3 after the second period and gave up three third period goals in the loss. Scoring for the Kings were: Lars Derstroff, Carter Wilson, and Harrison Holroyd. Collecting assists were Owen VanDusen with three and singles by Tanner Thayer and Kaden Goggins. Orillia was led by a four-goal performance from Colton Dumond. Matt Watson who was making his first start of the season in the Penetang goal was awarded the Aim Power Performance of the game for his 40 save effort. The Kings managed 27 shots on Orillia goaltender Aidan Jerry.

On Friday February 2nd the Kings were again at home when they hosted the high flying second place Stayner Siskins and were stopped by a 6-1 score. Stayner led 1-0 at the end of the first period and 6-0 as the second period closed. Penetang got one goal in the third period from Isaak McGinnis with assists from Tanner Thayer and Holroyd. Stayner who have

a balanced attack fired 47 shots on Kings netminder Sawyer Lammle. Penetang had 25 shots on the Stayner net. The Aim Power Performance of the game for the Kings was awarded to Tristan Sanders.

Sunday February 4th saw the Kings on the road in Innisfil to face the eighth Spartans and scored four first period goals to lead 4-2 at the end of the opening stanza. The Spartans battled back to tie the game early in the third period before Carson Thayer found the net to give the Kings a 5-4 win. Other Penetang goal scorers were: VanDusen, Kaleb Seaman, Holroyd, and Lars Derstroff. Assists went to: Owen Collins with two and single from Nolin Derstroff, Lars Derstroff, Wilson, Holroyd, VanDusen and Cole Rumbolt. The Aim Power Performance of the game for the second time in 10-days went to Carson Watson in the Kings goal as he turned aside 23 shots for his first win of the season in his second game. Penetang peppered the Spartans goalie Francesco Sciabbarrasi with 43 shots.

The Kings are currently locked into fifth place trailing the Schomberg Cougars by 14-points and 5-points up on the sixth place Huntsville Otters with five regular season games remaining.

Penetang has two home games remaining Friday February 16th vs Caledon and Friday the 23rd vs Midland in the regular season finale. Both home games will be held at the Penetanguishene Memorial Community Centre.



Photo above: Matt Watson was the Aim Power Performer of the game on both January 26 and February 4, 2024 games.



Photo above: Tristan Sanders was the Aim Power Performer of the game on February 2, 2024.



Busy 2023-2024 season for the Ritchie's Garden Centre
Elmvale Coyotes U8 LL #1 team

Photo to left: Ritchie's Garden Centre Elmvale Coyotes U8 LL team after the Niagara Falls Jamboree: The Team includes:

Back Row - Cole St Germain, Scott Popple, Wayde Branson, Charlie Hamelin, Reef Tschop McLaren

Middle Row - Bentley Thornton, Noah Antiquera, Austin Perreault, Draper Temolder

Front Row - Blake McNaughton

Coaches - Jon Popple (Head Coach), Mark St Germain, (Assistant Coach), Marcel Perreault (Trainer), Nathan Tschop McLaren (Trainer), Tarra Popple (Manager)

Submitted by Jon Popple

It's been a busy 2023-2024 season for the Ritchie's Garden Centre Elmvale Coyotes U8 LL #1 team, starting the season in late August with a series of skates until the team was formed in September. The team prepared for the season with a series of practices and played its first exhibition game of the season against the Oro U8 Thunder. The team played a series of exhibition games before starting the regular season in December winning games against U8 teams from Wasaga Beach, Coldwater and Penetang.

During the Christmas break the team travelled to Niagara Falls for the 2024 Niagara Falls U8 Jamboree where the team would face competition from all over the Niagara Region and southern Ontario. In game 1 the U8 Coyotes hit the ice at the Gale Centre against a fast skating team from Milbrook. However, Elmvale was up to the challenge pulling out an opening game win in the Tournament. Later that afternoon Elmvale faced another test

from the U8 team from Niagara on the Lake. In a back and forth game Elmvale battled with Niagara in a game that was too close call, ended in a tie. In the third and final game the Ritchie's Garden Centre U8 Coyotes played the Ayr Flames. It was a tough test for the team, but the team skated hard, passed the puck well and scored some key goals late in the game. The parents, family and friends who travelled to Niagara Falls witnessed some strong play from our Elmvale team over the two days.

The team returned home in January and February and resumed league play against Collingwood, Essa, Oro, Midland and Penetang. The team pulled out wins in each of the five games played against some tough opponents from around the region.

On the weekend of February 25th, the team will be traveling to Wiarton to play in the Bruce Peninsula U8 Jamboree before ending their season with a few games in March.



Photo above: The King's game on January 26, 2024 against Orillia.

FOODLAND
Fresh food. Friendly neighbours.
**Local Butchering by
Our Meat Expert**
14 Yonge St. North, Elmvale
705-322-2261

Wasaga Beach Denture Clinic
House calls & Nursing Home Visits Available
Implant Retained/Supported Dentures Available
**Carlos Melgarejo DD
DENTURIST**
682 River Road West
Wasaga Beach (705) 429-8272
ON L9Z 2P1 1-888-531-6290
www.wasagabeachdentureclinic.ca

Natural Gas Sales & Service

753 Vindin St., Unit 3, Midland
www.rsheating.ca
Furnaces & Air Conditioners
Fireplaces & Boilers
HRV's & ERV's
Heat Pumps
Rheem
Serving Midland, Penetanguishene
Elmvale, Wasaga Beach, Tiny & Tay



Steelers U13 Local League Team 1

Feb. 11, 2024 - The playoff series in Pool B has started and it is a perfect opportunity to reflect back on what this hockey season has brought for our team. The Elmvale U13 LL1 is sponsored by Steelers Restaurant & Pub at 23 Queen Street West in Elmvale. The volunteer staff are led by Head Coach Joe Fralick, Assistant Coach Mike MacNeil, Assistant Trainer Anthony Lalonde, Trainer Shane Sharpe and Manager Jennifer Gilchrist. We would also like to thank EMHA Trainer at Large, Tiffany Maxwell for stepping up and helping when we were without a trainer for a few games this season.. The roster was explosive with a goal differential of +65 which was the third highest in the Eastern Division. Our high flying centers include Mason Fralick, Cameron Lalonde, Cole Daniels and Russell Bates. They were complimented well with our power forwards

that include Blake McRae, Carson Sharpe, Cohen Lucoe, Taymin Howe and Nathan Nauffts. We were fortunate enough to have an excellent two way player with James MacNeil that played both forward and defence. Our stingy defencemen that were able to make such a high goal differential possible, included William Thorn, Evan Gilchrist, Ethan Maxwell and Maks Murray. Backstopping the cage we have our commander of the crease Everett Bennett. The boys got off to a great start winning their first few games. This was excellent preparation for the Orr Lake Hat Trick Tournament that they participated in November 24-26th in Elmvale. It was a tough bracket and they faced some good competition in teams from Barrie, Wasaga Beach, Coldwater and Elmvale. The team advanced to the finals where they were victorious against Wasaga Beach. It was

a fantastic achievement that was only possible due to super team play! The season continued with some wins, ties and a couple of losses but the players just kept improving. At Christmas the team gathered for some good food and to celebrate together at our team's sponsor, Steeler's Restaurant. It gave all the families an opportunity to sit and dine together before starting the Holiday Break. Thank you to Sue at Steelers for your support of the team and Elmvale Minor Hockey. It is greatly appreciated! In January the team concluded the regular season play finishing in fourth place in the U13 East Division. The playoff season begins on February 4th. Let's go Coyotes!

Submitted by Jennifer Gilchrist



BIG SPEED

without the BIG price tag.

Ultra-fast wireless home Internet with speeds up to 100 Mbps¹ & truly unlimited data now available from Xplore!

up to 25 Mbps¹ \$49.99/month for the first 12 months ²	up to 100 Mbps¹ \$79.99/month for the first 12 months ²
A \$59 professional installation fee applies.	

Switching is Easy

 1-844-855-9874

 xplore.ca



Where available as determined by the installer at your location. Offer valid until March 31, 2024. Acceptable Use Policy and Internet Traffic Management Policy applies to all packages. Unlimited plans allow residential usage profile only. ¹Speeds vary based on your technical configuration, traffic, servers, and other factors. ²Taxes extra. Price before promotional credit is \$94.99 for 25 Mbps (\$89.99 in NB) and \$129.99 (\$99.99 in NB) for 100 Mbps. Includes rental cost of equipment. © 2024 Xplore Inc. "Xplore" is a trade-mark c Xplore Inc.

Annie's Journal by Annie Warner Donnelly
International Correspondent for the North Simcoe Springwater



A tractor arrived today. It's plowing the field where just last week men, with large machete-like knives, were cutting maize stalks off at ground level. This was step one in harvesting this year's first crop. It wasn't an easy step because other plants had grown together with the maize. The tractor is plowing everything under now.

Helena Gambarage, known in her culture as Mama Robert (so named in recognition of her first born-child, a son named Robert) is the matriarch of the family on whose property I live. She is 72 years old as she takes part in the current harvest.

As the men cut down stalk after stalk, they threw them into piles scattered across the field. You get a sense of this in the picture of Mama Robert in the middle of such a pile. Just behind her are the ears of maize she broke off the stalks and husked; she carried them back to her home.



Some stalks were burned in the field. The fires were carefully tended; there isn't a fire department here.

Some stalks were thrown into the centre gully the rains have created in the road that borders this property. I watched the first cows who discovered this banquet race each other into its midst.

In the second picture you will see the results of a machine that arrived on the back of a motorcycle. It's amazing what folks carry on the back of motorcycles here!

The maize ears were placed in the machine's hopper which quickly spit the cobs out in one direction and the kernels out in another. Once the kernels are dried, they will be milled into flour. The flour will be used to make a delicious porridge called uji (oo-gee). A more solid version, similar to polenta, is called ugali (oo-gal-ee). Ugali is considered Tanzania's national dish. I eat it often here!

The rain came not long after the second picture was taken. Mama Robert, attuned to the changes in weather here, had all the kernels safely stored until the next sunny day when they will be spread out to dry.

The way Mama Robert lives her life is an inspiration to me. She is the first one up in the morning often while it is still dark. One morning I was up that early

too and through the crack between my door and its frame, I could see a fire in the yard. Mama Robert was burning the crowd of ants who were determined to gain entry to my home. How she knew that was happening in the dark is a mystery to me!

We still struggle to communicate with words, but we absolutely speak the universal language of love – that's the third picture. Her husband died in 2021 and all the love she shared with him she now shares with others. I'm grateful she shares her love with me.

God is love. Let's remember that His love can change the world if only we will let it. Amen.

Helena "Mama Robert" and Me



Photo above: After the machine separated the cobs from the kernels

Celebrate Your Puppy Love This Valentine's Day



Midland, ON (February 12, 2024) – Feline in love? Show that special somebunny in your life that you care this Valentine's Day with a gift that gives back to animals in need. The Ontario SPCA and Humane Society has five gifts that animal loving person in your life is sure to appreciate.

1. **Punny e-cards** – Send an e-card to a loved one through the Ontario SPCA's pawsandgive.ca online giving store.

2. **Gifts that give back** – If you prefer giving a gift, pawsandgive.ca also has gifts! From fun t-shirts to gifts for your furry friends, there's something for everyone.

3. **Bring love to an animal's life** – If you've been thinking of adopting, give an animal the gift of a loving forever home. Visit ontariospca.ca/adopt to see animals patiently waiting for a family to love.

4. **Symbolic gifts** – Not in a position to adopt? Help an animal find love with a symbolic gift. You can give Toys to Shelter Pets, help stock a Pet Food Pantry, or help a dog who needs additional support with a Gift of Dog Rehabilitation.

5. **Bake a difference** – Give your sweetheart some cupcakes and donate to the Ontario SPCA in celebration of Cupcake Day, which takes place Feb. 26 but can be celebrated any day in February. Or register and host a cupcake (or pupcake!) party to share the love with all your friends. Visit cupcakeday.ca



Georgian Bay Realty Ltd. BROKERAGE
Each Office Independently Owned and Operated

THINKING OF BUYING OR SELLING A HOME?

Serving our community since 1993
Call me today,
Your Local Real Estate Expert

705.527.4724 | **Roger Gignac**
Sales Representative





Ritchie's
Feeds'N Needs
Garden Centre
1548 County Road 92
just west of Elmvalle
(705) 322-2363

Taking Poultry Orders
Place orders early before they sell out by calling store

Winter Hours - Monday to Friday 8:30 - 5:00
Saturday 8:30 - 4:30 • Sunday CLOSED



TREE CARE
PROS
Leave it to the Pros.

\$100 OFF
ANY WINTER TREE SERVICE
One coupon per customer. limited time offer. Coupon must be presented at time of estimate, no exceptions.

- Tree Removal
- Tree Trimming
- Dead Ash Trees
- Emergency Trees
- Hazardous Trees
- Small Trees

BARRIETREECARE.COM **705-238-TREE (8733)** **CALL FOR FREE ESTIMATE!**



Photo above: Major Roy Snow, Pastor at Salvation Army Church Barrie.



Photo above: L-R Margaret-Ann Jacobs, President, Carrie Nesbitt, Mary Stone, Treasurer



Photo above: Carolyn Campbell, District Rep, Dianne Ritchie, Sandy Houston

Centre Flos W.I.

Members of the Centre Flos Women’s Institute meet monthly. In early January, we were privileged to have our local newspaper owner/editor, Linda Belcourt, share her business story. The North Simcoe Springwater News provides a much needed window into our local communities’ events and residents. We are so fortunate to be one of the few areas still boasting a printed newspaper.

Major Roy Snow, from the Salvation Army Church

in Barrie was our February guest speaker. He gave an enlightening presentation about their history in Barrie, dating back over 130 years. Each day they provide a host of social services – assistance of food, clothing & lodging to those in need. Community & Family services assist individuals & families struggling to make ends meet. The annual Christmas Kettle Campaign is their main fund-raising event – this year raising over \$500,000. Our members had

gathered 3 bags of mitts, socks, hats & slippers and these were donated to Major Snow for use at the Bayside Mission. Our Branch recognized 3 members/volunteers with the following certificates: Sandy Houston & Dianne Ritchie received their life membership certificates, and Carrie Nesbitt was awarded an Honorary Life Membership; each for service in excess of 25 years. CONGRATULATIONS Ladies.

EAGLE EYE

BOOKKEEPING & TAX SERVICES

Lori Pelletier, Owner

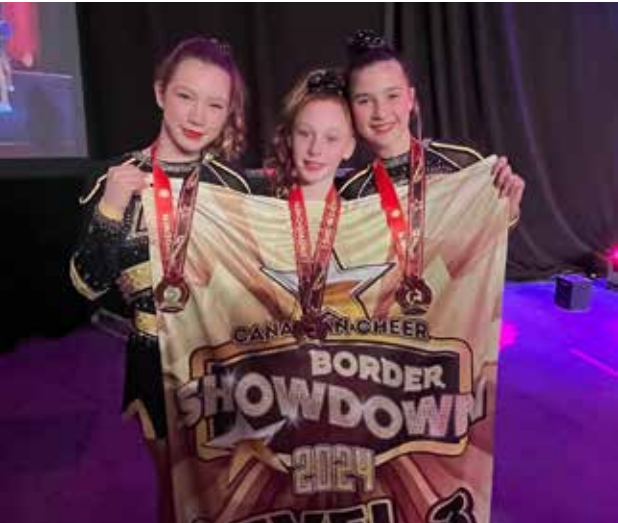
705-515-8483

info@eagleeyebookkeeping.ca

www.eagleeyebookkeeping.ca

24 Yonge Street South, Unit A

Elmvale, Ontario L0L 1P0



Border Showdown 1st place: Riley Wimmer of Elmvale ON, Morgan Rogers of Lisle ON, Avery McNamara - Anten Mills ON



CheerPride Allstars JADE are off to the Canadian Nationals on April 12-15 2024 in Niagara Falls

Showdown LEVEL 3 Champions and Canadian National Qualifier!

Congratulations to CheerPride Allstars JADE. The girls knocked it out of the park and came in first place! They managed to pulled this day off but it’s a true test to all cheer parents we work together as a team! Riley Wimmer, granddaughter of Wanda and Fred Spring in Elmvale, are very proud of this young ladies accomplishments. She seems to ace everything she does. She competes in Figure Skating and Cher and manages to come up in top place over and over again. Let’s not forget the great curlers she is. Elmvale is proud of this well rounded athlete. Her Mom, Cory Wimmer, who owns Bounce Back Physiotherapy in

Elmvale and was also a well rounded athlete. Rylie was also invited to help the Moonstone Cheer team out from an injury - she nailed it! Wow 2.5 hours of practice on Friday and you fit right in girl! At CheerPride All-Stars the mission is to teach athletes valuable life skills and allow not only them, but their families the opportunity to form long lasting friendships. Our passion for cheer can easily be seen and felt the moment you walk into our beautiful gym in south Barrie, ON. We have classes and teams available for all ages and abilities. <https://cheerprideallstars.com/>

HANDYMAN AVAILABLE

25+ years experience. NO JOB TOO SMALL.

- Roof/Eavestrough Repairs
- Interior Maintenance & Installations
- Lighting for Home Security
- Electrical Services
- Electrical Vehicle EV Charger

Keeping Seniors in their Homes

reliantpropertyinc@gmail.com

Reliant Property Services Inc.

Mark • 705-333-9733 • relianthandyman.ca

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

Tayler

Insurance & Estate Planning

Estate Planning made easy

Taivi Tayler

RRC®, CLU®, CERTIFIED FINANCIAL PLANNER®

www.taylerinsurance.com

181 Dunlop St. W, Barrie, ON 705-733-3338

Jo Knows Nutrition by Joanne Nijhuis



HEALTHY DATE SQUARES - A RETRO SWEET THAT PACKS A NUTRITIONAL PUNCH

Feb. 11, 2024 - Date squares have been a Canadian favourite since the 1920s for good reason. Delicious as a dessert or a snack, date squares get most of their sweetness from the Medjool dates and not from added sugar. A perfect treat when feeling that afternoon slump or after a vigorous workout, these homemade date squares are easy to prepare and far less expensive than store-bought granola and energy bars. They even freeze well, so double or triple the recipe to have a handy supply for weeks to come.



Ingredients:

- Base Layer & Topping
- 1 cup (250 ml) pecans, walnuts or almonds
 - 1 cup (250 ml) unsweetened, shredded coconut
 - 1 ½ cup (375 ml) oats
 - 1 teaspoon (5 ml) baking soda
 - 1/3 cup (83 ml) coconut oil or melted butter
 - 1/3 cup (83 ml) of soaked dates, chopped
 - ½ teaspoon (2.5 ml) cinnamon
 - ¼ teaspoon (1.25 ml) nutmeg
 - ½ teaspoon (2.5 ml) salt

- Middle Layer**
- 2 cups (500 ml) soaked dates
 - ¼ cup (63 ml) water from the soaked dates
 - 1 teaspoon (5 ml) vanilla extract
 - 1 tablespoon (15 ml) cocoa powder, optional
 - 1 tablespoon (15 ml) instant coffee granules, optional
 - 1 ½ teaspoon (7.5 ml) lemon or lime juice
 - 1/3 teaspoon (1.7 ml) salt
- Instructions:**
1. Soak 2 1/3 cups (583 ml) of pitted dates in boiled water for 20-30 minutes. Drain and reserve the date water.
 2. Preheat the oven to 350 F (177 C). Grease or spray with cooking spray a 9 x 9 inch (23 x 23 cm) square pan.
 3. To prepare the Base Layer & Topping, crush the nuts in a food processor or with a clean mallet or hammer. In the food processor or a medium size bowl combine the nuts with the coconut, oats, baking soda, cinnamon, nutmeg, salt, coconut oil or melted butter and 1/3 cup (83 ml) soaked dates. Pulse several times in the food processor until a crumbly dough is formed. Alternatively, use your hands in the mixing bowl and knead to create a crumbly dough.
 4. Divide the crumbly dough by measuring 1 cup (250 ml) into a separate bowl to be used for the topping. The remainder of the dough can be used for the base by pressing an even layer with your hands onto the bottom of the square pan. Put the square pan in the fridge for 5-10 minutes to harden this base layer.
 5. To prepare the Middle Layer, put the remaining 2 cups (500 ml) of dates and the date water, vanilla extract, cocoa powder, coffee granules, lemon or lime juice and salt in the food processor and pulse several times until a paste is formed. If you do not have a food processor, use your hands to make a paste with

all of the ingredients for the middle layer. If the paste is too thick, add a little more of the date water until the consistency is sticky, but not runny.

6. Take the pan out of the fridge. Spread the middle layer on top of the base layer. Then, sprinkle the remaining crumbly dough on top of the middle layer.

7. Bake in the oven for 25-30 minutes until golden brown. Cool completely before slicing into squares.

Enjoy!

Joanne Nijhuis MSc, RD is a consulting, media and culinary dietitian in Simcoe Grey Bruce on a mission to entertain and educate through her love of food. In addition to recipe development and writing for several publications, Joanne offers nutrition talks and cooking demos/classes – in person and online via Zoom. For more information, email Joanne at jo.knows.nutrition@outlook.com



DID YOU KNOW?

Despite the natural sugar in dates, they have a relatively low glycemic index due to their fibre content. This means that dates are digested more slowly, leading to a gradual rise in blood sugar as opposed to a fast spike that a glass of juice would cause. Dates are a good source of potassium, iron and magnesium. So very nutritious, they also contain several B vitamins and a high concentration of the antioxidants called polyphenols.



Feb.3, 2024 - I was curious about a trail near the Big Chute marine railway station. At this time of the year the tourist area is closed but the huge metal carriage system is easily visible. As is the massive volume of water flowing through the chutes down into the lake.



This is the only marine railroad of its kind still in use in North America and is a fantastic chance to watch how boats move up the system in the summer

Bearbells by Leslie Noonan

months. Today there are no boats, and the walkways are covered in ice and snow. I was never able to find the trail head and will have to come back in the summer to see if I can find the loop trail. Instead, I headed back to one of my favorite trails, the McCrae Lake trail off Crooked Bay Road and highway 400.

It can be confusing to people new to this trail system. You would assume the trail starts near the signs regarding bear management. However, this route is a very short hike to the local inlet and what in summer is the canoe launch. Today there are parallel lines leading across the lake where a person has schussed across the thin ice. Not for me, as I have a terror of being on ice and falling through. Instead, I headed up the main trail, which starts in the west end of the parking area. The trail is an upland hike, full of mud and ice, but easily managed with my poles and boots. At the top of the climb the trail then dips down into a small gorge and back up again. Thank God for my poles, as the trail is icy and slippery, and those poles provide support from an unexpected face plant.

This is a real outback trail and needs to be treated as such. There is an app called Three Words, which is vital for anyone who uses these back country trails, just in case things go wrong. The trail is easy enough to follow, with bright red blazes. It travels up and down and around the Canadian Shield, with areas where you will have to clamber up the pink quartz rock. Eventually the trail leads out to the Eagles Nest, which is a high cliff overlooking the lake. The view is stunning, and here is where most people make camp for the night. However, for the more adventurous, the trail less used heads farther north, through scrub and areas with little trail markers, and towards the waterfall. This is a difficult trail in the



MacCrae Lake

warm summer months; at this time of the year the trail is difficult to find and is icy and challenging. I only made it a mere 5 km round trip before deciding to head back to my car.

I worry about this mild winter. While it is great to not have to shovel tons of snow, it worries me how this will affect our ecology. Without those cold winters, we are at increased risk of insect infestations. We need those cold temperatures to kill off the caterpillars and other insects that devastate our trees. Climate change is real and happening in our own backyards. We need to rethink our footprint on this beautiful planet.

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

Farm Feed Service

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

FALL PROMO DAYS ARE HERE!

20% OFF HUSQVARNA HANDHELD EQUIPMENT ON IN-STOCK & SPECIFIED MODELS ONLY
Expires Sept. 6/23

15% OFF IN-STOCK DUCAR PRESSURE WASHERS WATER PUMPS GENERATORS LAWN EQUIPMENT
Expires Oct. 1/23

15% OFF IN-STOCK DUCAR LOG SPLITTERS STUMP GRINDERS
Expires Oct. 1/23

SAVE UP TO \$500.00 ON IN-STOCK AUTOMOWERS! ON SELECT MODELS
Expires Sept. 6/23

OPEN: WED TO FRI 8-5 SAT 9-3
4436 HORSESHOE VALLEY RD WEST MINESING ON L9X1E7
PICK UP & DELIVERY AVAILABLE

705-725-0975
MURRAYBROTHERSPERFORMANCE.COM

Small Motor Sales & Service

ANTEN MILLS by Dennis Gannon



Whether you are public speaking or writing a piece for people to read, the opening sentence or paragraph needs to say something that is going to grab the attention of the audience and wants them to continue listening or reading. For this week’s column there are a few things that could be used to get your attention and sometimes it’s difficult to decide. Weather is one that has been used somewhat frequently in this column and again it deserves to lead off this week’s edition.

January, like December, is going down as one of the cloudiest months on record. According to the Weather Network, there were 26 days of overcast or mostly cloudy days in January. And then last week we had amazing sunshine and warm temperatures during the week. According to the Anten Mills weather station, Friday, February 9, a temperature reading of 12.7 degrees celsius was recorded. That broke a record that goes back 86 years to 1938. This unseasonably warm weather has likely put an end and has made it the shortest period of ice that our community rink has ever had. There needs to be a combination of snow to make a base and cold weather to make the ice for the rink to be created. While the weather forecasters are indicating that the next portion of winter may return to somewhat seasonable conditions, there isn’t a significant amount of snow to fall. Even if it were, the fact is that come March, the sun is warmer and the ice surface melts quickly and the desire to skate becomes more the desire to ride a bicycle. Thank you Chad and your volunteers who tried to make a suitable rink for the community. Maybe next year?

Our Anten Mills Community Bulletin Facebook page has been around since March of 2013. It started

as a way for the community to get information about happenings in our village and to share relevant events and concerns. It is a private group and has been very successful in getting information out and preventing unwanted spam and needless advertising. Like anything that has been around for sometime, it needs a refresh. The Anten Mills Community Recreation Association will be assuming control of the page effective this weekend. A refresh of the rules will accompany the new control and while they generally stay the same, there are a couple of changes. The concerns that timely posts unfortunately haven’t gotten out on time have been addressed and there will now be 4 people reviewing and approving. What won’t be tolerated is any form of negativity towards the volunteers. They are volunteers. They are providing their time to ensure what is seen on the page is relevant to the community. Links and posts that serve the Anten Mills community only will be seen. The community appreciates those in the community that own, operate or manage a business. The rules have been changed to permit those community members the opportunity to promote their business once per month for a limited number of days. One thing to remember is that this isn’t a buy, sell or trade site. There are numerous other sites that permit this and you are encouraged to visit those sites. What will be allowed are free items and those seeking advice or needed items. Also being changed is questions to become a member of the group. In the past the question to join has been very open and a review of people asking to get on has revealed that their desires are at best questionable or that they have not answered the question. Those monitoring the page will be diligent in ensuring that those wanting to join are there for the best interest of the community. Hopefully the changes will be embraced by nearly 1400 members who are part of the group.

There has been news lately in the community about the sighting of coyotes and fishers. The weather is tricking the animals and they are on the prowl. Regrettably one family has lost a family pet to the coyotes and the fishers have been seen prowling around. Please watch your pets particularly at night

HEY DADS! By Jason Weening

You know what would have made a great Valentine’s gift for your lady? A nice drum set. A red one would be best. Hasn’t she always wanted a drum set? To really take it over the top, you set it up in the living room really close to where she spends most of her day. But don’t keep this amazing gift a secret from your nine kids! No way! Supply them with a few pairs of drum sticks and let them loose!

This is pretty close to what happened in our living room last week. The drums are usually banished to the detached garage. Far from the house. Out of sight. Out of sound. Children can wander over there and collapse their ear drums to their hearts’ content while mom is in the house oblivious to the internal damage being done. But winter comes. It’s a long trek over to the garage. The drums sit alone in the dark. Cold. Abandoned.

I decided it was time to rescue them from their misery, bring them inside and set ‘em up in the living room. What could possibly go wrong? I believe

there is a special place in Heaven for parents of drummers. Our 5-year old son, Arrow, has really taken a liking to the soothing sounds of percussive expression. Imagine, if you will, morning...noon...night. Imagine all the times that there are. Imagine a little drummer boy with a pair of drum sticks in his hands at all those times. Hammering away. Emotional, isn’t it? Does it not bring a tear to your eye? Does it not bring an ache to your head?

It was bringing an ache to my Valentine’s head so the drums only lasted three days before she began to express her displeasure. She looked me in the eye and said, “Lose the drums or lose me.” Actually, she had a much nicer way of expressing it: “I don’t really want to say this but those drums are giving me a headache.” One doesn’t argue with a woman pregnant with her tenth child. So the search began for electric drums - the misfit child of the musical family that no real drummers actually want to play. But real drummers also have real wives so concessions

and hopefully no further incidents will occur here.

It was nice to see that the Laycocks made the local news with their snowman. The segment on CTV was well done and highlighted their effort. What was unfortunate was that the segment indicated that they reside in Minesing and not Anten Mills. For as long as can be remembered, Anten Mills has always been used for correspondence and mail in our household. When the postal code was L0L 1Y0 there was a connection to Minesing. Now that we have our own unique postal codes and there is no post office in Minesing it’s time to start promoting that we are Anten Mills and not Minesing. Consider putting Anten Mills on your correspondence and let everyone know where you live.

The Springwater Library has initiated a survey to develop a strategic plan for the future. Our library offers many resources and not just books and they are looking for your input on how to best offer you services in the future. Check the library website for details.

In the last two editions we explored Hendrie Lake located on Golf Course Road. We learned that there were in fact two lakes, that there was an unfortunate drowning and that it was thought to be bottomless. This week the story is about the Adams home. According to the account in the A History of Vespra Township, the Corby Adams family woke up on the morning of September 8, 1981 to find that their front yard had dropped 15 to 20 feet down to the lake level. Trees that were 30 to 50 feet in height dropped down but were still standing. The east end of the basement wall also fell into the lake. To stabilize the situation loads of brick rubble from the Maw old brickyard located in the former Flos Township was brought in to remedy the situation and in 30 years since, no other concerns have been raised.

Remember that the Knotty Knitters meet Tuesday afternoons at the community centre and all are welcome and that on Thursday evenings, euchre is played as well and card players can join in.

That’s all for this week, enjoy your Family Day long weekend and THANKS for READING, BE WELL and STAY SAFE.

must be made.

A few of the kids joined me on a one-hour drive through a Saskatchewan snow storm to pick up a used set of electric drums. I must say, they are a hit! Pun intended. They’re small and quiet. The tippity-tap of sticks on the rubber pads is almost therapeutic. Almost. This time we set them up in the boys’ room instead of the living room. Wisdom. Plug in some headphones and 5-year old Arrow can start his 7am rehearsal without the slightest discomfort to his mother. His sleeping brothers in the same room, on the other hand...

So once again peace reigns in our little kingdom. The queen is happy. The commoners are happy. Therefore, the king is also happy. Melodious musical melodies fill the air! Do your kids play any instruments, dad? If not, why not pick something up? Better for kids to play a guitar than an xbox! Time flies! Make every moment count! Even the loud ones.

INSURANCE & FINANCIAL

McDougall

Real people working for you, since 1946.

Joseph Broadstreet

Account Executive

55 Front Street South Unit 2, Orillia ON L3V 4S2

t. 705 325 4234 x4402 f. 705 527 0900 c. 705 427 2156

jbroadstreet@mcdougallinsurance.com www.mcdougallinsurance.com

SPIRITUAL



Rosie's Devotions
by Rosemary Hagedorn
Unsung Heroes

Feb. 11, 2024 - We remember the bad times, the bad news, and the bad people who have affected our lives by what they have done. Every day, television and newspapers scream out tragedies, horrific devastation, and suffering. Our minds are automatically drawn to such events.

But what about the good times, the good news, and the good people who have affected our lives and the lives of others by their good deeds and actions — the unsung heroes whom we don't hear about — people who changed the world for good?

Let us think, for example, about the fire fighters, the search and rescue personnel, and the police, the heroic men and women who risk and sometimes sacrifice their lives, so that we can live in safety and peace.

After the United States Congress passed the Fugitive Slave Act in 1850, making it illegal to assist black slaves escaping to their freedom, a secret network of black and white abolitionists helped African-Americans escape from enslavement in the American south to free northern states or to Canada. Hundreds of people risked their lives and made tremendous sacrifices as genuine heroes of what became known as the Underground Railroad, the largest anti-slavery freedom movement in North America, which brought between 30,000 and 40,000 fugitives to freedom.

The four-day Battle of Vimy Ridge in the First World War helped to define Canada as an independent country, rather than a British colony. The 97,184 brave soldiers of all four divisions of the Canadian Corps, which fought together for the first time, suffered 10,602 casualties — 3,598 killed and 7,004 wounded — but their heroic sacrifice marked a significant Allied advance in the war, hastening its end.

There are many other people who have sacrificed themselves in order to bring about much-needed changes in this world. Their sacrifices, though, are nothing compared to the greatest sacrifice of all time: God the Father sacrificed His Son Jesus to suffer and die on the cross for the sins of the whole world.

For all of us.

For you and me.

To receive the forgiveness that He died to purchase for us, all we have to do is to believe. "But my faith isn't strong enough," you say. The Bible says:

Romans 10:9-10 – If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved. (NIV 2011)

Let's make sure that the praises of our risen Hero are sung tomorrow!

Prayer: Lord God, thank You for moving within the hearts of unsung heroes. Continue to move within each and every one of us so that we may give compassion to those who need compassion, bring peace to those who are in turmoil, render aid to those in need, and share the good news of forgiveness and eternal life that You offer as a free gift to all people. Amen.

Keep Sexy Safe This Valentine's Day

Feb. 12, 2024 - SIMCOE MUSKOKA – Feeling in the mood this Valentine's Day? Sex is a normal and healthy part of our lives and the Simcoe Muskoka District Health Unit is reminding the public that when they choose to have sex, it's important to be prepared and aware of the possible infections you may encounter.

STIs are infectious diseases that spread from one person to another through any type of sexual contact. Anyone can get a STI as these infections don't discriminate on number of sexual partners, age, ethnicity, gender or sexual orientation. However, STIs are preventable and you can protect yourself by talking about safer sex practices with every sexual partner so that you can protect one another. Ensuring that you are up to date with vaccinations against hepatitis B and human papillomavirus (HPV), and by using condoms and/or oral dams when being sexually active.

Many STIs including syphilis, HIV, chlamydia

Worrying What Others Think

Feb. 11, 2024 - Caring too much what others think of you is a common experience for many. It is natural, though not always healthy, to desire validation and approval from others. When this concern becomes excessive, it can negatively impact or wellbeing and hinder our personal growth.

We are social beings, but when we prioritize external validation over our own authenticity and wellbeing, it can create a significant emotional burden. One of the main problems with caring excessively is that it can lead to a lack of self-confidence. Our value becomes contingent on the opinions of others. This can create a cycle of anxiety and fears about not meeting other's expectations.

This kind of worry limits our ability to express our self authentically. We may find ourselves conforming to societal norms or the expectations of others, rather than expressing our true feelings, thoughts, and desires. This can stifle creativity, and the ability to pursue our genuine passions.

Worrying what others think and needing external validation can lead to emotional exhaustion. It can be draining, both mentally and emotionally. It can use up a lot of mental energy and result in a constant state of apprehension about how we are perceived by others.

On a deeper level, excessive concern about others' opinions can hinder our personal growth and fulfillment. It can prevent us from embracing our individuality, taking risks, or pursuing our goals. This can cause us to miss out on opportunities for self-discovery and meaningful connections.

The way to address this tendency to care too much what others think is to cultivate self-awareness. By tuning in to our own values, aspirations, and strengths we can develop a stronger sense of self-assurance and reduce the influence of external opinions.

Practicing self-compassion is also important. Learning to treat ourselves with kindness and understanding, especially in the face of disapproval and criticism can build more resilience and a more balanced perspective of external judgments.

Another essential strategy is to set healthy boundaries. Recognizing what matters most to us and aligning our actions with our values can reduce the impact of the opinions of others. Seeking out supportive and accepting people can provide a valuable framework leading to a healthier approach to social validation.

Freeing ourselves from the excessive concern about the opinions of others allows us to embrace our individuality, pursue our aspirations with confidence, and develop more genuine and fulfilling relationships. It is realizing that our worth is not determined by the opinions of others, but by our own self-perception and authenticity.

Remember, you are the only one just like you that has ever walked this earth, and there will never be another just like you. Developing your own consciousness is important, as we are all part of the human family. It is more challenging in the age of social media, fake news and conspiracy theories, but also more important than ever.

We each have the ability to grow in wisdom. When you find your own true, wise voice, do not be afraid to use it.

Gwen Randall-Young is an author and award-winning psychologist. Visit www.gwen.ca.

MENTAL HEALTH

Self-Help Strategies for Depression

Feb. 4, 2024 - Dealing with depression can be very challenging. It is important to seek professional help. A doctor or psychiatrist can prescribe medication and a registered psychologist can provide therapy. We know that medication and therapy can work better than either one alone.

Some do not want to take medication. Others have been on many different ones, with no substantial improvement. Yes, we have the doctor and the therapist. There is a third person who can make a tremendous difference. That is the depressed individual.

There are things they can do to manage the depressive symptoms. Engaging in physical activity can have a positive impact on mood. Even a brief walk or light stretching can help. Getting outside in the fresh air and sunshine is better than crawling into bed or focusing on how bad you feel.

It is important to maintain a healthy lifestyle. Eating a balanced diet, getting enough sleep, and avoiding alcohol or drug use can support your overall wellbeing. Practice mindfulness and relaxation techniques. Meditation, deep breathing, and progressive muscle relaxation can help reduce stress and improve your mood.

Build a support system. Connecting with friends, family or support groups can be a source of encouragement and understanding. Challenge negative thoughts. Often it is one's own pattern of negative thinking that contributes to depression.

Educate yourself. Learning about depression and understanding its mechanisms can help you feel more in control and less alone in your struggle. There is a wealth of information on the internet.

Set goals for the suggestions above. Follow through, even if you do not feel like it. If your car will not run and you want to use it, if you do not do the maintenance, it will never run. Think of your body/mind this way. If you do nothing, nothing will improve.

Yes, I know it can be hard to make the effort. I think of depression like hypothermia. You walk through the snow and become exhausted. You just want a rest from all the struggle and would like to just lie down in the snow and sleep. You cannot do this, hoping someone will come along and rescue you. You must keep going.

Self-help strategies are beneficial, but it is crucial to seek the guidance of a mental health professional. Therapy and medication, if necessary, can be important components of treatment. Even if you do both, it is still important to utilize the self-help strategies. If the doctor, the therapist, and you do all you can, there is a better chance of success.

Be patient with yourself while navigating this challenging time. You do not have to go through this alone, and seeking help is a sign of strength. If you are feeling very overwhelmed, please do not hesitate to reach out to a mental health professional for support. We genuinely care.

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.

A-Z CLEARANCE
CENTRE

ARN COONEY-Owner
arncooney@rogers.com
info.a-zclearance@gmail.com
1-866-225-3083

Rawleigh, Watkins and KO Products
Aim natural products • Cooney leather toolbelts
a-zcl.com • 88 Doran Road, Midhurst

ROBINSON
Home
hardware

Beauti-Tone
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

Community Events

MONDAY

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

Barrie District Stamp Club
2nd Thursday of each month, 1:00pm – 3:00 pm
 East Bayfield Community Centre, 80 Livingstone St. E., Barrie L4M 6X9
 For more information: m.widner@sympatico.ca, or 705-726-9624

Elmvale Senior-Drop In
10am-noon
 Basement of the Elmvale Library. NEW hours are from 10am to noon.

TUESDAY

Elmvale Legion
Tuesdays at 1 pm
 Table Shuffleboard, Cost \$1
 Every Saturday at 5 pm
 Meat Darts- \$ 10.00 for 3 games

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

Bay Shore Seniors Club
 2000 Tiny Beaches Road S., Woodland Beach
 Billiards/Pool 10:00 – 12:00 p.m.
 Crafts – 1:00 – 3:00 p.m.
 Bid-Euchre – 6:30 – 9:30 p.m.

WEDNESDAY

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

Bridge - 12:30 - 4:00 p.m.
 Bayshore Srs Club, 2000 Tiny Beaches Road S, Woodland Beach

Bay Shore Seniors Club
 2000 Tiny Beaches Road S., Woodland Beach
 Bridge – 12:30 – 4:00 p.m.
 Indoor Pickleball 4:30 – 6:30 p.m

Barrie Region Aquarium Society
 meets on the 2nd Wed each month from Sept-June at East Bayfield Community Centre, Barrie 80 Livingstone Rd E.
 Everyone Welcome! For more info, email president@1brass.com

THURSDAY

Probus Club of Simcoe North
Meetings monthly 2nd Thurs. 10 a.m
 For women & men in retirement or semi-retirement. Penetang Legion, 2 Poyntz St. For more information email klarkins@csolve.net or call Joyce (705)526-3424

Bay Shore Seniors Club
 2000 Tiny Beaches Road, S., Woodland Beach
 Darts – 2:00 – 4:00 p.m.

FRIDAY

Bay Shore Senors Club
 2000 Tiny Beaches Road, S., Woodland Beach
 Gentle Fitness Program - VON Exercise 9:30 – 10:30 a.m.
 Shuffleboard 1:00 – 3:00 p.m.
 Indoor Pickleball – 4:00 – 6:00 p.m.

SUNDAY

Good Vibes
First Sunday 2-5 from 2 to 5 p.m.
 An open-mic music event. For winter months, relocated to Hackney Horse Bed & Breakfast, 3276 Penetanguishene Rd. near Craighurst. \$5 donation, tea, coffee & baking at a small extra cost.

Bay Shore Senors Club
 2000 Tiny Beaches Road, S., Woodland Beach
 Indoor Pickleball – 2:00 – 4:00 p.m.

THURSDAY

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.

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

Wasaga Beach Parkinson’s Support Group
1st Thursday of each month, 12:30-2pm
 Wasaga Beach new Public Library 544 River Rd., Wasaga Beach. All Parkinson’s patients & caregivers welcome. For more information contact Phil Bender 905-703-6248 bender.philip@gmail.com

Barrie-Kempenfelt PROBUS Club
Meets at 10:00 am, third Thursday of month
 Canadian Legion, 410 St. Vincent Street in Barrie
 Main Contact: Chief Information Officer, Robert Newby, barriekempenfelt72@gmail.com (705) 220-3501

Connecting Together - Fellowship with Others
Thursdays 2-3:30 pm call 705-526-6077
 St. Pauls United Church Atrium, 308 King St Midland

MONDAY to FRIDAY

Low Impact Gentle Fitness Program
 VON SMART Program
Adults 55+ FREE
Mon. 9am @ Springwater Room (arena)
Wed. 9am @ Elmvale Community Hall
Fri. 11am @ Elmvale Community hall
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

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

Ganaraka Hiking Club-Wasaga Beach
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

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

Open Gym Drop-In
Mondays: - 5:00 p.m. - 9:30 p.m. - Drop-in basketball - All ages are welcome.
Tuesday: 5:00 p.m. - 9:30 p.m. - Drop-in pickleball - All ages are welcome.
 Drop-in programs will be no charge for July and August.
 The Township is pleased to offer sessions at Elmvale District High School (25 Lawson Avenue)

ALL DAYS

Indoor Pickleball
Sun 2:00 p.m.; **Wed 4:30 p.m. and Fri 4:00 p.m.**
 Bayshore Srs Club, 2000 Tiny Beaches Road S, Woodland Beach

Billiards/Pool, 9:00 – 11 am
 Bayshore Srs Club, 2000 Tiny Beaches Road S, Woodland Beach

One Time Events

Annual Winterama Town of Penetanguishene
February 16-18 2024, 6pm to 8pm
 Penetanguishene Winterama, the oldest winter carnival in Ontario. A celebration of Canadian seasonality, Winterama is an opportunity to renew an interest in outdoor activity; enhance community spirit and pride through people, partnership and products; share the heritage and culture of the community and welcome families, friends and visitors alike in a seasonal celebration.

Mid-Winter Social at Discovery Harbour
Sat. Feb. 17 to Mon., Feb. 19, 2024 at 11am – 4pm
 Discovery Harbour, 93 Jury Drive, Penetanguishene,

ON, L9M 1G1
 Tickets: \$12 tax included. Children 5 and under FREE.

Midhurst Community Recreation Association
Annual General Meeting (AGM)
 Thursday, February 22, 2024 at 7 pm
 Midhurst Community Hall – Lower Level, 74 Doran Road, Midhurst.
 For more information, please visit villageofmidhurst.ca/agm or contact Hale Mahon, Chair of the Midhurst Community Recreation Association, at hmahon@villageofmidhurst.ca.

Elmvale Legion Dance
Sat. Feb. 24, 2024
Live Music: Bustin Loose
 Cost: \$5 at Door,
 Everyone Welcome!

World Day of Prayer
Friday March 1, 2024
 2:00 pm at St. Margaret’s Church
 589 Hugel Avenue, Midland

Wasaga Beach is Making It Easier for Residents and Visitors to Enjoy the Breaking the Ice Festival

Feb. 9, 2024 - Town of Wasaga Beach - Free shuttle service from Playland Parking Lot during Burton Cummings and Blue Rodeo concerts will help ensure guests have a fun, worry-free concert experience

Wasaga Beach – The Town of Wasaga Beach is making it easier for residents and visitors to enjoy the Breaking the Ice Festival, which begins Saturday, February 10 with a sold-out NHL Alumni Game and a first-come, first-serve NHL Alumni autograph session at the new Wasaga Stars Arena and Wasaga Beach Public Library.

Winners of multiple Juno Awards and Canadian Music Industry Hall of Fame inductees, Burton Cummings and Blue Rodeo, are also set to headline separate concerts as part of the show-stopping line-up that will kick off the Town of Wasaga Beach’s 50th-anniversary celebrations and mark the grand opening of the Town’s new twin-pad arena and library.

Throughout the Breaking the Ice Festival, there are over 20 free, age-friendly events, music shows, public skates and other activities catering to kids, families and citizens of all ages.

Town introduces free shuttle service

To make it easier for residents and visitors to enjoy the festival, all municipal parking lots will offer free parking. In addition, the Town has organized a free shuttle service on February 17 and 18 to move guests to and from the Wasaga Stars Arena during the live performances by Burton Cummings and Blue Rodeo. The free shuttle service will run between the Wasaga Stars Arena and the Playland Parking Lot, located near Beach Area 1.

Have fun, keep our air and water clean

The Town is also asking residents and guests to carpool while attending events, when possible, to help avoid traffic congestion near the venue and reduce the environmental footprint of the festival.



Bernie Pilon
Construction

Gravel Supplies
Crushed Road & Cement Gravel
Sand & Gravel Fill • Skid Steer Services
Excavating • Bulldozing • Backhoe & Snow Removal
7 Simcoe Street
Elmvale, Ontario
L0L 1P0

Rick’s Cell: (705) 623-4209
Phone: 322-2785
Fax: 322-4458

CLASSIFIED

WANTED

Attention Woodlot Owners

- Looking to purchase hardwood and pine trees
- Minimum 50 trees

Please call Rej (Springwater Forestry) at 705-790-6506

ESTATE FIREARMS SPECIALISTS
FIREARMS WANTED FOR OUR
2024 AUCTION PROGRAM

Rifles, Shotguns, Handguns, Antiques, Militaria, Collections, Estates, Single Items for Auction or Possible Purchase

CONTACT: SWITZER'S AUCTION

Toll-Free 1-800-694-2609

Email Us @ sales@switzersauction.com

Visit Us @ www.switzersauction.com

DUPLICATE BRIDGE DIRECTOR

Bay Shore Seniors Club is starting up a new Duplicate Bridge league and is looking for a DIRECTOR to volunteer their expertise. You will receive free membership to the Club until August 2024. If you love Duplicate Bridge, you would be a wonderful addition. Please get in touch with **Lorri at 705-361-1331**.

REGISTRATION

Cheezers Co-ed Soccer Registration

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

10:30 am - 1 pm

February 24 (Springwater Residents only)

March 2 and March 23 (Open to ALL)

More dates to follow in April

\$45 per player

Starting Thursday May 9 at 6:30 pm

Call **Doug Tinney 705-322-3239** for more information or email: elmvalesoccer@gmail.com.

The soccer play time is at 6:30 pm

Penetang Midland
Minor Ball Hockey League

2024 Registration is Now Open

Ball Hockey for boys and girls between the ages of 4 and 18

For more information go to our website www.pmmhhl.ca

email: pmmhhl@hotmail.com

phone: 705-717-1632

Offering Youth Ball Hockey in North Simcoe since 1979



FREE and NEW TO YOU CLOTHING,
SHOES, HATS, SCARFS
FOR EVERYONE

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

Our hours are:

Tuesday, Wednesday & Thursday

10am until 1 pm

Tuesday 6:00-8:00pm

Wednesday 3:00-5:00pm

Saturday 9:00am until noon

IF FLAG IS FLYING WE ARE OPEN

HELP WANTED



TOWNSHIP OF / CANTON DE
Tiny

The Corporation of the Township of Tiny
Seasonal Positions
Spring/Summer 2024

The Township of Tiny is accepting applications until 12:00 noon, Tuesday, February 27, 2024, from summer students interested in the following positions:

Municipal Law Enforcement Admin Assistant (2)

Municipal Law Enforcement Officer (13)

Parks Labourer (14)

Recreation Program Leader (13)

Waterfront Aquatics Instructor (1)

Waterfront Lifeguard (1)

Tax and Finance Clerk (1)

These are seasonal positions and a valid class "G" or "G2" driver's licence and driver's abstract is required (except for the positions of Recreation Program Leader, Waterfront Lifeguard, and Aquatics Instructor).

For complete position details, including necessary qualifications and hourly wage rate, please visit: www.tiny.ca/employment.

Applicants should submit a detailed resume containing education background, past employment, references and work-related skills, experience or training. Preference will be given to students currently enrolled in either Secondary or Post-Secondary School and intending to return to school. Submitted applications should clearly identify the position being applied for and should be forwarded to:

Human Resources
The Township of Tiny
130 Balm Beach Road West
Tiny, ON L0L 2J0
Fax: 705-526-2372
Email: humanresources@tiny.ca

Applications that do not clearly identify the position(s) being applied for will not be considered.

We thank all those who apply but only those applicants selected for an interview will be contacted.

The Corporation of the Township of Tiny is committed to a barrier-free recruitment and selection process. Please inform us should an accommodation be required at any point in the recruitment process. Information received relating to accommodation needs of applicants will be addressed confidentially.

Personal information collected will only be used for candidate selection, in accordance with the Municipal Freedom of Information and Protection of Privacy Act R.S.O., 1990, c.M.56.

LifeLabs

ELMVALE: 35 Queen St

Regular hours of operation are
Tuesday & Thursdays 7-9am.

Please consider attending the Elmvale BIA
Board Meeting...
Thursday, Feb. 15 @ 5:30pm
Elmvale Library

AUCTION NOTICES



Upcoming Auctions

Estate of Gwen Beeteson - Guelph (Feb 18 - 22)

Quality maple furniture, Pyrex, vintage toys, housewares and more!

Radiant Treasures - Diamonds, Gems & Gold - Guelph (February)

Sapphires, rubies, topaz, gold, diamonds, jewellery and more!

March Melt Multi Consignor - Guelph (March)

Auction for John Bolton & The Late Evelyn Bolton - Hamilton (March)

Estate of Vido Ivancic - Brampton (March)

www.rapid-sell.ca

519-763-1856

info@rapid-sell.ca

Sell with us!

www.mooreandassociates.on.ca



FOR RENT

ELMVALE APARTMENT FOR RENT

2 Bedroom Apartment
\$2000 per month all inclusive

located Downtown Elmvale
Includes fridge, stove and 1 parking space
Mostly seniors living in building

Call George 705-527-4772

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



**KEN ARCHER
PAINTING**

Over 25 years experience painting & wallpapering

Call Ken 705-727-8313



**Heaslip & Son Renovations
& Handyman Services**

705-361-9945

S&J Barn Demolition

We pay cash for
barns

WSIB insured

For a free estimate

Call 1 800-291-2276



OPP REPORT

Road Closure for Collision Investigation in Tiny Township

One Male Deceased Following Collision
(TINY TOWNSHIP, ON) On February 6, 2024 at about 3:30 a.m., members of the Sothern Georgian Bay detachment of the Ontario Provincial Police(OPP) received a call from a passing motorist regarding a vehicle in the ditch on Concession Road 9 West, west of Simcoe Road 6 in Tiny Township. The motorist attempted of assist the occupant of the vehicle however was unable to due to the position of the car. Sadly, one occupant, a 39 year-old male from Tiny Township, was located in the vehicle and was pronounced deceased. The collision is believed to have taken place about 2:15 a.m. and no evidence exists to indicate there were any other vehicles involved.

The roadway was closed to allow for investigation of the scene by OPP Technical Traffic Collision Investigators (TTCI), it was reopened in the early afternoon.

OPP Seeking Witnesses or Dashcam Video
(TINY TOWNSHIP, ON) Investigators of this occurrence are reaching out the public for information regarding this collision. Anyone who may have been travelling in the area of Concession 9 West in Tiny Township on February 6, 2024, between midnight and 3:30am or may have dashcam footage is asked to contact Constable Trevor Ball at OPP.Southern.Georgian.Bay@opp.ca or call the OPP at 1-888-310-1122.

OPP Make Arrest in Sunday Morning Mischief Rampage
(Feb. 5., 2024 - MIDLAND, ON)- Scott Barry SYLVESTER 36 years of no fixed address Midland, was arrested on February 4, 2024 shortly after 7:00 a.m. by members of the Southern Georgian Bay OPP Detachment in relation to a series of reported mischief related events in the Manly Street and Galloway Boulevard area of Midland.

Officers responded after the OPP Communication Center received calls from community remembers reporting that an individual on foot was throwing wooden objects and rocks at homes and vehicles in the Manly Street and Galloway Boulevard area. The accused was located and arrested nearby and transported to Detachment where the accused assaulted officers who were continuing the investigation.

Charges issued contrary to the Criminal Code of Canada in relation to this investigation are as follows.

- Mischief - destroys or damages property (three counts)
- Mischief - obstructs, interrupts or interferes

- with the lawful use, enjoyment or operation of property
- Mischief Over \$5,000
 - Assault a Peace Officer While Carrying a Weapon (two counts)
 - Assault a Peace Officer (two counts)
 - Fail to Comply with Probation Order

The accused was held for a bail hearing and will appear before Ontario Court of Justice on a future date.

Youth in Custody Facing Aggravated Assault Charge in Midland

(Feb. 4, 2024 - MIDLAND, ON) A youth is in custody after an early morning incident which resulted in a victim being transported to a Toronto-area hospital.

Just after 2:00 a.m. on February 4, 2024, members of the Southern Georgian Bay detachment of the Ontario Provincial Police(OPP) attended a residence on Marshall Road in the Town of Midland after receiving a panicked 911 call. On arrival, officers entered the residence and located a 49-year-old male who was suffering from significant wounds. The victim was treated at the scene by Simcoe County Paramedics and members of the Midland Fire Service. He was transported to a local hospital and was then taken to a Toronto-area hospital for treatment of serious, but non-life threatening injuries, believed to be caused by an edged weapon.

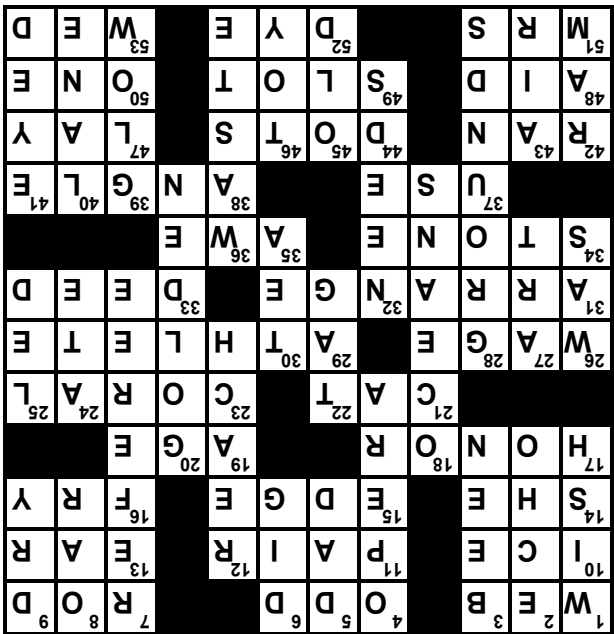
Officers arrested a youth at the residence and there is no danger to the safety of the public. The youth, who will not be named due to provisions of the Youth Criminal Justice Act, was held for a bail hearing before the Ontario Court of Justice for the Criminal Code offence of Aggravated Assault.

OPP Investigation Removes Fentanyl from North Simcoe Communities Two Non-Residents Charged

(Feb. 1, 2024 - MIDLAND, ON) - As a result of an ongoing police investigation, members of the OPP Community Street Crime Unit (CSCU) from Southern Georgian Bay and Orillia Detachments of the Ontario Provincial Police removed a quantity of suspected fentanyl from North Simcoe communities after arresting two individuals at approximately 1:30 p.m. January 31, 2024.

Officers conducted a traffic stop on Highway 93 in Springwater Township resulting in the seizure and the arrest of the two occupants of the vehicle.

- The driver of the vehicle, Jahiem BILLY, 22 years of North York as a result of this investigation is charged with the following offences contrary to the Controlled Drug and Substances Act.
- Possession of a Schedule I substance for the



purpose of Trafficking-Opioid (other than heroin)

- Trafficking in Schedule I substance - Opioid (other than heroin)

The accused was released from custody to appear before the Ontario Court of Justice on March 7, 2024.

The passenger in the vehicle, Sherquan REMY, 20 years of Toronto has been charged with the following offences contrary to the Controlled Drug and Substances Act.

- Possession of a Schedule I substance for the purpose of Trafficking-Opioid (other than heroin)
- Trafficking in Schedule I substance - Opioid (other than heroin)

And Further

- Failure to comply with release order - other than to attend court (two counts) contrary to the Criminal Code of Canada

The accused remains in custody for a bail hearing and will appear at a future date before the Ontario Court of Justice.



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

JEFF'S JUNK

705-333-7767

BIN RENTAL YOU LOAD

JUNK REMOVAL WE LOAD

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

G. Priest Services Inc.

AGGREGATES
EXCAVATION
SEPTIC SYSTEMS
DEMOLITION
TRUCKING

705-722-6555
gpriestservices.com

Collingwood Fuels Ltd

15 Stewart Road, P.O. Box 321
Collingwood, Ontario L9Y 3Z7
(705) 445-4430
1-800-553-5571

PROPANE

- Residential
- Commercial
- Farm

Cylinder Refills

FUEL DELIVERY

- Furnace oil
- Diesel fuels
- Gasoline

Oil furnace sales and service



Hamilton Tours Ltd.
of Bradford, Ontario
Personalized Tour & Group Travel Since 1985

3479 County Road 88, Bradford, ON L3Z 3K3
TICO Reg. 04023420 • www.hamiltontoursltd.com



1-905-775-9006 or 1-800-584-4941

Day Trips: (Price includes meal, admission ticket & HST)

Tues., March 19 & Thurs., April 18 - Niagara Fallsview Casino

Includes: a 4 hour stay at the Casino & \$35.00
in slot play (no meals) **Cost:** \$76.00

Sat., May 4 - Stars on Ice 2024 at the Meridian Centre, St. Catharines

Includes: evening dinner at the "Mandarin Restaurant" followed by 7:30p.m. performance in section 112 rows K to P. **Cost:** \$184.00



Wed., May 15 - Les Misérables at the Princess of Wales Theatre

Includes: 1:30p.m. performance, orchestra level seating, followed by an evening dinner at the "Ice Cream Patio" restaurant. **Cost:** \$269.00

Thurs., May 23 - St. Jacobs Day Tour

Includes: a visit to the Market & Outlet Mall, lunch on your own at the Market, time in the Village with stops at The Poultry Place, Picard Peanuts, dinner at "Bonnie Lou's Restaurant". **Cost:** \$100.00

Tues., June 18 - Blue Jays vs Boston Red Sox - 7:07p.m. game time

Includes: tickets in section 134 rows 31, 32 & 33 & motor coach transportation to the game at the Rogers Centre. (No Meals) **Cost:** \$168.00

Wed., July 24 - TINA - The Tina Turner Musical at the CAA Ed Mirvish Theatre, Toronto

Includes: lunch the "HotHouse Restaurant followed by the 1:30p.m. performance, orchestra level seating in rows M, N & P. **Cost:** \$263.00

Overnight Tours

Contact the office for complete itineraries

April 9 to 20 - Myrtle Beach, South Carolina Oceanfront Holiday
Join us as we return to a favourite destination and escape Winter

May 6 to 10 - "I Love Quilting & Spring Fowers" Tour featuring the Holland, Michigan Tulip Festival

May 28 to June 5 - Enjoy Branson, Missouri in the Spring. If you enjoy Country music and a wide range of entertainment this tour might be just what you are looking for.



June 4 to 21- Discover the Great Yukon & Alaska on a road less travelled plus Southbound Alaskan Cruise - A once in a lifetime tour! (Fly/drive program)

****PLEASE NOTE:** This will be our 6th and final time offering this program**



June 15 to 18 - Mackinac Island Lilac Festival staying at the Grand Hotel & Frankenmuth, Michigan

July 14 to 28 - Our Premier fully escorted Newfoundland & Labrador Tour including Battle Harbour, Labrador ... Let us take you "Off the Beaten Path" (Fly/drive program)

August 22 to September 2 - Newfoundland - Experience the Geography & Culture (Fly/drive program)

September 9 to 24 - Explore Scotland's Epic Landscapes, Highlands, Islands and Cities

Departure Points include: Barrie, Bradford, Orillia, Alliston, Stayner & Wasaga Beach upon request



Call for a copy of your 2024 Tour Catalogue



"From Our Shelf to Yours"

Photos above: Members of the Crown Hill WI and volunteers are as pictured left to right Jeanette Garrett, Peggy Pratt, Pat Richards, and church volunteer Don Campbell.

Feb. 8 2024 - The Crown Hill Women's Institute has set up a book lending/trade library and shelves with items that may be used by people in the area. "From Our Shelf to Yours" is a project in collaboration with the Crown Hill-Dalston United Church who generously have allowed the cupboard to be located on the church property.

EVENTS

ELMVALE MINOR HOCKEY ASSOCIATION PRESENTS:

SAGINAW SPIRIT PRACTICE IN ELMVALE

WEDNESDAY, FEBRUARY 14TH
6:00 - 7:00 PM

ENTER FOR FREE WITH DONATION TO THE ELMVALE FOOD BANK
MEMORIAL CUP ON-SITE FOR FANS TO VIEW AND TAKE PHOTOS WITH
SPIRIT RISING DOCUMENTARY WILL BE THERE FILMING
PRIZES AND TEAM AUTOGRAPHED GIVEAWAYS
TEAM AUTOGRAPH SESSION UPSTAIRS POST PRACTICE

COME SEE THE HOSTS OF THE 2024 MEMORIAL CUP!

NORTH SIMCOE BRIDGE and GAMES CLUB

Beginner, Social or Expert
More hands = more fun!



northsimcoebridge@gmail.com
www.bridgewebs.com/midland

JACK DE KEYZER
BLUES GUITAR LEGEND
FEBRUARY 3, 2024
7:30PM
DOORS 7PM
\$34 FLOOR - TAXES AND FEES
\$39 BALCONY - TAXES AND FEES

BECOMING THE BEATLES
FEBRUARY 23
8:00 PM
DOORS 7PM
\$55 FLOOR
\$80 BALCONY
TAXES AND FEES

It's Too Late to Stop Now
March 1, 2024
7:30pm | doors 7pm
at the Midland Cultural Centre
\$40 Floor | \$45 Balcony (+ taxes and fees)

Lennon Live
LENNON LIVE: LOVE IS REAL
MARCH 9, 2024
DOORS 7 PM | SHOW 7:30PM
FLOOR \$44 - TAXES & FEES
BALCONY \$49 - TAXES & FEES

VIVA ELVIS
THE CONCERT
APRIL 14, 2024
7:00pm show
6:00pm doors open
\$60 Floor | \$65 Balcony

THE TRAVELING WILBURYS!
A NOT-TO-BE-MISSED SIGHT & SOUND EXPERIENCE.
All the hits of The Wilburys
+ a PLUS +
The songs that made each member a rock & roll legend...
GEORGE HARRISON (The Beatles)
JOHN (YOKO) HARRISON
TIM RYAN (The Pretzels)
BOB DYLAN
MAY 11 7pm
AN AUTHENTIC RECREATION RIGHT DOWN TO THE OUTFITS AND INSTRUMENTS.



Affordable Cremation in Midland

Sometimes, simplicity is what matters most. A straightforward cremation without any fuss or extravagance. At Carson Funeral Homes, we offer affordable options that respect your wishes and your budget.



David Carson – LFD
Owner/Operator

We have been family owned and operated since 1878. Why should this matter to you? Because, unlike our competition, we are not on commission and there are no corporate sales targets to meet. Our priority is you — providing exceptional service, with compassionate care, to the families we are privileged to serve.

See the difference family makes.

Midland's Only Family Owned Funeral and Cremation Centre

CarsonFuneralHomes.com
290 First Street, Midland • 705-526-6551



WOODS, Joseph Melville

It is with broken hearts and much sadness that we announce the death of Joseph Melville Woods of Lower Woodstock on Saturday February 3, 2024, at the Upper River Valley Hospital at the age of 76.

Joe was born in Guelph ON. September 19th, 1947, to the late Joseph and Gertrude (Graysley) Woods.

He is survived by his loving wife Marlene Hassard, Daughter Emmalee (Jamie) Glover, stepdaughters; Montana (Christopher) Angelidias, Camillia (Patrick Lawrence) Cleaveley, and Stepson Travis (Nichole) Cleaveley, Sister Donnalee Sagan, Brother George (Gloria) Woods. Grandchildren; Connor, Georgia, Mitchell, Tafari, Westlyn, Everly, Amaya, Isabella, Elysia, Caliegh, and Sophia. Besides his parents, Joe was predeceased by a grand Daughter Elena.

Joe enjoyed a very close relationship with is numerous nieces and nephews and their families.

When asked what Joe's occupation was so many things came to my mind; youngest licensed mechanic in the province, businessman, truck driver, bus driver, car salesman, husband, brother, uncle and son but Joes role as a father and grandfather were the most important jobs he had. The one thing that really stood out to me was Dreamweaver. Joey was a champion of ideas, the champion of hopes and dreams for anybody who was brave enough to have them. His loyalty and easy-going demeanor, laced with a healthy dose of barroom humor was the perfect recipe for adventure and life time friendships. He was everybody's friend. He always found the good in people. His love for life and sense of adventure cultivated so many relationships at the racetrack with his race family, in any place of business where he worked and of course always at home with the ones that he loved.

You are right Joe, we have a gorgeous love and know that it will carry me through this storm. You have cleared turn 4 baby, just send her.

It was always Joes wish that in leu of a formal service, anyone wishing to honor his memory do so with family and friends sharing your favorite Joe Woods anecdote...

If so desired, donations in Joe's memory can be made to local animal shelter.

Arrangements are under the direction and care of Carleton Funeral home and Crematorium, 337 Lockhart Mill Road, Jacksonville NB.



GULLO, Domenico

It is with deep sorrow and much love that we announce the passing of Domenico Gullo, of Wasaga Beach, on Thursday, February 8th, at the age of 83 years.

Domenico will be lovingly remembered by his children, Rosa (Tony), Paul (Sylvia) and Michael (Margot). He is survived by the mother of his children, Maria. Proud Nonno to his adoring grandchildren, Domenico, Chiara, Alessio, Emma, Matteo, Nora, Liliana and Saveria. He will always be remembered by his siblings, Pietro, Vincenza, Antonia, Rosa, Teresa and Giuseppina, as well as his brothers and sisters-in-law, and many nieces and nephews. Domenico will be reunited in heaven with his parents, Paolo and Rosa, and his siblings, Giuseppe, Francesco and Antonino.

Domenico was born in Maierato, Italy. His roots grew deep in an agricultural area in the foothill of Calabria. He immigrated to Canada in 1962, arriving in Halifax and settling in Toronto with his brothers and sisters. But for Domenico, who remained a country boy at heart, he chose to make a home in Barrie. He was never far from a lake, forest, beach or a beautiful landscape. "Domenic the Barber" cared for his clientele; he developed numerous friendships that lasted decades. He worked and lived throughout Simcoe County for the majority of his life.

The family wishes to send a special thank you to the incredible staff at Southlake Regional Health Centre, Floor 6: Your care, compassion and support for our father will always be remembered.

Visitation will be held at Adams Funeral Home in Barrie (445 St. Vincent St.) from 2-6 PM on Monday, February 19th. A Catholic Mass will be held at St. Mary's Parish in Barrie (65 Amelia St.) at 10 AM on Tuesday February 20th. The mass will be followed by an Inurnment Committal Service and reception at Holy Cross Cemetery in Thornhill (8361 Yonge St.).

In lieu of flowers, memorial donations may be made in Domenico Gullo's name to Southlake Regional Health Centre. Messages of condolence may be forwarded to the family through adamsfuneralhome.ca.

Nicholls 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.

Get started today. Scan the QR code to visit us online or call 705-526-5449 for a FREE planning kit.



 Nicholls Funeral Home
by Arbor Memorial

330 Midland Avenue, Midland, ON • nichollsfuneral.ca

Arbor Memorial Inc.

Salon Funéraire – Penetanguishene – 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.

Get started today. Scan the QR code to visit us online or call 705-549-3155 for a FREE planning kit.



 Salon Funéraire Penetanguishene Funeral Home
par Arbor Memorial

155 Main Street, Penetanguishene, ON • penetangfuneral.ca

Arbor Memorial Inc.

OBITUARIES



BERTRAM, Ronald Douglas
Monday, January 29, 2024,
Ron passed away peacefully
at Hospice Simcoe, in his 89th
year.

Loving father of Melissa
(Stephen) and Bradley (Karen).
Cherished grandfather of
Stephan, Tyler and Nick, and
great grandchildren Brooklyn and Adrian. Dear
and older brother of Peter and Bill. Predeceased by
his parents Vera and Les, and younger brother Jim.

Ron will be fondly remembered by his extended
family and longtime friends, including his regular
morning coffee gang at Linda's Restaurant.

Leaving high school to join his father in the
construction business, he was later joined by his
three younger brothers in what became Les Bertram
and Sons. All four brothers joined the Shriners in
1971, following in their father's footsteps.

As an avid sun lover, he could often be found
boating, spending many days out on Lake Simcoe,
the Trent Canal system, and Georgian Bay.

He developed a passion for history and enjoyed
reading about the great conflicts, especially
surrounding the World War II era.

After retirement he enjoyed the opportunity to
travel and often recounted his weeks exploring
China and Australia with his lifelong friend Don
Valley.

A Celebration of Life will be held with close
family and old friends.



METHOT, Bruno 'Poppy'
Bruno 'Poppy' Methot passed
away suddenly on Thursday,
February 1, 2024, at the age of
79. Beloved husband of Cherry
for 55 years. Loving father to
Keith (April) and the late Brian
Methot. Cherished Poppy to
Shelby and Owen as well as

numerous family and friends that are part of our
family.

Predeceased by his brothers Joseph, Claramont,
Raymond and parents Albert and Blanche Methot.
Dear brother to Rose Lemieux (Luke) and Francis
Mulrooney(late Billy).

Poppy was loved by everyone, jolly, fun and so
caring, with a deep love for his grandchildren.
Poppy spent most days outside on their homestead,
gardening, fixing things, taste testing Nans cooking
or playing bocce with friends and family.

You will be so missed Poppy!

A celebration of his special life will be held at a later
date. Condolence messages can be left for the family
at adamsfuneralhome.ca



HOOK, Wayne Dennis
January 16, 1940- January
31, 2024

It is with extremely heavy
hearts we announce that Wayne
D Hook passed away peacefully
at Georgian Bay General

Hospital with family by his side. Loving husband
to Annette (nee Robillard). Amazing father to
Allen (Jara), Tim (Christine), Scott (Janet), Luanne
(Rodney), Corrie (Lee), Gordon, and the late J.
Dennis. Adoring Grandpa/Poppa to Jordan, Lauren,
Nikoli, Evan, Jeffrey (Hannah), Eldon, Colin, and
Sean. Recently, Great-Grandpa to Boden. Wayne
is survived by his brother David and sisters Wanda
and Barb. He will be lovingly remembered by
many dear extended family members and friends.

Wayne was born and raised in Penetanguishene,
the second youngest of ten children to Gord and Lily
Hook. He spent his career as a product engineer at
Decor/TRW in Midland. All his life he enjoyed the
great outdoors; camping, fishing, boating, being
at the cottage, feeding the birds and watching the
weather. A multi-talented handyman, carpenter
and woodworker, Wayne created and built many
beautiful projects. He was never without a to-do
list from his wife and kids!

Wayne was an excellent goalie, minor league
hockey coach and manager, baseball ump and
coach, Boy Scout and Cub Leader, and served on
the Burkevale School Board. He encouraged and
applauded all his children's and grandchildren's
education, activities, and sports, instilling in us
strong work ethics, creativity, and especially, a
sense of humour. He never stopped learning and
reading (especially history books), and he loved
music (with a particular fondness for Johnny Cash).
He loved cheering on the Ottawa Roughriders,
the Maple Leafs, and all Team Canada teams.
Wayne enjoyed owning many dogs in his lifetime,
especially Peter, Sandy and Kelsey.

Together, Wayne and Annette set an extraordinary
example of lifelong love. From playing street
hockey together as teens, to dating, to a large
fun family, and then well into their golden years,
they stayed romantic, supportive and committed,
recently celebrating 65 years of marriage.



ARCHER, Dennis Victor

Dennis passed away Jan. 21,
2024 at home with his family
by his side. Dennis, aged 71
on Oct. 1, 2023 was beloved
partner of Linda Desroches for
50 years and dear father of Tanya
(Frank) Krajcar and Trevor. He
is predeceased by his parents

Janet (nee Ritchie) and Alvin Archer & siblings
Helen (Leo) Molto, Bert (Rose), Clair (Marlene),
Grace (Lawrence) Reynolds, Joan, George, Kay
(Bruce) Dundas, He is survived by sister Ruth
Ann (late Jack) Caston and brothers Wayne (Dale),
and Murray (Teresa). Dennis a retired carpenter,
enjoyed playing baseball for many years and loved
looking after his pet dogs during his life.

Cremation has taken place. A Celebration of Life
will be held for Dennis at Port McNicoll Legion on
Sunday Feb.18, 2024 from 1 to 4pm.

In lieu of flowers if desired memorial donations
can be made to Cancer Society, a local animal
shelters or sports leagues.

It is with great sadness our family would like to
share the loss of Dennis on January 21, 2024 at
home peacefully with his family by his side.

He was the love of Linda Desroches's live for
50 years and loving father to Tanya (Frank) and
Trevor. He also loved his grand puppies, Ozzie and
Ammo that he walked every day.

The family will be holding a celebration of life on
Sunday February 18th at the Port McNicoll Legion
from 1 pm to 4 pm. We hope all his baseball
buddies, co-workers, family and friends will be
able to come and share all their memories and say
good bye.

IN MEMORY



**In Loving Memory
of
Rolande
Stephens
who passed away
one year ago.
March 7, 2023.**

*Your presence we miss,
Your memory we treasure,
Loving you always,
Forgetting you never.*

**Always in our hearts, Marie, Bill, Marg,
Peter, Irene, Leo, Dave, Ken, many
grandchildren and great grandchildren.**



**VERSCHSEVE, Cassidy
Rose**

It is with great sadness the
family announce the passing of
Cassidy on January 31, 2024 at
the age of 24. Dear mother of
Damon. Beloved daughter of
Valerie. Loving granddaughter
of Cindy and Don, Steve and

Shelly, and Al. Dear niece of Veronica, Dylan
and Blaine. She will be lovingly remembered by
her cousins, extended family and friends. Resting
at the Penetanguishene Funeral Home on Friday,
February 16, 2024 from 12:00-2:00 p.m. with
funeral service to follow in the chapel at 2:00 p.m.
Interment will take place in the spring. Donations
in memory of Cassidy may be made to the Midland
OSPCA. Memorial condolences may be made at
www.penetangfuneral.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

"Five Generations of Excellence"

SANDERSON MONUMENT CO. LTD.

AGENT: Lynn Stone Funeral Home
15 Yonge St. Elmvale
705.322-2732
www.sandersonmonument.ca

Tompkins &
Heels
Monuments Ltd.

For Quality & Craftsmanship Since 1932

Locally owned and operated
Manufacturer of unsurpassed quality granite.

161 Essa Road
Barrie ON L4N 3L2
www.tompkinsandheels.com
Tel: 705-728-7749
1-800-465-9900
Fax: 705-728-6149
Mon - Fri 9 - 5 • Sat 9 - 1 pm
Evenings available by appointment

IN MEMORY

Donald E. Hocken 1932 – Feb. 25, 1994

*"God gave us memory to give us roses in winter"
In tears we saw you sinking
We watched you fade away,
Our hearts were almost broken
You fought so hard to stay.
But when we saw you sleeping
So peacefully, free from pain,
We could not wish you back
To suffer that again.
Look after him God, don leave him alone,
Because this is his 30th year away from home.
Kenneth Hocken*

Arbor Memorial
Legal Will Guide

Planning
for the future

The best time to plan
for tomorrow is now.
Pre-Planning Director,
Katie Gadd, is dedicated
to helping each family
create final arrangements
that best suit culture,
personal taste and budget.

Learn about the advantages
of planning ahead and receive
a FREE Planning Kit.
Call Katie Gadd
705-728-4344
kgadd@arbormemorial.com

Official
Family
Registry

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



NS Springwater News
in Cancun

Photo above: North Simcoe Springwater News found in Cancun on Feb. 4, 2024 by Editor's cousin Darlene and Norm Crannie, Linda Gillespie and Lana Buchanan.



Tiny Marsh Delights

Photo above: Annie Stroud feeds the chickadees at the Tiny Marsh between Elmvale and Wyevale. Children learn first hand about nature. Annie saw a toad, two swans and a squirrel on Friday Feb. 9, 2024.



Photo above: Lion Scott McLean (on right) was presented, from Lion Jerry Rebidoux (on left), with a chevron award recognizing his 25 year of service to Elmvale Lions. His contributions to the club and community are countless. Thanks for all you do!



MyLife Retirement is coming to the Neighbourhood



Georgian Bay Seniors Lodge is joining the MyLife Community under it's new name – Georgian Bay MyLife Retirement Living

Get ready for a fresh new look, supportive new lifestyle, and a new way to enjoy your retirement, your way! Providing compassionate, comfortable seniors care is an essential keystone of every community, and we're looking forward to bringing a new level of retirement living to the neighbourhood.

- Three fresh meals per day, with entrée options
 - Weekly housekeeping and laundry service
 - Events and activities for the residents
- Heat, hydro, and water
 - Personal Safety Response System monitored by staff 24/7
 - Dedicated Memory Care Unit

705-549-1143 | GeorgianBayRetirement.com
Independent Living • Assisted Living • Memory Care • Respite Care
7 Harriet St, Penetanguishene, ON L9M 1K8

