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Edition 695 | January 16, 2025

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# New Year's Day Levee



Submitted by Helmut Paddags, Jan. 4, 2025.  
Georgian Shores Seniors Club revived the Order of Good Cheer which had been initiated by Samuel de Champlain in 1606. Two of the Board members appeared in period costumes as the chief organizer and the priest who gave the blessing. The event

started with an ice breaker by having each table answer multiple choice question about Champlain's Order of Good Cheer which included regular feasts to raise the spirits of the French settlers during their horrendous winters. The Order was unique because it included all levels of society and

their native allies. Everyone at Georgian Shores Seniors Club enjoyed a sumptuous feast and then the Board presented certificates of membership in the Order of Good Cheer to 70 club members. We look forward to more winter celebrations like this to keep our spirits up while waiting for spring.



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**AMO Homelessness Report Fails to Address Primary Driver: Poverty-Level Social Assistance Rates**

January 10, 2025 (Toronto) - The Raise The Rates Coalition expresses deep concern over the Association of Municipalities of Ontario's (AMO) latest homelessness report, which critically fails to identify poverty-level social assistance rates as a primary driver of the province's homelessness crisis.

"While AMO correctly identifies the growing scale of homelessness in Ontario, their proposed solutions ignore the most immediate cause—social assistance rates that condemn recipients to absolute poverty," says Ron Anicich, co-chair of the Raise The Rates Coalition. "No amount of new housing alone will solve homelessness when Ontario Works recipients are expected to survive on \$733 per month in a province where even a bachelor apartment costs triple that amount."

The Coalition notes that while AMO calls for \$13 billion in new, needed housing investments, they remain silent on the urgent need to raise social assistance rates that have lost over 40% of their purchasing power since the Harris-era cuts of the 1990s. The ODSP rate of \$1,368 per month and Ontario Works rate of \$733 leave recipients with no choice but homelessness or deep housing insecurity.

"AMO's reluctance to address social assistance rates as part of the scope of this research reflects a troubling disconnect from the reality faced by hundreds of thousands of Ontarians," says Anicich. "Municipal service managers across Ontario know that their shelters are filled with people receiving social assistance. They know their housing waiting lists are dominated by social assistance recipients. Yet AMO's report refuses to name this reality."

The Raise The Rates Coalition calls for:

1. Immediate doubling of social assistance rates
2. Automatic annual increases tied to inflation
3. Addition of a housing benefit that reflects actual market rents
4. Recognition by AMO that inadequate social assistance rates are a primary driver of homelessness

"Municipalities cannot solve homelessness while ignoring the poverty enforced by provincial social assistance rates," Anicich emphasizes. "AMO's voice could be powerful in demanding adequate rates. Instead, they've chosen to remain silent about this fundamental cause of the crisis they seek to address."

Raise The Rates Coalition

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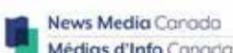
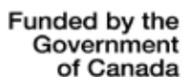
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**Local Guide for Same-Day and Urgent Care Clinics**

**Helping residents across Barrie, Innisfil, Springwater, Essa and Oro-Medonte find the care they need**

Submitted by Barrie and Area Ontario Health Team

January 10, 2025 - The Barrie and Area Ontario Health Team (BAOHT) is helping residents navigate local same-day and urgent care clinic options through a new one-page guide. The resource aims to support individuals and families access timely care when feeling unwell while helping to alleviate pressures on emergency departments, which are currently experiencing unprecedented patient volumes.

"Emergency departments in our region are seeing record-high volumes of patients, making it more important than ever for residents to explore other care options for non-urgent concerns," says Leanne Weeks, BAOHT Co-Chair and Vice President, Clinical and Chief Nursing Executive, Royal Victoria Regional Health Centre. "We're fortunate to have a variety of resources available, from virtual appointments to specialized clinics, that allow people to address their health needs quickly and efficiently. This one-page guide helps residents find alternatives for same-day or urgent care, ensuring they receive timely care while keeping the emergency department available for true emergencies."

Residents with a primary care provider (family doctor or nurse practitioner) should contact their provider's office as a first step when feeling unwell. For those without a primary care provider, the one-page guide outlines a variety of available services to ensure that everyone in the region has access to the care they need without resorting to the emergency department for non-emergency issues.

**Same day and urgent care options**

• **Children's Clinic at the Barrie Community Health Centre:** This weekday clinic provides same-day or next-day appointments for coughs, fevers and flu-like symptoms children aged 0-5 years who do not have a primary care provider. For appointments call 705-734-9690.

• **Huronion Urgent Care Clinic:** Treating patients with non-life-threatening injuries or illnesses. In addition to a wide range of services, the clinic offers on-site radiology, a minor procedure room, splint and cast application/removal, as well as on-site urinalysis, pregnancy and glucometer testing. Visit [huronionurgentcareclinic.com](http://huronionurgentcareclinic.com) for more information.

• **Central Region Virtual Urgent Care Clinic:** Residents can access same-day or next-day virtual appointments with a nurse practitioner for non-life-threatening conditions. To book a virtual appointment, visit [regional-virtual-urgent-care.ca](http://regional-virtual-urgent-care.ca).

• **Pharmacy Services:** Pharmacists are able to prescribe certain treatment options, including for some of the most common medical ailments. Services may vary by location. Contact your local pharmacy to inquire about specific prescriptions and services available. For more info, visit: [ontario.ca/page/pharmacies](http://ontario.ca/page/pharmacies)

• **Emergency Department Minor Ailment Patient Pathway (MAPP) at Royal Victoria Regional Health Centre:** Offering same-day or next-day arrival times for patients to be assessed and treated for minor injuries to a limb (sprain, strain, or

simple fracture etc.), minor symptoms of the flu, cold, or other respiratory illnesses such as RSV or COVID-19, minor symptoms of a potential urinary infection, or skin conditions such as a potential skin infection. To pre-book your arrival time, visit: [rvh.on.ca/emergency](http://rvh.on.ca/emergency).

The BAOHT continues to encourage people who do not have a primary provider to register with Health Care Connect – the provincial program to help people find a local family doctor or nurse practitioner by calling 1-800-445-1822 or visiting the website.

"We know that many residents in our area are struggling without a family care provider, and we're working hard to bridge that gap," says Dr. Chibuikwe Chizea, BAOHT Co-Chair and Physician with the Barrie Community Family Health Organization. "The newly opened Innisfil Nurse Practitioner-Led Clinic has already been a valuable resource that will not only provide primary care but also connect residents to a range of supports, including mental health services, dietitian consultations and rehabilitation therapy."

Located at the Rizzardo Health and Wellness Centre in Innisfil, this clinic is expected to serve more than 3,000 patients and offers services including primary care, registered dietitian consultations, mental health support, physiotherapy and occupational therapy.

To download the one-page guide or learn more about local care options, visit [baoht.ca/unwell](http://baoht.ca/unwell).

**For NORTH SIMCOE Ontario Health Team visit:**  
<https://www.nsoht.ca/local-health-services/primary-health-care/>  
 or call 705-526-7804 x215 to make an appointment

**EDITOR'S NOTES**

The Elmvalle Lab's Holiday hours were published incorrectly in the December 19, 2024 edition of the North Simcoe Springwater News. We regret this error. The labs hours are 7am to 9am.

This winter brings me so much joy and many are out enjoying the winter activities. I would hate winter too if I didn't get dressed warm and go outside every day. It is so important for mental and physical health.

This edition is filled with sports and behaviour of people and municipal politics.

Mental health is an issue we are more aware at this time of year. There are some good resources on health as you flip the crisp pages of the paper version. The website has grown to 623 daily visits remaining on site for average 15 minutes. On Jan 7 and 8th there were 2,244 daily visits so folks are reading online as well.

Stay safe and stay positive, we are in this together!

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# 'Stop the Build' stopped once more with Tiny referendum request

By: Derek Howard, Local Journalism Initiative Reporter, Source: MidlandToday.ca  
Jan 09, 2025

Tiny Township 'Stop the Build' opposition to the incoming administration centre seems to have suffered a major defeat.

On Wednesday evening, group members learned their hopes that a referendum might be ordered by the province just isn't happening.

Citing concerns of ice-age grass as a species-at-risk, the 'Stop the Build' group fought to halt the project. In October, a petition with nearly 7,700 names was submitted to the province asking for support in their request for a referendum.

In December, it was denied.

The response letter from Municipal Affairs and Housing Minister Paul Calandra was included in the recent committee of the whole meeting, and a deputation early in the meeting by resident Borys Kowalsky focused on the final paragraph from the letter. "Elected municipal officials are accountable to their residents for their decisions. I encourage the Tiny Township Council and its residents to continue their dialogue and work together to reach a resolution on this matter," wrote Calandra.

Kowalsky pleaded with council to consider a compromise with the opposition, and when asked by Coun. Dave Brunelle what would be an alternative to a referendum, Kowalsky reiterated that a referendum would be best but public information sessions at an arena could suffice.

Later in the meeting, Brunelle sided with Kowalsky's interpretation and read a prepared

question asking if council recognized a need for resolution on the matter.

Other members of council disagreed with interpretations of the final paragraph by Brunelle and Kowalsky, and instead listed the ways they had gone out of their way to engage with residents since the process began including making studies available before being required, and lowering design costs of the project as per opposition concerns. "Who do you believe and who has credibility?" asked Coun. Kelly Helowka.

Helowka took issue with Brunelle's citing of the petition, noting that names outside the township including from Korea invalidated its credibility. He went on to state that various residents, "friends and relatives" and named businesses had been intimidated, "harassed and hounded" into signing the "so-called" petition.

Mayor David Evans prompted Brunelle to put forward a motion to wrap up the discussion, and a request for a town hall "for proper engagement" was made. As the motion required a seconder to move forward, no other council member stepped up, and the motion lay dead on the floor.

The current municipal chambers at 130 Balm Beach Road West was built in 1967; efforts were made in 2014 to explore a new municipal facility to replace it as it reached its end-of-life. Current council approved a new administration centre to be built at 255 Concession 9 East, anticipated for completion in 2027.

However, opposition was strong as some residents saw the project as an unnecessary increase to their taxes. Led by resident Karen Zulynik, protests

began in October 2023 and continued with in-person delegations at nearly every council meeting.

A social media page was established as the hub for opposition, sometimes including heated rhetoric which had been called cyberbullying by those on council, which Zulynik stated were from individuals she had never met, countering it was she who was the victim of cyberbullying.

Opposition also increased. Residents poured through documents and reports, scrutinized budgets for unclear items and looked to outside help for their cause to stop the build. Frequently, they claimed their voices to stop the build were not being heard by council members.

Some members of council engaged protesters within the events for dialogue, including Evans and Coun. Steffen Walma. However, the opposition stated they felt Brunelle was the only one to listen to their pleas, and often applauded his statements in chambers, hugged him during recesses and hushed when he asked them to be respectful.

A demand for public engagement was made in spring of 2024, which had already been scheduled on a roadmap for the project. To accommodate, township staff bumped up the proposed town hall engagement and increased it to a three-day public engagement series which was derided by the opposition.

The declined referendum response from Minister Calandra 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.



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# Elmvale U13 LL2 Wrap Up First Half of the Season

The 2024-2025 season is in full swing for the U13 LL2 Elmvale Coyotes team, sponsored by BC Roofing and Sheet Metal. Between the pipes this year is the formidable James (#1), who has been known to stand on his head when peppered with shots. Forwards Nicholas (#5), Shawn (#7), Russell (#10), Ivan (#11), Parker (#12), Jaxon (#14), Cohen (#15), and Nathan (#16) are skating hard, while working on their passing and shooting, as they find the back of the net. The defensive lines of Maks (#2) and Evan (#3), Giovanni (#4) and Noah (#6), and Wyatt (#8) and Porter (#9) are battling at the boards and applying pressure in the defensive zone.

The season started with a bang, with seven straight wins against Collingwood Blues 2, Elmvale Coyotes 1, Clearview Canucks 1, Clearview Canucks 2, and the Essa Eagles. This team met their match against Collingwood Blues

1, falling to this mighty team for both of their home-and-home games. A third loss for the team, this time against Clearview 2, forced the team to get their heads back in the game, allowing them to come back for two more wins to finish the first half of the season. The boys would like to send a very special shout out to Henry, the stowaway cat (who will never fall asleep in a hockey bag ever again) for being their special mascot in Essa; his surprise dressing room appearance had the boys in his-sterics and feline good, which we know helped in their 5-1 win.

In the middle of regular season play, this Elmvale team played in the Orr Lake Hat Trick Tournament at the end of November. They began by tying Penetang, followed by a 3-1 loss to New Hamburg, finishing round robin play with a win against Clearview. It was a tight pool, and they had to wait for another game to finish before it was

determined that they did not move on. It was a great learning experience for the boys, as this was only their first tournament of the year.

While there are many players who are new to each other on this team, the boys are working hard and gelling well, on and off the ice. This team shows up and work hard for Head Coach Chris Jacobs, Assistant Coaches Evan Bates and Daniel Holden, and trainer Jeff Willett. Manager Jennifer Gilchrist rounds out this incredible crew with her behind-the-scenes work of keeping the team organized.

The Elmvale Coyotes LL2 team finished the first half of the season with a record of 9-3-0, and have been reseeded into Division A for the second half of the season. With three tournaments still to come, this team will work hard with the hopes of having continued growth and success. Keep working hard, boys!



The Elmvale Coyotes U13 LL2 team showing their support for Juvenile Diabetes

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## 2024 Boxing Day Bonspiel

The Elmvale Curling Club hosted the 2024 Boxing Day Bonspiel the day after Christmas. Eight teams battled for the Morley Lyons Memorial Trophy, annual presented to the winning team.

Team Turner, for the second consecutive year, were a perfect 3-0 to win the big prize plus steaks for the BBQ. Team Madore came second and also were rewarded with steaks.

This annual event started as a family day back in the 1960's and has been one of the Curling Club's biggest success stories over 60 years!

Thanks to all the teams and visitors who supported the Club on December 26th.



Photo above: Team Turner included Paul Agar, Trent Turner, Tyler Turner and Terry Archer.

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# Plot thickens: Springwater CAO resigns after landing new role with City of Barrie

By: Wayne Doyle, Local Journalism Initiative Reporter, Source: BarrieToday.com  
Dec 30, 2024

Springwater's chief administrative officer is leaving the township to take on an executive role with the City of Barrie.

Scott LaMantia, the city's manager of marketing and communications, told BarrieToday in an email on Monday that Schmidt has been hired for the role of general manager, community and corporate services.

Schmidt's resignation has caused concern among some Springwater councillors because, as the township's chief executive, he has been immersed in the City of Barrie's boundary expansion plans into Springwater and Oro-Medonte townships.

Springwater council was originally scheduled to discuss Schmidt's resignation at a meeting on Jan. 2. However, four members of council petitioned for a special closed session meeting that was held at the township's administration centre this past Friday.

"Prior to resolving into closed to discuss the resignation of CAO Schmidt, it is important to note that a meeting was scheduled at the request of myself, the Office of the Mayor, on Thursday, Jan. 2," Springwater Mayor Jennifer Coughlin said in her open session preamble Friday, before council resolved into closed session. "That meeting was scheduled to discuss the pending decisions of council to effectively transition our corporation forward in a timely manner and was set with both outreach to all members of council in consideration for the approved office closure by this council, weighing the significance of the situation," she added. "The petition to call an alternative meeting by four members of council, in my opinion, is done so with the illusion of urgency and the suggestion of necessity and yet again reactive, first to the office of the elected mayor and secondly, fuelled by the City of Barrie."

Coughlin said she would "reluctantly resolve into closed" session, but not without first acknowledging the many staff members who gave up a portion of their holiday break to facilitate the meeting. "It is my opinion that this meeting is untimely and unfounded," she said. "Abruptly altering the course of this meeting out of spite, whether towards me, CAO Schmidt or the City of Barrie, is unwarranted." Deputy Mayor George Cabral disagreed. "To suggest this is out of spite in any way shape or form, I don't think that's an appropriate comment to make and I'm just saying I'm disappointed in that," Cabral countered after the mayor finished speaking. "Given the nature of this matter and given the timing of this matter, and yes, it's unfortunate, but it's also urgent to deal with it, in my opinion," Cabral added.

He was not alone. Councillors Anita Moore, Danielle Alexander and Phil Fisher were on the same page. "Given the sensitive nature of the current annexation situation with the City of Barrie, I fully supported the expedited special session of council," Alexander said in an email to BarrieToday. "It is imperative that the manner of Mr. Schmidt's departure from the township be dealt with swiftly and professionally."

Fisher thought a meeting was required out of a sense of urgency and necessity. "When a CAO or any senior member leaves an organization, it is imperative to have that position filled and a contingency plan in place." Fisher wrote in an email to BarrieToday. "Letting time pass by and not dealing with this situation urgently is poor leadership and understanding of the situation at hand. "Having our CAO depart and go to the City of Barrie, given the situation, we are finding ourselves in with our land boundary discussions is also of some major concern," he added.

Moore said the mitigating circumstances around Schmidt's resignation required the special meeting. "I agree that (the) timing was complicated, but the situation is also complicated with mitigating

circumstances not normally part of an average resignation," Moore said in an email to BarrieToday. "Had the CAO not been part of intimate conversations with the City of Barrie and the provincial facilitator, this may have played out differently. "In order to protect all parties and the process, whether real or perceived, the move to call an urgent special meeting Dec 27, 2024 was warranted," she added.

Moore said it was "critically important" to put a plan in place quickly to ease staff and resident concerns, ensure business continuity and have as little distraction and disruption as possible while recruiting a new CAO.

Forbidden to discuss the details of the closed session meeting, Moore characterized it as "productive." "This meeting was extremely productive with many important discussions and decisions made, which provided a positive way forward for all involved," Moore said.

Coun. Brad Thompson didn't share Moore's view. He said the meeting didn't accomplish anything. "Nothing was accomplished today that could not have been looked after on Jan. 2," he said in an email to BarrieToday on Friday evening. "The drama that four members of council caused today was unnecessary."

Coun. Matt Garwood agreed with Thompson. "While I fully support the importance of convening to determine the best course forward for Springwater, I expressed concerns regarding the timing of the meeting," Garwood said in an email to BarrieToday. "Our residents benefit most when our team has had the chance to recharge and spend quality time with their families. "I still believe that scheduling the meeting once business resumes on Jan. 2, 2025, would have been appropriate and allow us to achieve our objectives effectively," he added.

Coming out of the closed session, it was resolved that the mayor and staff proceed as directed in closed and staff report back at the Jan. 2 special meeting of council on next steps.

## Springwater's outgoing CAO says he never left township 'high and dry'

By: Wayne Doyle, Local Journalism Initiative Reporter, Source: BarrieToday.com  
Jan 03, 2025

Faced with a gaping hole at the top of its executive food chain, Springwater Township council took less than a minute to rectify the situation Thursday afternoon.

During a special session of council that started at 4:30 p.m. and wrapped up one minute later, Springwater council appointed Doug Herron, currently the township's director of planning and development services, as interim chief administrative officer and Greg Bedard, currently the director of finance, as the township's interim deputy chief administrative officer. Both positions take effect immediately.

The appointment bylaws will be presented at the Jan. 15 meeting of council.

Herron and Bedard were appointed to their temporary roles following the departure of Springwater Township's chief administrative officer Jeff Schmidt, who resigned his position to take on the role of general manager of community and corporate services with the City of Barrie. "I provided my resignation to Springwater on Dec. 19, which included six weeks of notice," Schmidt said in an unsolicited email to BarrieToday on Thursday evening. "My last day was scheduled to be Jan. 31."

According to Schmidt, his contract with Springwater required a minimum four-week notice if he was planning to vacate his role.

Schmidt's decision to join the City of Barrie while Springwater Township and Oro-Medonte Township were in the middle of a dispute with the city regarding its boundary expansion plans caused serious consternation among some township councillors.

A meeting to discuss Schmidt's resignation was originally scheduled for yesterday (Jan. 2), but four

township councillors felt it necessary to deal with the resignation earlier and called for a special closed-session meeting on Dec. 27. "Prior to resolving into closed to discuss the resignation of CAO Schmidt, it is important to note that a meeting was scheduled at the request of myself, the Office of the Mayor, on Thursday, Jan. 2," Springwater Mayor Jennifer Coughlin said in her open-session preamble at the Dec. 27 meeting, prior to council moving into closed session. "That meeting was scheduled to discuss the pending decisions of council to effectively transition our corporation forward in a timely manner and was set with both outreach to all members of council in consideration for the approved office closure by this council, weighing the significance of the situation," she added.

Coughlin said she felt the special closed-session meeting was called with "the illusion of urgency and the suggestion of necessity."

Not everyone on council agreed. "We have been in discussions surrounding the land-boundary adjustment for some time and our CAO (Schmidt) has been at the forefront of these discussions," Coun. Phil Fisher said in an email to BarrieToday. "I will not speculate on how this could negatively impact our municipality, however it is something that we as a council should be very cognizant of."

Coun. Anita Moore also had concerns. "Had the CAO not been part of intimate conversations with the City of Barrie and the provincial facilitator, this may have played out differently," she said in an email. "In order to protect all parties and the process, whether real or perceived, the move to call an urgent special meeting Dec. 27 was warranted."

According to Schmidt, when he tendered his resignation on Dec. 19, he also advised township officials that he was removing himself from all City of Barrie discussions moving forward. "There was a

meeting with the provincial facilitator on or about Dec. 23 that I did not attend," Schmidt said.

He noted that after the Dec. 27 closed-session meeting, which he did not attend, he was asked if he would allow the township to waive his working notice period, which he agreed to, provided the township honour and provide his full compensation. "I didn't leave Springwater 'high and dry,' as suggested by some," Schmidt said. "Nor should they have been caught 'off-guard'. "I provided ample notice for them to transition," he added.

Schmidt said he was planning on staying with the township until the end of January to assist them through this transition. "I acted in a professional and ethical way," he said. "To suggest otherwise is 100 per cent incorrect."

Schmidt's interim replacements are both relatively new to the township. Herron was named director of planning and development services on Feb. 5, 2024, while Bedard was named director of finance on May 7, 2024.

Herron has more than 20 years of experience, primarily with the Town of Wasaga Beach, including five years as the director of planning and economic initiatives. He 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.

Bedard has more than 10 years of experience in municipal finance, including his last role, director of finance at the Township of Minden Hills. He holds a bachelor of commerce degree with a specialization in accounting and public management. Additionally, he is accredited as a Certified Municipal Revenue Professional (CMRP) and is currently pursuing certification as a Chartered Professional Accountant (CPA).



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# Public Engagement for the Draft Dynamic Beach Management By-law

By Township of Tiny, January 8, 2025  
 TAKE NOTICE that the Township of Tiny is hosting two (2) hybrid Public Information Centres (PICs) to seek input on the township's draft Dynamic Beach Management By-law and related updates to the township Zoning By-law 22-075 and Official Plan.

The Dynamic Beach Management By-law is intended to sustainably manage development activity in the township's shoreline area to protect the natural features of Tiny's dynamic beaches. Prior to this by-law being drafted, the township had enacted an Interim Control By-law that prohibits the erection of any structure, fence, or sign, and alteration of the shoreline throughout the duration of the Interim Control By-law.

During the PICs, there will be a presentation that outlines a brief overview of the project milestones, and we will seek feedback on the draft Dynamic Beach Management By-law and associated updates to the township Zoning By-law and Official Plan.

Anyone interested in participating can join us in the Council Chambers or on Zoom. The Zoom link for each PIC will be made available on the homepage of our website at [www.tiny.ca](http://www.tiny.ca) – through this link you will be able to ask questions or provide feedback virtually on the draft Dynamic Beach Management By-law.

For those that just want to watch the presentation, you can view the livestream or a recording of the PIC will be made available after the session on

the township's YouTube channel.

The meeting dates and information are as follows:

- Public Information Centre No. 1 – Hybrid**
- Date: Monday, February 3, 2025
  - Time: 6:00 p.m. - 8:00 p.m.
  - Location: Township of Tiny Council Chambers, 130 Balm Beach Road West
  - Virtual: The Zoom link will be posted on the day of the meeting at [www.tiny.ca](http://www.tiny.ca)
  - Watch the presentation on our YouTube channel: <https://www.youtube.com/@TinyTownshipLive>

- Public Information Centre No. 2 – Hybrid**
- Date: Tuesday, February 4, 2025
  - Time: 2:00 p.m. - 4:00 p.m.
  - Location: Township of Tiny Council Chambers, 130 Balm Beach Road West
  - Virtual: The Zoom link will be posted on the day of the meeting at [www.tiny.ca](http://www.tiny.ca)
  - Watch the presentation on our YouTube channel: <https://www.youtube.com/@TinyTownshipLive>
- More information about the Dynamic Beach By-law project is available at [www.tiny.ca/InterimControl](http://www.tiny.ca/InterimControl). The Township of Tiny continues to seek feedback from the community through the dedicated project email at [interimcontrol@tiny.ca](mailto:interimcontrol@tiny.ca).
- For more information: Planning and Development Department E: [interimcontrol@tiny.ca](mailto:interimcontrol@tiny.ca) T: 705 526-4204

## AGING WITH DIGNITY

By Brian Belcourt, Reporter NS Springwater News Jan. 11, 2025

As our population grows older, senior citizens face different challenges in their lives. From 1991 to 2021 our life expectancy increased by 5 years, from the average age of 77 to 82 years old. There are many factors that can impact life expectancy. The reason for the increase in life expectancy are life style factors. Factors may include better diets, more exercise, your environment you live in such as exposure to stress, access to health care new medication and medical care procedures, public health such as improved food and water, less exposures to infectious diseases has been.

Longer life expectancy allows us to have longer retirements which can include more travel, vacations and to be involved in our favorite hobbies we enjoy, but also has more challenges such as loss of strength, visual or hearing impairments, dental issues, weaker immunity and greater risk of getting a critical illness.

As of July 1, 2023, 18.9% of Canada's population or about 7.6 million people were 65 years of age or older. By 2030 the percentage 65 and older people will be between 21% and 24%. A large number of Canadian's are concerned about retirement expenses, to cover their lifestyle expenses, medical expenses and living care expenses. Depression and anxiety are

common mental health issues in seniors in Canada. They can be caused by stressful life events, loneliness and physical health issues.

As you get older your brain loses matter. Fluid Intelligence which is the ability to think and solve problems without relying on prior knowledge starts to decline around 30 years of age and can become significant by the age of 70 or 80. This why it is harder for some seniors to learn new things later in life. Fluid intelligence can be managed with brain training games, puzzles learning new things. Crystallized Intelligence is the knowledge and skills that a person has acquired through their life experiences and education. Crystallized Intelligence increases with age but may decline in the mid seventies.

When Fluid intelligence declines it makes it harder for seniors to recognize fraud scams like free prizes, emergency request, service and romance request. It is important to monitor and look for signs of a change in behavior or changes to daily routines, these could be signs of elder abuse. Crystallized Intelligence enables seniors to complete daily task such as paying bills, but also allows them to complete the fraudulent activities.

When preparing for retirement, plans should be made for when we are no longer able to complete daily tasks. You should have a professional support team that may include lawyers, accountants and financial advisors. Your plan should also include support from family members, friends and neighbours.

A power of attorney should be in place in case of medical or financial needs. A professional network should be used to setup the power of attorney as it can be setup in many ways to address different

issues. The POA can be anyone, dose not have to be a professional, and can be a family member or friend. It can be setup to take affect when your no longer able to complete daily tasks or can be setup if you're traveling or working overseas to look after your banking at home.

Elder Abuse is an unfortunate reality. It can be monetary or resources of the senior, psychological, sexual or physical abuse. It is important to have a network which can be a friend, neighbour, healthcare worker or other person to notice if a elder is being abused.

Often seniors are reluctant to report abuse for fear of retaliation, dependence on the abuser for food, shelter, clothing and health care, afraid they will be put in an institution. Pride and embarrassment are also factors. When a senior is in a Long-term home, it is the law to report abuse to Long-Term Care Family Support and Action Line 1-866-434-0144. When the victim of elder abuse does not live in a long-term care home or retirement home, the law does not require anyone to report the abuse. Victims or anyone else who suspects elder abuse, can report their concerns to the police or social services. People can report abuse to Crime Stoppers at 1-800-222-8477. Victim's family members and services providers can call trained counsellors who can assist with elder abuse at the Seniors Safety Line 1-866-299-1011.

As the population demographics of seniors in Canada grows, more pressure is being put on housing and social services, it is important to have a plan in place to deal with challenges one will face in their senior years.



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**SPRINGWATER LIBRARY**

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 Minesing Branch: 705 722-6440  
[www.springwaterlibrary.on.ca](http://www.springwaterlibrary.on.ca)

**New Hours**  
 The Springwater Township Public Library Board is happy to announce that Elmvale and Midhurst branches will be opening on Monday mornings at 10 a.m., starting on Monday, January 27 which is also Family Literacy Day. Currently, the library opens at 1:00 p.m. on Mondays, and at 10:00 a.m. Tuesday through Saturday.

**EarlyON Stay, Play and Learn**  
 This preschool program for ages 0-6 and their caregivers will run once a week Wednesdays 9:30am-12noon at Elmvale Branch. Pre-registration is required at [earlyonsimcoenorth.ca](http://earlyonsimcoenorth.ca). For questions you can call (705) 526-2456.

**Adult Book Bingo**  
 Can you beat the adult winter reading challenge? Complete a bingo card line to be entered to win fun prizes! Participants must be 18 or older to qualify for the draw. This book bingo program runs until Friday February 28. The bingo card is available online through our ReadSquared app here: <https://springwaterlibrary.readsquared.com>

**Drop-in Cork Animals**  
 This DIY craft uses felt and corks to make a cute critter of your choice. Available while supplies last. Thursday January 16 at Elmvale and Midhurst Branches. Cost: Free.

**Creative Adults: Tape Resist Art**  
 Join us to create your own tape resist canvas art. Tuesday January 21, 2pm at Elmvale Branch. Cost: \$10. Registration required.

**Teen Book Boxes**  
 Sign up to receive a teen book box filled with fun and mystic goodies and some fantasy library books! Each box will contain two library books that need to be returned, and a bunch of fun freebies to keep! Registration is required.

**DIY Vision Board Midhurst**  
 Do you have big goals for 2025? Did you know that research suggests that by creating a vision board it can help us more easily reach our goals? Come out and meet/chat with some like-minded people and make those goals a reality this year! Tuesday January 21, 5:30pm at Midhurst Branch. Cost: Free. Registration required.

**Make a Neck Gaiter**  
 Using Canva and our sublimation printer stay warm this winter with your own custom neck gaiter. Thursday January 23, 6pm at Midhurst Branch. Cost: \$5 per participant. Registration required.

**Your Own Picture Book Workshop PA Day Program**  
 This workshop will teach kids about story structure and act as an intro to creative writing and illustration. Each child (or group) will write their own original story and draw the corresponding pictures. The original work will be bound by hand into a small picture book. After the program the work of each participant will also be digitally compiled by library staff and a finalised copy will be emailed to them. As a fun bonus one finished book from each library will be selected to be printed and catalogued by the library for public checkout! Friday January 24, 1pm-3pm at Elmvale Branch. Cost: Free. Registration required.

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48				49					50		

- Across**
- 1 Main
  - 4 Tosses in
  - 8 Light-colored wood
  - 11 Regatta ripple maker
  - 12 Falter
  - 13 Windy city, for short
  - 14 Fair \_\_\_ doctrine
  - 15 Exec's note
  - 16 Prince Edward Island soil color
  - 17 Bound
  - 19 Scouts' "Be Prepared," for one
  - 21 "You got that right!"
  - 23 Footnote note
  - 26 Refused entry
  - 29 Finish second
  - 30 Choose by vote
  - 31 Once \_\_\_\_, twice shy
  - 32 Metallica "Nothing \_\_\_ Matters"
  - 33 Willow, for example
  - 34 Extremely
  - 36 Pac-Man's lunch
  - 40 It's often cured
  - 42 Arouse from sleep
  - 44 Expression of understanding
  - 45 Become older
  - 46 Spark
  - 47 Some people take it to relax
  - 48 Groundskeeper's supply
  - 49 Hideout
  - 50 Drop in on

- Down**
- 1 Pickett's music
  - 2 Free from pain
  - 3 Field of knowledge
  - 4 Ready for battle
  - 5 Considered
  - 6 Imp
  - 7 Coin hole
  - 8 Flipper
  - 9 How you might refer to your car affectionately
  - 10 Concealed
  - 18 Kind of post at USPS
  - 20 Took part in a joust
  - 22 Bumped into
  - 24 Word with hockey or bucket
  - 25 TV room
  - 26 Bumble \_\_\_
  - 27 Tell- \_\_\_ memoir
  - 28 Continued
  - 29 Bake sale purchase
  - 31 Slows down
  - 33 Exchange
  - 35 "Identical" sibling
  - 37 They may be wild
  - 38 Prayer pronoun
  - 39 Balanced
  - 40 Dupes
  - 41 ". . . \_\_\_ in a galaxy far, far away. . ."
  - 43 Have a good meal

## Township of Tiny secures agreement with Penetanguishene Public Library

Submitted by Township of Tiny, January 9, 2025  
 The Township of Tiny has established a new library services agreement with the Penetanguishene Public Library for 2025. Tiny residents can obtain a non-resident library membership for their household at one of the following libraries: Midland, Penetanguishene, Springwater, or Wasaga Beach. The township has agreements in place with the Midland, Penetanguishene, and Springwater libraries for library services in 2025. These agreements are between the township and the specific library to provide seamless services for our residents and will not require any money to be paid up front by residents at these three locations to obtain a library membership. Residents can still choose the Wasaga Beach library as their household's library of choice but will need to seek reimbursement for the membership fee from the township. Staff will continue to work with Wasaga Beach's library team and hope to establish a similar agreement. Note that residents can choose one library per household, and all members of that household can go to that library. Library memberships are limited to one per household in total, not a membership at each library. For more information about library services, visit [www.tiny.ca/libraryservices](http://www.tiny.ca/libraryservices).

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**Sinus Infections (sinusitis)**

Sinusitis is caused when the thin lining of the nasal cavity becomes infected and swollen, leading to stuffy nose, pain and pressure in the face and yellow or green discharge. Most sinus infections do not need to be treated with antibiotics as they are mainly caused by viruses, not bacteria.

For symptom relief, you can take an over-the-counter pain reliever like ibuprofen or acetaminophen. Oral decongestants like pseudoephedrine and phenylephrine can be taken but should be avoided in people with high blood pressure. There are many nasal sprays available. Saline (salt water) nasal sprays can be used to rinse out your sinuses a few times a day (this is also helpful for prevention). Use of decongestant nasal sprays (i.e. Otrivin) should be limited to 3-5 days to prevent rebound congestion. Steroid nasal sprays (Flonase, Nasacort) are very effective to reduce swelling and inflammation and are now available without prescription.

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# Annie's Journal

by Annie Warner Donnelly

Hello Everyone. Which comes first: honour or humility? In Proverbs 15:33, we read that "humility comes before honour."

According to American author, Ellen G. White: "Humility is essential. The Lord can work most effectively through those who are most sensible of their own insufficiency, and who rely upon Him as their leader and source of strength. He will make them strong by uniting their weakness to His might, and wise by connecting their ignorance with His wisdom. If they would cherish true humility, the Lord could do much more for His people." (Patriarchs and Prophets, p. 553)

What is humility? Part of the Canadian Oxford Dictionary defines it as "not proud; having or showing a low or modest estimate of one's own importance." One aspect of humility is believing that all members of mankind have been created equal and that each one has something to offer to us if we take the time to listen.

Stephen R. Covey, author of "7 Habits for Highly Effective People" wrote: "To relate effectively with

a wife, a husband, children, friend, or working associates, we must learn to listen. And this requires emotional strength. Listening involves patience, openness, and the desire to understand - these are highly developed qualities of character. It is so much easier to operate from a low emotional level and to give high-level advice." (p.37)

Who needs us to listen to them today? Do we need to ask God, today, to help us increase our humility? Do we need to ask Him for patience? Do we need to learn how to be open? Do we need to develop our desire to understand? How would humility help us with our most difficult relationships and add value to the relationships we cherish most?

It's a new year. It's always possible to create a happier ending. We know who created the world and we know the world doesn't revolve around us. Do we have the emotional strength to maintain humility in our character; and the patience, openness, and desire to understand that listening requires? It will make our lives, and our world, a happier place. Let's get good at it. Amen.

## Problems with Alcohol

Jan. 12, 2025

*"First the man takes a drink; then the drink takes a drink; then the drink takes the man."*

~ Japanese Proverb

Alcoholism is an insidious disease. It adversely affects the life of the drinker, as well as his or her family. Many people think of alcoholics as people who start their day with a drink and are falling -down drunk by four o'clock. If they are not like this, they think they are not alcoholics. Others think they cannot be an alcoholic because they only drink beer.

Alcoholism is a dependency on alcohol, and it can take many forms. Some alcoholics do not drink every day, but when they do, they cannot stop.

The Mayo Clinic has developed a list of signs that indicate that drinking is out of control: drinking alone or in secret, not remembering conversations or commitments—sometimes referred to as "blacking out", making a ritual of having drinks before, with or after dinner and becoming annoyed when this ritual is disturbed or questioned, losing interest in activities and hobbies that used to bring pleasure, irritability as usual drinking time nears, especially if alcohol isn't available, keeping alcohol in unlikely places at home, at work or in the car, gulping drinks, ordering doubles, becoming intoxicated intentionally to feel good or drinking to feel "normal", having legal problems or problems with relationships, employment or finances.

Excessive drinking is associated with impaired mental functioning, liver disorders, gastrointestinal problems, heart disease and stroke, lung disorders, and increased cancer risk. It also increases the likelihood of other addictions.

If you recognize you have this problem, or if others in your life are telling you that your drinking is a problem, it is time to do something about it. Left untreated, alcoholism can be fatal to one's relationship, career and even life itself.

Talk to your doctor or begin attending Alcoholics Anonymous. The first step to healing is recognizing the problem. If you are recognizing yourself as you read this, do not ignore that inner knowing. Your life could depend upon it. If you are a friend or relative of an alcoholic, consider joining AL-ANON (See my website [www.gwen.ca](http://www.gwen.ca) for information on obtaining my Healing Addictions hypnosis recording.)

*Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, audio recordings or to read other articles visit [www.gwen.ca](http://www.gwen.ca). Follow Gwen on Facebook for inspiration.*



### WATERSIDE RETIREMENT LODGE FRIDAY SENIOR STANDINGS @ ELMVALE CURLING CLUB

	RECORD	POINTS
TEAM MADORE	1-0-1	7.5
TEAM MURPHY	1-0-1	7.0
TEAM KENNEY	1-1-0	7.0
TEAM DON	1-1-0	6.5
TEAM ALLEN	0-0-2	6.5
TEAM SCOTT	1-1-0	6.5
TEAM HUTH	1-1-0	6.0
TEAM JOHNSTONE/BELCOURT	1-0-0	4.5
TEAM TOWNES	1-1-0	4.5
TEAM McCLUNG	0-2-0	3.0
TEAM MARSHALL	0-1-0	1.0

### News & Events at the Penetanguishene Public Library

24 Simcoe Street 705-549-7164

[www.penetanguishene.library.on.ca](http://www.penetanguishene.library.on.ca)

#### Tiny Township Patrons

The Penetanguishene Public Library has established a new library service agreement with Tiny Township for 2025. This agreement provides seamless services for the residents with no upfront payment for memberships. It's time to renew or join the library for free.

#### Book Club

Book Club will continue in 2025 starting February 6th at 4:00pm and we will be discussing 'The Art Thief: a true story of love, crime and a dangerous obsession' by Michael Finkle.

#### Spanish Classes

6 weeks - 3 levels. All classes are from 1:00-1:45. Cost: \$40.00 members, \$60.00 non-members. Level 1: Fridays, Jan 24- Feb 28 Level 2: Tuesdays, Jan 21- Feb 25 Avanzado- nivel 3: Jueves, enero 23- febrero 27

#### Beginners Macrame

Thursday, January 23, 2025, 10:00am-11:00am, \$5.00 members, \$7.00 non-members Non-refundable, non-transferable. Make a macrame keychain. Ideal for beginners. Register in person with your valid library card.

#### Paint a Squishmallow

January 27 at 4:00, \$5.00 members, \$7.00 non-members Non-transferable, non-refundable. Ages: 4-14. Please bring your own Squishmallow

#### Paint a Fancy Straw Hat

January 30th 2025 from 10:00-11:00, \$10 members, \$15 non-members All supplies Provided. Choose one style to paint.

#### Reading Challenge 2025 – Around the World in 12 Books

Not sure what to read this year? Participate in the Reading Challenge Around the World in 12 Books and learn about different cultures. Fill out a ballot for each book you read. There will be a draw at the end of the month. Happy reading!

#### Adult Reading Bingo

Step by the library to pick up an Adult Reading Bingo Card for a chance to win a \$50 gift card from Foodland. Contest closes February 28, 2025.

#### New to the Library :

Wye Marsh Passes, members can check out Wye Marsh passes for three days. (2 adults, 3 children) This program is in partnership with the Wye Marsh.

Provincial Park Passes 2025, Once again, you can borrow a Provincial Park Pass at the library for one week.

We also have snowshoes, walking sticks, and backpacks for your hike that can be checked out with your library card.

## County accepting applications for its 2025 Tourism, Culture and Sport Enhancement Fund

By County of Simcoe

Midhurst/January 10, 2025 – The County of Simcoe is now accepting applications for its 2025 Tourism, Culture and Sport Enhancement Fund. This year, County Council has allocated \$400,000 to help fund projects or experiences that will benefit regional tourism, culture, and sport.

The 2025 funding will support and enhance tourism, culture, and sport in Simcoe County by:

- Investing in initiatives that promote awareness, access, participation and appreciation of the diverse tourism, culture and sport offerings within the County of Simcoe
- Encouraging industry collaboration and partnerships

- Enhancing the visitor experience by supporting innovative and accessible programming

- Contributing to the County of Simcoe's overall economic health and sense of place

"The County of Simcoe remains committed to strengthening our local community and economy by investing in businesses and organizations that highlight the wide array of tourism, cultural, and sports opportunities available throughout our region," said Warden Basil Clarke. "Simcoe County has a deep-rooted connection with our tourism industry, and through Tourism Simcoe County, we are proud to continue supporting the growth and success of this sector."



**Jo Knows Nutrition**  
by Joanne Nijhuis

# CURRIED PEA SOUP

## A DIETITIAN FAVOURITE FOR COMFORT & NUTRITION



Cozy up to a bowl of curried pea soup that is as healthful as it is delicious. Loaded with plant-based protein, fibre and warming spices, this beloved recipe transforms simple peas into a nutrient-dense powerhouse meal. Whether you are seeking a comforting supper or a make-ahead lunch, this hearty soup is a must try while the snow flies.

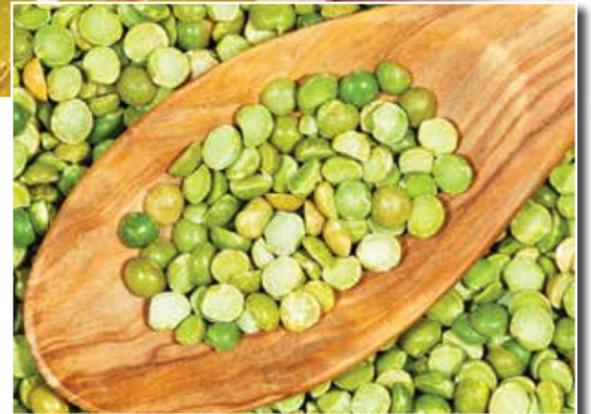
### DID YOU KNOW?

Eating high-fibre foods like peas has been linked to improved digestive health. Peas also serve as a source of protein, vitamins A, C, K, potassium, iron and magnesium. Curry, a staple in many cuisines around the world, isn't just a flavourful addition to your meals – it's packed with numerous health benefits. The spices used in curry, such as turmeric, coriander and cumin are loaded with antioxidants. These compounds help protect the body from many chronic diseases. Curry spices also aid in digestion, boost immunity and promote heart health.

### INGREDIENTS

- 1 tablespoon (15 ml) olive or avocado oil
- 2 carrots, diced

- 2 celery stalks, diced
- 1 medium onion, diced
- 3 garlic cloves, minced or ¾ teaspoon (3.75 ml) garlic powder
- 2 cups (500 ml) dried split green peas or 4 cups (1000 ml) frozen peas
- Vegetable, chicken or beef broth - 6 cups (1500ml) if using split green peas or 4 cups (1000 ml) if using frozen peas
- 1 cup (250 ml) coconut milk, optional
- 1 ½ Tablespoons (23 ml) curry powder
- 1 teaspoon (5 ml) turmeric
- ½ teaspoon (2.5 ml) ground cumin
- 2-3 Tablespoons (30-45 ml) fresh lemon or lime juice, optional
- Salt and pepper, to taste
- Fresh cilantro for garnish, optional



- 3. Bring to a boil. Lower heat and simmer until the peas are very soft.
- 4. Season with salt and pepper to taste.
- 5. Ladle the hot soup into bowls and top with a garnish of cilantro if desired.

### ENJOY!

Joanne Nijhuis MSc, RD is a consulting, media and culinary dietitian in Simcoe Grey Bruce on a mission to entertain and educate through her love of food. In addition to recipe development and writing for several publications, Joanne offers cooking demos/classes and individual counselling. For more information, email Joanne at [jo.knows.nutrition@outlook.com](mailto:jo.knows.nutrition@outlook.com)

# HEY DADS!

Jan. 13, 2025 - Kids like water, right? But do dads? It depends on the scenario. Water at the beach is great! Water in the basement? Not so much. Watering the garden is good. Water over-flowing the sewage lagoon? Not so much. And that is where we are headed if we don't get the lagoon pumped out.

We've lived in three houses over the years. House one was in town on town water and sewage. House two was in the country with a well and a septic system and a flooded basement the first month we were there! House three is in the country with a well and something brand new to us...a sewage lagoon! We've given it an appropriate name, Dudu Lagoon.

I didn't even know sewage lagoons were a thing until we did a family trip out west a few years ago. Let it be known that western Canada is full of sewage lagoons. And they work great! If it ain't broke, don't fix it!

Let it also be known that Dudu Lagoon used to manage two people and now it manages 12. Last fall I noticed the lagoon was filling up. If we let it fill up much more it would eventually overflow. Probably not a good thing. And this is why someone invented water pumps. I thought we should pump out the lagoon before winter. Then winter came and the lagoon had six inches of ice on it.

We had a warmish winter day and I thought we better get to the lagoon while we can! The kids were quite excited to be pumping out the lagoon. I did not share their enthusiasm. I consider water pumps a necessary evil. Pumping nice clean water is

wonderful. Pumping sewage is...not as wonderful. After gathering fuel and oil and hoses and fittings we were ready. Commence pumping!

Oh ya. The ice. Commence chopping through the ice! The kids thought it was hilarious that dad was out on the ice with an axe cutting a hole for the hoses. If you've ever used an axe to cut a hole in ice you'll know that the first bit of cutting is dry. Once you break through the ice you get to the "water". Then "water" splashes on you with every chop after that.

Eventually the ice was chopped. The hose was in. The pump was started. Dudu Lagoon was emptied. So many lessons here, dad. The kids learned how to

use water pumps. I learned how to use water pumps in the winter. I learned that procrastination can make life more difficult. Pumping in the fall would have been a breeze. Pumping in the winter was not a breeze. Maybe you've got some fix-it job on your list that you've been avoiding. Don't wait too long! Things don't often fix themselves! Time flies, dad! Make every moment count! Even the wet ones.

Jason Weening pumps lagoons out with his 10 kids and one patient wife, though she does very little lagoon pumping. Read more stories at [HEYDADS.ca](http://HEYDADS.ca).

## The Elmvale District Lions complete their \$30,000 commitment to Georgian Bay General Hospital for their new MRI suite!



Photo above: GBGH Staff, Lion Bill Scott, Lion Tom Crowe, Lion Eileen Elliot and Lion Jim Elliot, Lion Mark Columbus, Lion Murry Truax, Lion Wayne Corrigan and GBGH Staff.



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- HOME
- AUTO
- FARM
- BUSINESS

# Provincial investment in Barrie helps promote entrepreneurship and innovation

By City of Barrie, Jan. 7, 2025

Barrie, ON – The City is pleased that the provincial government is investing \$1 million for a new Regional Innovation Centre in Barrie. This investment builds on the existing investments that the City has made into the Sandbox Centre to support business and entrepreneurs. It will help increase access for local entrepreneurs to local experts and resources, helping people looking to launch or scale up their business.

“We are so grateful to the province for this very important funding in Barrie,” said Mayor Alex Nuttall. “I advocated for this provincial funding and met with the province to highlight the need for Barrie to have a Regional Innovation Centre. This government sees the potential in Barrie and surrounding region and is making investments alongside us. I look forward to seeing the positive impacts this new centre will have for our community.”

Regional Innovation Centres help Ontario’s entrepreneurs and innovators succeed in international markets by helping them work through the challenges of developing their ideas to make them marketable and attract talent, capital and customers. The new centre in Barrie is the 17th Regional Innovation Centre in the province.

Programming and services are offered to clients who are typically in early-stage or growing innovation and technology companies with the potential to expand and succeed on a global scale.



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# MPP Dunlop Announces New Energy Efficiency Programs Coming to Simcoe North Ontario

Submitted by Office of Jill Dunlop, MPP, January 9, 2025

SIMCOE NORTH – The Ontario government is launching new energy efficiency programs, including the Home Renovation Savings Program, to help families and businesses in Simcoe North save money. The programs are part of a new \$10.9 billion, 12-year investment in energy efficiency, the largest in Canada’s history.

“These new Energy Efficiency Programs that all Simcoe North residents have access to will lower energy bills, put more megawatts into Ontario’s energy grid, and ultimately put more money back into your pockets,” said Jill Dunlop, Member of Provincial Parliament for Simcoe North. “While the previous Liberal government skyrocketed energy prices, our government is taking a different approach that puts affordability at the forefront.”

The new Home Renovation Savings Program will launch on January 28, 2025, and offer rebates of up to 30 per cent for home energy efficiency renovations and improvements, including new windows, doors, insulation, air sealing, smart thermostats, and heat pumps, as well as rooftop solar panels and battery storage systems for people who want to generate and store energy at home. Later in 2025, the program will expand to include rebates for energy efficient appliances, including refrigerators and freezers.

“As the demand for electricity continues to rise, we’re giving families and small businesses more ways to save money and energy as we launch the largest energy efficiency program in Canadian history,” said Stephen Lecce, Minister of Energy and Electrification. “Ontario’s new Home Renovation Savings Program will put more money back into the residents of Simcoe North, covering up to 30 per cent of the costs on energy efficiency products. We will expand this program again in 2025, including rebates for energy efficient appliances, to further reduce energy bills and demand on the grid.”

The government’s Affordable Energy Act, which came into force on December 4, 2024, ensures the new Home Renovation Savings Program, and other program offerings, will be expanded to homeowners who heat their homes by propane and oil, instead of being restricted to those who heat with electricity, as it was under previous governments.

The province is also expanding the popular Peak Perks program with a new program specifically targeted to small businesses, including convenience stores and restaurants. Businesses will receive a financial incentive of \$75 upon initial enrollment in the program and \$20 per year for each eligible smart thermostat connected to a central air conditioning system or heat pump unit.

In addition to the two new energy efficiency programs, the province will continue to support 12 Save on Energy programs, including the highly popular Retrofit Program for business, as well as other programs geared to low-income households, businesses, municipalities, institutions, the agricultural sector, industry and on-reserve First Nation communities.

By 2036, it is forecasted that this expansion of energy

efficiency programs will reduce the province’s peak demand by 3,000 MW – the equivalent of taking three million homes off the grid. The province’s \$10.9 billion investment is also estimated to result in \$23.1 billion in electricity system benefits, thereby saving ratepayers \$12.2 billion in electricity system costs by avoiding the build out of new generation. Expanding energy efficiency programs to save families money is just one way the government is meeting the province’s rapidly growing demand for electricity. Ontario’s Affordable Energy Future: The Pressing Case for More Power outlines the challenges facing the province as demand for electricity continues to rapidly grow, as well as the government’s all-of-the-above approach to meet this demand, including:

- Energy Planning – Developing the province’s first integrated energy plan, including all energy resources, including electricity, natural gas, and other fuels to ensure the province’s energy needs are met in a coordinated and long-term manner.
- Nuclear Energy – Advancing clean, reliable, and affordable nuclear power through pre-development work at Bruce Power on the province’s first large-scale nuclear build in 30 years, four small modular reactors at Darlington and supporting OPG’s plan for refurbishing the Pickering Nuclear Generation Station.
- New Transmission Infrastructure – Designating and prioritizing transmission lines in Southwestern, Northeastern and Eastern Ontario that will power job creators, including EV and EV battery manufacturing and clean steel production.
- Additional Competitive Procurements – Launching the largest competitive procurement of clean energy resources in the province’s history in addition to successfully re-contracting existing capacity resources at about a 30 per cent discount.

### QUICK FACTS

- The Home Renovation Savings Program will launch on January 28, 2025, and interested homeowners can sign up in advance today. All other programs are available now.
- The new Home Renovation Savings Program will provide 'one-window' access for all home energy efficiency upgrades through Save on Energy and Enbridge Gas conservation programs.
- The Independent Electricity System Operator has forecasted that electricity demand will increase by 75 per cent by 2050 – the equivalent of four and a half cities the size of Toronto.
- The increased demand stems primarily from Ontario’s rapid increase in population, new manufacturing facilities, advanced technologies like artificial intelligence (AI) data centres, the electrification of industry, and the charging energy required for electric vehicles.
- Ontario’s new and enhanced energy efficiency programs for electricity customers will be an increase from the government’s previous expansion of energy efficiency programs to over \$1 billion over four years.
- Visit: <https://www.saveonenergy.ca/homerenovationsavings>

# Charity Fundraising Dance - 93 North

By Neil Lefave Dec. 30, 2024

On December 30, Greg Somers and Roger Lacroix of the 93 North band made their way to St Margaret’s Church in Midland to donate over \$600 to the St Vincent de Paul. This was raised during the band’s December 7th Christmas performance & dance in the Quality Inn Ballroom, and it included a bag of food that was donated during the evening. The Christmas event is an annual one. It is put on in conjunction with The Library Restaurant. One of the ladies in the photo attended the event and told the guys that

she enjoyed it.

The 93 North band members wish to thank those who contributed prizes for the draws, including The Library Restaurant. They thank all who attended and contributed generously to the fundraising event.

Over the past year, as it has over the past few years when allowed to, 93 North has been raising funds for the local food banks (from Innisfil to Penetanguishene). In 2024, the band and the communities have donated \$3,000. The members sincerely thank everyone. They look forward to seeing you at their 2025 performances.



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# Snow Valley Guests Raise \$7,425 and Donate Over 1,200 lbs of Food for the Elmvale Food Bank

By Jonathan Palmer, Director of Marketing, Snow Valley Ski Resort  
 January 10, 2025 – Minesing, ON – Snow Valley Ski Resort is thrilled to share the incredible success of our Lift Ticket Food Bank Campaign. Thanks to the generosity of our skiers and snowboarders, we raised \$7,425 and collected over 1,200 pounds of food for the Elmvale Food Bank.

This campaign is a testament to the kindness and community spirit that makes Snow Valley such a special place. Supporting the Elmvale Food Bank not only helps local families in need but also aligns with our commitment to fostering a strong, inclusive, and caring community.

“We’re so proud of the way our guests stepped up to support this initiative,” said John Ball, General Manager. “Giving back is part of who we are at Snow Valley, and this campaign shows just how much we can accomplish together.”

A heartfelt thank you goes out to everyone who contributed, whether through food donations or by adding a little extra to their ticket purchase. Your support truly makes a difference.

We look forward to continuing this tradition and finding new ways to give back in the future



Image from left to right Jonathan Palmer, Director of Marketing Snow Valley, Rick Maw, Elmvale Foodbank, John Ball, General Manager Snow Valley, Scott McLean Elmvale Food Bank

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**Tues., March 4 - Niagara Fallsview Casino**  
**Includes:** a 4 hour stay at the Casino & \$35.00 in slot play (no meals)  
**Cost:** \$77.00

**Fri., March 21 - Come from Away at the Royal Alex Theatre, Toronto**  
**Includes:** an early lunch at the “HotHouse Restaurant”, followed by the 1:30p.m. performance, excellent centre, orchestra level seating.  
**Cost:** \$246.00

**Thurs., May 8 - Niagara Fallsview Casino**  
**Includes:** a 4 hour (11:45a.m. to 3:45p.m.) stay at the Casino & \$35.00 in slot play (no meals) **Cost:** \$77.00

**Wed., May 14 - La Vida Loca with the TSO Pops at Roy Thomson Hall, Toronto**  
**Includes:** table service lunch followed by orchestra level seating for the 2:00p.m. performance. **Cost:** \$TBC

**Thurs., May 29 - St. Jacobs Day Tour**  
**Includes:** a visit to the Market & Outlet Mall, lunch on your own at the Market, free time in the Village with stops at The Poultry Place & Picard Peanuts. An early evening dinner at “Anna Mae’s Restaurant & Bakery” completes our day. **Cost:** \$118.00

**Thurs., June 19 – Shake Baby Shake, direct from Chicago at the Walters Music Venue**  
**Includes:** buffet lunch at “Quehl’s Restaurant” in Tavistock, followed by the entertainment program at the Walters Music Venue near Bright, Ontario. **Cost:** \$184.00

**Tues., July 22 – Blue Jays vs New York Yankees -7:07p.m. game**  
**Includes:** tickets in section 232 rows 5 to 11 (third base line) - elevator access to 2nd level , parking at the Rogers Centre & motor coach transportation to the game. (No Meals) **Cost:** \$186.00

**Sun., September 14 - Blue Jays vs Baltimore Orioles -1:37p.m. game**  
**Includes:** tickets in section 134, rows 26 to 29 (third base outfield), parking at the Rogers Centre & motor coach transportation to the game. (No Meals) **Cost:** \$190.00

### Overnight Tours Contact the office for complete itineraries

**Mon., March 31 to Sat., April 12 - Myrtle Beach, South Carolina Oceanfront Holiday - Join us as we return to a favourite destination and escape Winter.**  
**Includes:** motor coach transportation with Hamilton Tours Director, 11 nights hotel & taxes, baggage handling , 11 breakfasts, 1 lunch, 4 evening dinners, attractions as listed in itinerary, duty free shopping & HST EXEMPT.  
**Cost per person:** Twin \$3979.00 & Single \$5179.00

**Sun., April 6 to Sun., April 13 – Bermuda Cruise from New York. Join us as we set sail on the Norwegian Prima from our Balcony Cabins** **Includes:** AC direct flights, airport shuttles, 7 night cruise, Cruise port charges & taxes, Hamilton Tours Director & more.  
**Cost per person:** Twin \$4270.00 & Single \$5785.00

**Fri., June 13 to Mon., June 23, 2025 - Newfoundland – In the pursuit of Icebergs & National Park Beauty**

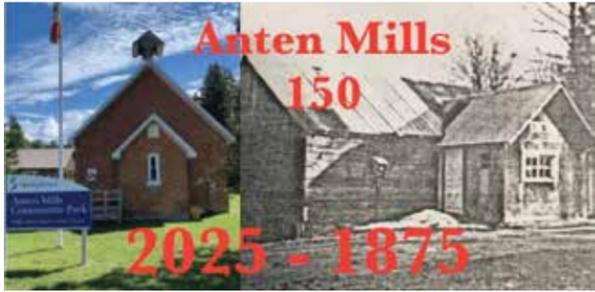
**Wed, July 9 to Wed., July 23 - Our Premier Newfoundland & Labrador Tour including Battle Harbour, Labrador and including tickets to Come From Away while in Gander. Let us take you “Off the Beaten Path”**



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



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## Hendrie ... a village that wasn't?

by Brian Keyes, Jan. 12, 2025

In 1878, the railroads were spreading across Canada including Simcoe County. William Hendrie was a railroad contractor who had been tasked with building the North Simcoe Railway (NSR) from just west of Barrie running north to Penetang. Just over the Vespra/Flos Townline (Horseshoe Valley Road), a railway station was built near the Coughlin Sideroad beside the Michael Coughlin farm. It was named in honour of Mr. Hendrie and was known as Hendrie Station.

The impact of the railroads (eg. NSR) in those years were very important as roadways were not developed or were in such condition making them impassable except in the summer months. Local lumber and pulpwood were a primary resource that was transported by rail to market. Agriculture products such as grain and livestock were also moved by rail. The local general store received goods by train including fresh bread daily from a bakery in Barrie. The postmaster collected incoming mail and delivered outgoing mail each day at the station house. Local children who wanted to attend secondary school took the train to and from Barrie each day.

The Hendrie name became important locally as we see today. The Hendrie Forest (story in next edition) is a well known local landmark. Hendrie Road is now the official name of what was previously 5/6 Sideroad. The lake on Golfcourse Road is Hendrie Lake. The hill on Townline (Horseshoe Valley Road) below the old railway line is called Hendrie Hill. In the late 1800s a plan was drawn to build a road off the Townline at the bottom of the Hendrie hill and this would be called Hendrie Village. This never came to pass!

The NSR became the Grand Trunk Railway which was bought by Canadian National Railway (CNR). In March of 1978 the last whistle blew as the final train passed through Anten Mills (Hendrie Station). In 1992 the tracks were removed and the rail-bed property was sold to local government by CNR for a recreational trail.

The next time you go for a walk, take photographs, walk your dog or ride your bike on the North Simcoe Rail Trail section in Anten Mills, listen carefully to see if you hear the whistle of the train as it pulls into Hendrie Station.

# Anten Mills

by Dennis Gannon

Jan 12, 2025

A question for you. If you have about half a dozen kids, six adults and three snowblowers what do you get? Don't know? Well the answer is a skating rink! On a clear and cold Thursday night, the group got together and cleared almost 2 feet of snow off of the multi purpose pad at the community centre and started the ice season for the year. Last year the rink had a very limited season due to Mother Nature deciding that we should have warm temperatures. This year hopefully it's not the same and a quick look at the long range weather forecast indicates that while we may get snow, the temperature for the most is going to remain on the colder side in the foreseeable future. That means that the ice should be good for at least the month if not more. The rink is open to all with no scheduled time for shinny hockey or recreational skating. For many years courtesy and consideration for all has worked out well at the rink. If there is a mixture of recreation skaters and shinny players they are asked each to stay on one half of the ice surface. That way everyone can enjoy the time. The rink is looked after by volunteers and the community thanks Chad for looking after it for a number of years. This year Casey is doing her best to help out and it can't be limited to her family only. There is a Facebook post on the Anten Mills Community Bulletin page and if you can assist it would be appreciated. If you are using the rink and it needs the snow removed, there are shovels available and you are asked to do your part. Watch for updates on the Facebook page.

With the snowy conditions we have this is a reminder that other than in parking areas, motorized vehicles which include snow machines and atvs are not permitted in the parks. There were reports that some machines had made their way onto the rink which obviously will damage it. Please have consideration for others if you ride a machine and follow the rules.

We live in a reasonably safe community where crime rarely rears its ugly head. There was a report that unfortunately unknown individuals made their way into a home one evening recently and removed items not belonging to them. If you see or know of criminal activity the first contact should be to the OPP as they are and have the best resources to deal with these problems. If it is an emergency then call 911. Otherwise they can be reached by cell by dialling

\*OPP or \*677. While the community Facebook page is a great resource you are reminded that sharing information on criminal activity that could possibly identify individual(s) is not allowed and should be left to the proper authorities to deal with.

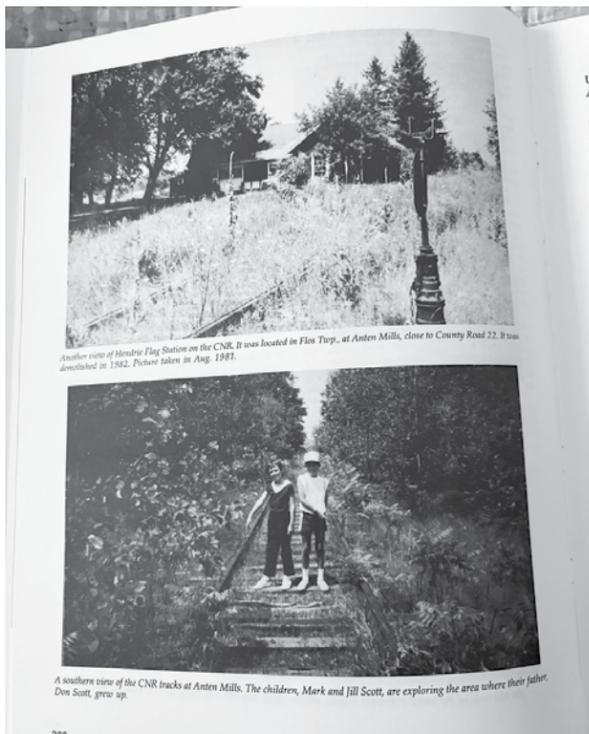
The Knotty Knitters kicked off the year with a great turnout these past couple of weeks. They support many community projects with their knitting and are in need of some supplies. If you have yarn that you no longer need they can use it. It can be dropped off any Tuesday afternoon between 1 and 3 at the community centre. If that is not possible then send Joan an email at [sweetgannon@gmail.com](mailto:sweetgannon@gmail.com). There are knitters in Snow Valley, Minesing, Orr Lake and Anten Mills who are able to assist.

Have you noticed that the days are getting a bit longer? Every day we are receiving more than a minute of daylight to the day. By the end of the month the sun will set around 5:30. Spring is only 63 days away.

The Anten Mills Celebrate 150 group met this past week working out some logistics and budget. Last fall they asked for logo submissions and soon you will be seeing the results. Saturday, September 13 is the day that the village celebrates our 150 years so mark your calendars now.

Brian Keyes did a great article on our community history in the last edition of the paper and he continues the story this week on Hendrie, the community we almost became. Be sure that you read it.

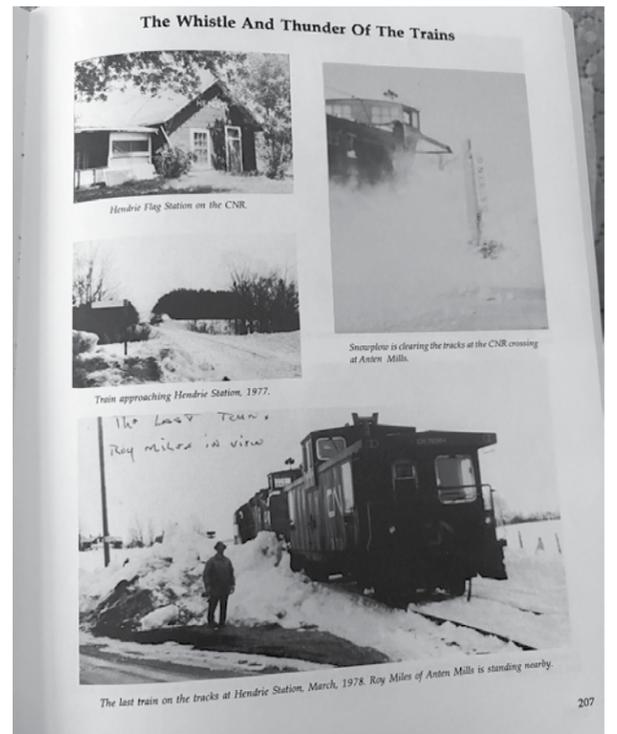
That's all for this week. As always THANKS for READING, BE WELL and STAY SAFE.



Another view of Hendrie Flag Station on the CNR. It was located in Flos Turp., at Anten Mills, close to County Road 22. It was demolished in 1962. Picture taken in Aug. 1981.



A southern view of the CNR tracks at Anten Mills. The children, Mark and Jill Scott, are exploring the area where their father, Don Scott, grew up.



The Whistle And Thunder Of The Trains



Hendrie Flag Station on the CNR.



Snowplow is clearing the tracks at the CNR crossing at Anten Mills.

Train approaching Hendrie Station, 1977.



The last train on the tracks at Hendrie Station, March, 1978. Roy Miles of Anten Mills is standing nearby.



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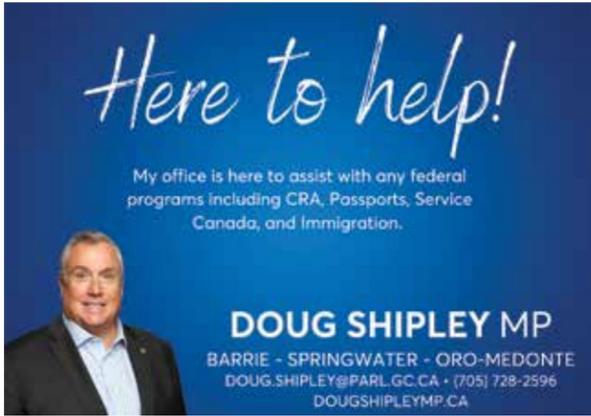
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## A message from Doug Shipley



Dear Neighbour,

As you may be aware, on January 6th, Justin Trudeau announced his intention to resign as the Leader of the Liberal Party and as the Prime Minister. Additionally, Trudeau announced that Parliament will be prorogued until March 24th, 2025, in order to avoid a confidence vote and give the Liberal party time to find a new leader.

Many residents in our community may be wondering – what exactly is prorogation and how does it affect my duties as your member of parliament?

Prorogation marks the end of a session of Parliament and an effective ‘pause’ on all parliamentary proceedings, including sittings of the House of Commons.

As such, all government bills that have not received Royal Assent prior to prorogation “die” on the order paper and must be reintroduced as new bills in the next session. Additionally, the activities of parliamentary committees must cease and will not be revived until the end of the prorogation period.

In essence, while I will not be sitting in the House of Commons or participating in committee meetings, my ability to assist residents with casework, answer emails and calls, and meet with residents remains unchanged.

Conservatives oppose Trudeau’s selfish decision to shut down Parliament while Canada faces an out-of-control deficit, a housing and cost-of-

living crisis, and looming tariff threats from the United States.

Conservatives believe that we need an election, not a Liberal leadership race, so that Canadians can take back control of their lives and their country.

While Liberals are focused on in-fighting and saving their jobs, Conservatives are focused on restoring Canada’s promise that every hardworking Canadian gets a powerful paycheque and pension that buys affordable food and homes on safe streets.

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

Sincerely,

Doug Shipley

Member of Parliament

Barrie-Springwater-Oro-Medonte

## Ontario Approves Transition of Nine Drug Injection Sites into Treatment Hubs. Province supporting community safety while investing in lasting recovery from addiction

By Ministry of Health, Jan. 02, 2025

TORONTO — The Ontario government is protecting the safety of children and families while improving access to recovery and treatment services by approving the transition of nine drug injection sites that are located within 200 metres of schools and licensed child-care centres into Homelessness and Addiction Recovery Treatment (HART) Hubs. These HART Hubs, located in Toronto, Ottawa, Hamilton, Kitchener, Guelph and Thunder Bay, are part of the province’s \$378 million investment to support the creation of a total of 19 new HART Hubs across the province.

“We have heard loud and clear from families across Ontario that drug injection sites near schools and child-care centres are making our communities less safe,” said Sylvia Jones, Deputy Premier and Minister of Health. “Through these nine new Homelessness and Addiction Recovery Treatment Hubs, part of our government’s \$378 million investment to create a total of 19 hubs across the province, we are taking the next step in our plan to keep communities safe while improving access to mental health and addictions services.”

In response to serious safety concerns raised by communities, families and parents, Ontario is taking the next step to create a system of care that prioritizes community safety, treatment and recovery. To support these goals, the province passed the Safer Streets, Stronger Communities Act and the Community Care and Recovery Act to prohibit the operation of drug injection sites within 200 metres of a school or child-care centre. Each provincially funded site was given the opportunity to submit a proposal to transition to a HART Hub and all nine applications have now been approved.

“We are investing more than any government in Ontario’s history to create a nation-leading system of mental health and addictions care,” said Michael Tibollo, Associate Minister of Mental Health and

Addictions. “The new HART Hubs will give people struggling with addiction the support and treatment services they need to achieve lasting recovery.”

By March 31, 2025, the nine approved drug injection sites will be transitioned to HART Hubs. These hubs will be eligible, on average, to receive up to four times more funding to support treatment and recovery under the model than they receive from the province as a consumption site. To assist with transitioning, the sites will also receive one time funding for start up costs.

HART Hubs, similar to existing hub models in Ontario that have successfully provided people with care, will reflect regional priorities by connecting people with complex needs to comprehensive treatment and preventative services. These include a range of services to meet local needs such as primary care, mental health services including addiction care and support, social services and employment support. HART Hubs will also add an estimated 375 highly supportive housing units, in addition to addiction recovery and treatment beds, that will help thousands of people each year transition to more stable long-term housing.

Applications for the remaining HART Hubs are under review and will be announced in the coming weeks. All HART Hubs will have the goal of being operational by April 1, 2025.

Through Your Health: A Plan for Connected and Convenient Care and building on the Roadmap to Wellness, the province is taking action to connect individuals to integrated mental health and addictions services, where and when it is needed.

Quick Facts

- The creation of HART Hubs is being done in partnership with the Ministry of Health, the Ministry of Municipal Affairs and Housing, the Ministry of Children, Community and Social Services, and the Ministry of Labour, Immigration,



Training and Skills Development.

- With a focus on treatment and recovery, HART Hubs will not offer so-called safer supply, supervised drug consumption or needle exchange programs.

- As part of the Community Care and Recovery Act, 2024 and the Safer Streets, Stronger Communities Act, the province has prohibited municipalities and/or local boards from participating in any so-called safer supply program or applying for an exemption for the decriminalization of illegal drugs.

- Through the Roadmap to Wellness, Ontario is investing \$3.8 billion over 10 years to fill gaps in mental health and addictions care, create new services and expand programs.

- Through the Roadmap to Wellness, the Addictions Recovery Fund and other initiatives, the government recently made the following investments:

- \$124 million over the next three years as part of Budget 2024 to sustain more than 380 addiction recovery beds and models of treatment like mobile mental health clinics.

- \$152 million over three years for supportive housing to assist individuals facing unstable housing conditions and experiencing mental health and addictions challenges.

- More than \$22 million over four years to create 10 new Youth Well-ness Hubs that the government is adding to the network of 22 hubs already opened since 2020, bringing the total number of Youth Well-ness Hubs to 32 across the province.

- More than \$650 million in annual funding for the Homelessness Prevention Program and \$41.5 million for the Indigenous Supportive House Program, which the government increased by \$202 million annually in the 2023 provincial budget.

- Up to \$16 million to support Police-Partnered Mobile Crisis Response Teams in over 50 communities across the province so that health care professionals can attend crisis situations.

# Golf Tournament raises \$10k for MRI

Submitted by GBGH, Jan. 6, 2025

President & CEO of BMR PRO Brae-Con Building Supplies Elmvale, George Begley, and his wife Julie present the \$10,000 proceeds of their 15th annual Contractor Golf Tournament to Robyn Blanchet, community giving officer, GBGH Foundation. The funds are designated to the MRI campaign, helping to bring this diagnostic service to GBGH in early 2025.

The sold out tournament was held on September 20, 2024, hosting 144 golfers for a great day on the greens, with fundraising efforts being made through various on-course activities including longest drive and closest to the pin contests.

"We have always donated our tournament proceeds to local charities, and this year we have chosen the MRI fundraiser to be the recipient of those funds," says George.



# Provincial investment in Barrie helps promote entrepreneurship and innovation

Jan. 7, 2025

Barrie, ON – The City is pleased that the provincial government is investing \$1 million for a new Regional Innovation Centre in Barrie. This investment builds on the existing investments that the City has made into the Sandbox Centre to support business and entrepreneurs. It will help increase access for local entrepreneurs to local experts and resources, helping people looking to launch or scale up their business.

"We are so grateful to the province for this very important funding in Barrie," said Mayor Alex Nuttall. "I advocated for this provincial funding and met with the province to highlight the need for Barrie to have a Regional Innovation Centre. This government sees the potential in Barrie and surrounding region and is making investments alongside us. I look forward to seeing the positive impacts this new centre will have for our community."

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Programming and services are offered to clients who are typically in early-stage or growing innovation and technology companies with the potential to expand and succeed on a global scale.

## GBGH's first baby of 2025 has arrived!

Jan. 2, 2025

GBGH proudly welcomed its first baby of 2025 on January 1, 2025 at 7:15 p.m. Daisy Judith Puetz, a healthy baby girl, weighed 7 pounds, 4 ounces. Parents Rebecca and Devon Puetz of Midland, along with big brother Dexter, are thrilled with the new addition. Both mom and baby are resting comfortably.



# New Online Booking Now Available for X-Ray Appointments

Submitted by GBGH

January 10, 2025 – Georgian Bay General Hospital (GBGH) is excited to announce that patients can now book X-ray appointments directly through the GBGH website. This new feature has been introduced in response to a significant increase in demand, ensuring timely and convenient access to diagnostic imaging services.

"We understand the importance of providing efficient and accessible healthcare services to our community," said Erin Kominek, Manager of Diagnostic Imaging at GBGH. "By offering online booking for X-ray appointments, we're taking a major step toward streamlining the process and reducing wait times for our patients."

To book an X-ray appointment, patients can visit this link: <https://gbgh.on.ca/programs-and-services/diagnostic-imaging/> and follow the simple step-by-step process. The online form is user-friendly and allows patients to select a time that best fits their schedule, making it easier than ever to access the

care they need.

This initiative is part of General Hospital's ongoing commitment to enhancing patient care and experience. By leveraging technology, GBGH aims to meet the evolving needs of the community and ensure everyone has access to timely medical imaging. While walk-in appointments are still available, booking online is strongly encouraged for your convenience and to secure your spot.



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# GRAND PRIZE DRAW JANUARY 30



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# Georgian College to launch women's varsity rugby sevens team

Submitted by Georgian College, Jan. 9, 2024  
 Female student athletes will soon have a new varsity sport to play at Georgian College.

Recently approved by the Ontario Colleges Athletic Association (OCAA), the Georgian Grizzlies will add a women's varsity rugby sevens team to its roster – complimenting its three-time gold medal-winning men's varsity rugby team.

Student athlete recruitment will begin in February, with tryouts for an exhibition season in September. An official OCAA season will begin in September 2026.

"A women's rugby sevens team is a thrilling addition to Georgian's stellar lineup of award-winning varsity teams," said Suzie Addison-Toor, Vice President, Student Success at Georgian. "It also aligns with our commitment to foster diversity, equity and inclusion within our athletic programming, and it's one example of our continued investment in creating unrivaled student experiences."

Rugby sevens is a rapidly growing Olympic sport that's fast-paced and high-energy, with teams of seven players who play seven-minute halves, rather than the typical 15 players who play 40-minute halves.

Georgian's new team will be the ninth women's

rugby sevens team in the OCAA varsity league. The J.C. Massie Field at the Barrie Campus will be the team's home field.

The Georgian Bay Titans Rugby Club and the Barrie Rugby Football Club, both of which have a relationship with Georgian's men's varsity rugby team, supported Georgian's application to OCAA to start a women's rugby sevens team.

"With the growth of rugby in Canada, especially for girls and women, we feel that a women's rugby program at the postsecondary level in our region would give girls the opportunity to continue to play beyond the high school and club level," Kelly Zacny, President of the Georgian Bay Titans Rugby Club, wrote in a letter of support.

The local clubs have players from under six years old to age 18, with growing interest in the sport expanding the number of teams in recent years.

"Both Barrie and Georgian Bay have club members who attend Georgian College, and it would be great for the girls to have an opportunity to continue to play rugby close to home," Zacny said.

Interested in studying at Georgian and playing women's rugby sevens? Check out our 130+ programs and fill out a prospective student athlete form to get in touch with our team.

# Elmvale Curling Tuesday Women's Winners

By Sue Henry, Jan. 5, 2025

Women's Tuesday Afternoon curling at the Elmvale Curling Club is off to a great start! The first session wrapped up just before Christmas, and Team Diane Kenney (Skip: Diane Kenney, Vice: Sue Henry, Second: Carol McMann, Lead: Cindy Van Casterenwon) earned first place in the standings.

Congratulations ladies!



# Elmvale Curling Club Sunday Mixed Winner

By Sue Henry, Dec. 30, 2024

Christmas was made extra special for Team Bryan Pullen with the capturing of the Lou "Dad" Turner Memorial Trophy (in the photo Left to Right: Second Deb White, Vice Bonnie Locke, Skip Bryan Pullen, Lead Carol McMann).

This trophy is awarded to the winners of the first session of Sunday Mixed curling and honours a very special, long time ECC curler, and accomplished athlete and community supporter, Lou Turner.

Second in the points standings was Bryan's wife Holly's team (Skip Holly Pullen, Vice Case Bouius, Second Frances Stevenson, Lead Steve Adams).

Congratulations to the winners!



Photo: Sheona Morrison (left), Manager, Student Experience, and Suzie Addison-Toor, Vice President, Student Success, are excited for the launch of Georgian College's new women's rugby sevens team, which will have a homebase at J.C. Massie Field at the Barrie Campus.

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Buffet available only at Elmvale Location  
 Fri | Sat | Sun | 4pm to 7pm



# Bearbells

by Leslie Noonan  
December 7/24

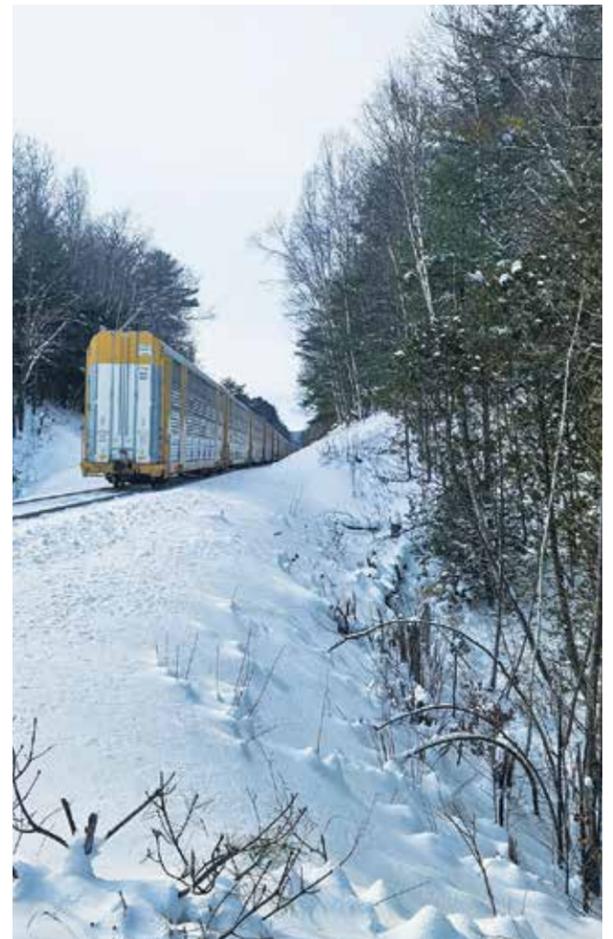
January 10/25

It felt very strange to write “2025”. As a child of the seventies I had assumed that by 2025 I would be living in a very futuristic time, but except for driverless cars and a dependence on cell phones, not much has changed. Well, perhaps I have acquired a few wrinkles and grey hairs. It is also the time of year for those resolutions that most likely will never make it past the end of the month and leave us feeling disappointed and guilty. Instead, can I suggest making an easy lifestyle change? It is free, anyone of any ability can do it, and you only have to step out your door to see improvements in your life. That’s right, just go outside!

I have been reading research articles on how being in nature can have huge benefits, from lower mental health disorders and lower stress, to improved concentration and even increased empathy. The great thing is that even urban green spaces can have the same benefits, so you don’t need to drive out to the country to feel better. Even the green spaces around schools and office buildings are thought to improve self-control and cognition, while conversely being surrounded by concrete and glass may cause attention deficits. Even listening to birds and waves are beneficial. All the more reason to get outside and away from our electronics. My favorite take away is that children who spend time in greenspaces are kinder to each other and more willing to cooperate with other. What a better place this world would be if everyone took a long walk in nature.

My eighteen year old son is spending too much time in his room and on his phone, so I cajoled him into a snowshoe hike in the Copeland Forest in the hopes

of reaping some of those outdoor benefits. This 4,400 acre forest boasts a large number of trails that are used year round for hiking, skiing, fat and mountain biking and of course snowshoeing. We parked in the north lot off of Ingram road, which was well plowed with plenty of parking. The trail was hard packed from all the visitors and we didn’t need our snowshoes to navigate the trail. We trucked along through the forest, trees heavy with snow and the weak winter sun just visible through the thin grey clouds. A short “yip” alerted us to a small canine sporting a fantastic blue jacket running towards with tail wagging. Copeland is popular with dog families, though not everyone is considerate about picking up their fur babies refuse. Up ahead a woman was attempting to pry up a poopsicle from the trail, as previous hikers had left evidence of their passing right in the middle of the narrow track. We stopped for a short chat then continued on at a fast pace, as I could hear the train coming and wanted to be at the tracks to see it race past. We made it in time to feel the ground shake beneath us and the cold wind coming off the brightly colored cars. I had a moment of consternation as the hiking trail travels down a sharp incline before it crosses over the railroad tracks, and I had visions of me losing my footing and sliding head first toward that rumbling train. Not today, and as the train sped away in the distance we were free to start up the hill and continue our hike. My son and I enjoyed our green time and returned to the car feeling more relaxed. More importantly, we felt more connected to nature and to each other. So get outside, enjoy all the benefits that Mother Nature offers.

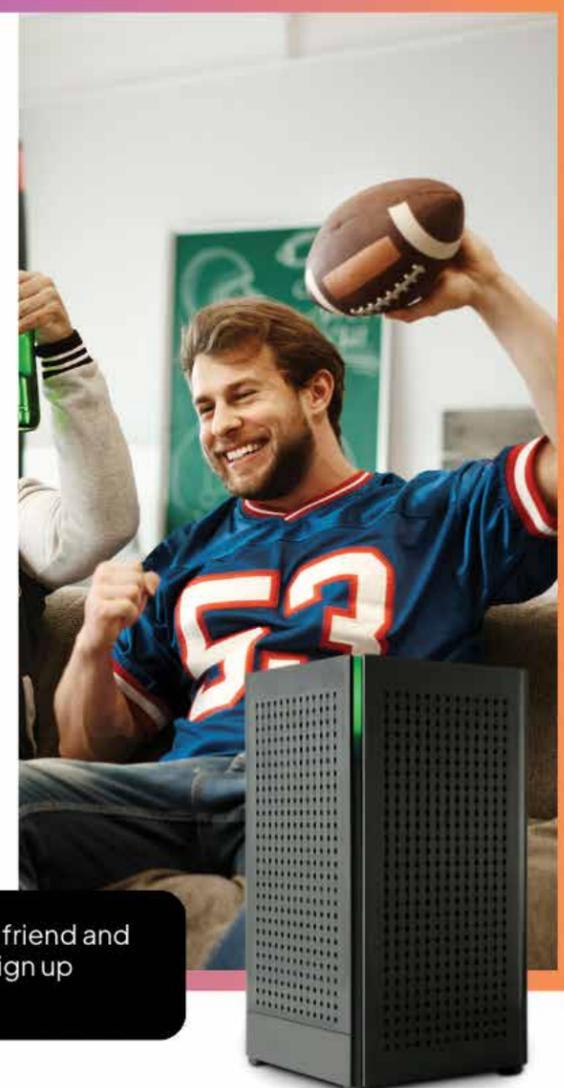




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# Penetang Kings Return to Action with Two Wins in Three Outings

Submitted by Jamie Robillard

The Penetang Kings returned to action after the Holiday Break with two wins in three games and continued to hold down fourth place in the Carruthers Division of the Provincial Junior Hockey League in games played between January 3rd and 11th.

On Friday January 3rd the Kings lost a one-sided affair to the Orillia Terriers by a 7-2 margin. Orillia controlled the game from the outset, building a quick 3-0 lead before the 7:31 mark

of the first period. Orillia led 4-0 after the first period and 6-1 after two. Scoring for the Kings were Carter Wilson and Matthew Laframboise. Kings' goaltenders Landon Simec made 10 saves while Kevin Pearson stopped 22 shots. Penetang managed just 23 shots on Orillia netminder Aidan Jerry. Laframboise was named the Kings player of the game.

The Kings game scheduled for Saturday January 4th against the Alliston Hornets in Penetang was cancelled due to inclement weather and has been rescheduled for Saturday January 18th at 8:00 pm.

Penetang bounced back on Friday January 10th, doubling the score on the Innisfil Spartan 8-4 as Tanner Thayer scored four goals and Wyndam Brownlee added two to pace the offence. Carter Wilson and Lars Derstroff each added single markers for Penetang. The line of Wilson, Thayer and Brownlee collected 14 points in the contest. Thayer was selected as the Kings player of the game. Penetang outshot Innisfil 34-31.

On Saturday January 11th the Kings travelled to Bracebridge and shut out the Muskoka Bears by a score of 5-0. Jesse Bain led the attack with two goals for Penetang with Thayer, Ashton Kirwin and Noah Saye added one goal each. Simec turned aside all 36 shots he faced to record the shut out and collect player of the game honours. Penetang also had 36 shots on the Muskoka net.

The Kings' return to action on Thursday January 16th when they travel to Stayner to face the Siskins and then Friday January 17th they are in Huntsville to meet the Otters before their January 18th home contest against Alliston at the Penetanguishene Memorial Community Centre. Penetang then plays four more road games before meeting Orillia at home on Friday February 7th.

Notes: The Kings made a four-player trade with the Midland Flyers just before the Friday January 10th roster freeze. The Kings acquired forward Bennett Mackey and goaltender Owen Moreau with goalie Kevin Pearson and defenseman Ethan Boyes going to the Flyers.

The Kings Program and Yearbook have been mailed out to Penetanguishene residents. Programs can also be picked up at Kings home games.

The standings after the games played on January 11th have the Alliston Hornets leading the division with 57 points followed by Orillia with 47 points, Stayner with 42 points and Penetang with 32 points in 30 games. Huntsville is fifth with 26 followed by Innisfil with 23 Midland 15 and Muskoka 7 points respectively.

Alliston is no longer undefeated after dropping a 5-4 decision to the Muskoka Bears in a shoot-out in what must be considered the biggest upset of the PJHL season.



Friday January 3 vs. Orillia  
Player of the Game - Matthew Laframboise



Friday January 10 vs. Innisfil  
Player of the Game - Tanner Thayer



Saturday January 11 vs Muskoka  
Player of the Game – Landon Simec



Wyndam Brownlee Finding the Back of the Net vs Innisfil



A picture from the All-Star Game played on Saturday December 28th in Hanover – Kings Cole Rumbolt is #11 in white.



Nick Story Getting an Escort

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**Saturday, February 1, 2025**

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**Community Events - Ongoing**

**SENIOR CLUBS**

**Askennonia Seniors Centre**  
 Rec. Centre, 527 Len Self Blvd, Midland  
 P: (705) 526-7609

**Bay Shore Seniors' Club**  
 2000 Tiny Beaches Road S., Woodland Beach  
 Call 705-361-1331 or info@bayshoreseniors.ca

**Georgian Shores Seniors Club**  
 The Place, 300 Balm Beach Road West, Tiny  
 Call 705 526 5074 or gssseniors2016@rogers.com

**MONDAY**

**Midland Jam**  
**Mondays 6:30-10 pm** Free, Bring food bank item,  
 1st come, first 15 minute play  
 Midland Cultural Centre, 333 King St, Midland

**Elmvale Seniors Drop In**  
**Monday's**  
 10 am - 12 noon  
 Elmvale Library. Call Lynn for info, 705.322.3309

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

**Georgian Shores Seniors Club**  
**Billiards/Pool**, 9:00 – 11 am  
**Seniors in Motion Fitness**, 10:00 – 11:00 am  
**Hustle and Muscle**, 11:30 – 12:30 pm  
**Bid Euchre**, 1 – 3:30 pm

**Askennonia Seniors Centre**  
**Table Tennis**, 9am-11am  
**Yoga**, 9am-10am  
**Fun Fit Circuit**, 9:15-10:15am  
**Coffee Break**, 10:30-12pm  
**Intro to Line Dancing- Baby Steps**, 10:35-11am  
**Walking Club**, 11 am-12pm

**TUESDAY**

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

**Palace Tavern Elmvale BINGO**  
**Every Tuesday night**  
 Midland Rotary proceeds 6:30 pm to 7:30 pm  
 Barrie Rotary proceeds 8 pm to 9:30 pm

**Bay Shore Seniors Club**  
**Billiards/Pool** 10:00 – 12:00 p.m.  
**Indoor Pickleball** 1:00 - 2:30 pm  
**Bid-Euchre** – 6:30 – 9:30 p.m.

**Georgian Shores Seniors Club**  
**Billiards/Pool**, 9:00 – 11 am  
**Line Dancing, Prog. Beginners** 9:30 – 11:00 am  
**Line Dancing, Easy Intermediate**, 11:30 – 1:00 pm

**Askennonia Seniors Centre**  
**Badminton**, 1pm-3pm  
**1:30 Circle of Friends**, 1:30pm-2:30pm

**Probus Club of Simcoe North**  
**Penetang Legion, Poyntz St., Penetanguishene**  
 Monthly meeting for fun & fellowship every second  
 Tuesday. Mary Grise (705)526-6349 marygrise0@gmail.com

**WEDNESDAY**

**Bay Shore Seniors Club**  
**LifeStyles** - 9:00 - 10:30 am  
**Bridge** – 12:30 – 4:00 p.m.  
**Access Art** - 1:00 - 4:00 p.m  
**Indoor Pickleball** - 4:00 - 6:00 pm

**Georgian Shores Seniors Club**  
**Billiards/Pool**, 9:00 – 11 am  
**Chair/Floor Yoga**, 9:30 – 10:30 am  
**Zumba Gold**, 11:30 – 12:30 pm  
**Games Afternoon**, 12:30 - 3:30 pm  
**2nd Camera Club**, 2:00 - 3:30 pm

**Askennonia Seniors Centre**  
**Step Class**, 9 am-10am  
**Chair Yoga**, 9:30am-10:30am  
**Cribbage**, 10am-11am  
**Men's Shed**, 10am-12pm  
**Walking Club**, 11am-12pm  
**Creative Crafting**, 1pm-3pm

**THURSDAY**

**Jam Night Elmvale Palace**  
**Thursdays at 9 am-1am**  
 13 Queen St. W, Elmvale , 705-322-1741

**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.  
 Mary Grise 705-526-6349 marygrise0@gmail.com

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

**Bay Shore Seniors' Club**  
**Choir** 10-11:30 am  
**Book Club** (4th Thurs) 1:00 - 3:00 pm  
**Darts** 2:00 - 4:00 pm  
 2000 Tiny Beaches Road S., Woodland Beach  
 Call 705-361-1331 or info@bayshoreseniors.ca

**Georgian Shores Seniors Club**  
**Billiards/Pool**, 9:00 – 11 am  
**1st: Movie and Lunch**, 12 noon - 3:30 pm  
**2nd & 4th: Tiny Stitchers**, 9:00 - 3:00 pm  
**3rd: Book Club**, 1:30-3:30 pm

**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.

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

**FRIDAY**

**Bay Shore Seniors' Club**  
**VON Smart Exercise (FREE)** 9:30 - 10:30 am  
**Woodcarving** 10:00 - 3:00 pm  
**Billiards/Pool** 10:00 - 12:00 pm  
**Indoor Pickleball** 10:30 - 12:00 pm/ 3:30 - 5:00 pm  
**Shuffleboard** 1:00 - 3:00 pm

**Georgian Shores Seniors Club**  
**Billiards/Pool**, 9:00 – 11 am  
**Table Tennis**, 9:30-11:30 am  
**3rd Bingo & Lunch**: 12 noon - 3:30 pm  
**TGIF social**, 4:00 – 6:00 pm

**Askennonia Seniors Centre**  
**Knit'n Needles**, 9am-12pm  
**Drumming Alive**, 9am-10am  
**Pickleball**, 9am-11:30am  
**Chair Yoga**, 9am-10am  
**Badminton**, 9:30am-11:30am  
**Game Club**, 10am-11am  
**Tabata**, 9am-10am  
**Card Making**, 1pm-3pm

**SATURDAY**

**Elmvale Legion**  
**Saturday at 5 pm**  
 Meat Darts- \$ 10.00 for 3 games  
 3 prizes per game and a meat draw prize after \$1.00  
 a ticket (\$25.00 value)

**SUNDAY**

**Bay Shore Seniors' Club**  
**Indoor Pickleball** 2:00 - 3:30 pm

**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.

**MONDAY to FRIDAY**

**S.M.A.R.T Exercise Program with V.O.N.**  
 Mon 9:30-10:30am  
 1724 Mosley St - Hall 1A Recplex gym  
 Wed & Fri 1:00 - 2:00 pm 44 River Road West  
 Re/Max Room (Stars Arena)

**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

**North Simcoe Bridge and Games Club**  
**Brooklea Golf and Country Club**  
**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 Gail Chapman @ 705-361-9222 or  
 northsimcoebridge@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

**Special Events - One Time**

**He Carries Fire” - An Exhibition by Tsista Kennedy**  
 January 16th, 2025  
 Doors open at 5:00pm begins at 6:00pm  
 Midland Cultural Centre, 333 King Street

**Elmvale BIA Meeting**  
**Thurs. Jan. 16, 2025 5:30 pm - 7:30 pm**  
 Elmvale Library 50 Queen St. W

**Porch Sitter Workshop**  
**Feb. 3, 2025 1-3pm**  
 St. Paul's Anglican Church, 5 Noraline Avenue,  
 Midhurst  
 Paint a Love themed Porch Sitter 10” x 36”.  
 Cost \$10 Members. \$15 Guests.  
 Contact: Betsy Waterson, Please register at  
 littlerockimages@simcoe.net or 705-727-7389

**Tim Hicks and Sam Roberts Band**  
**Feb. 7, 2025**  
 Wasaga Stars Arena  
 Tickets are on sale now through Ticketmaster and  
 at wbse.ca. Prices range from \$80 to \$125 (plus fees  
 and taxes).

**Lov'in in a Small Town**  
**live with Graham Scott Fleming**  
**Fri. Feb. 14, 2025 8pm-10pm**  
 Elmvale Community Recreation Association  
 Tickets \$35, go to facebook to purchase:  
[https://docs.google.com/forms/d/e/1FAIpQLSfjsFg-qw4e\\_7-bZ47zkqIdV8pW0QPN7A\\_HLsNwpBRc\\_j0wSA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfjsFg-qw4e_7-bZ47zkqIdV8pW0QPN7A_HLsNwpBRc_j0wSA/viewform)

**Valentine Dinner**  
**Feb. 14, 2025 -6-8pm**  
 Midhurst United Church, 91 Doran Road  
 Fine dining. Gluten free options available. Limited  
 seating. Donations.  
 Call 705.722.6331 to reserve tickets

**Georgian Shores Seniors Club**  
**February 20, from 1 to 3 pm.**  
 The Place, 300 Balm Beach Road West, Tiny  
 Open House - all welcome  
 Visit the many activities on display,  
 705 526 5074 Georgianshoresseniorsclub.ca

**Adventures in Time Travel**  
**March Break at the Museum**  
 Mar. 10-16 from 10am - 4pm  
 Travel back in time at Sainte-Marie among the  
 Hurons!  
 \$12.00 per person

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**EVENT**



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**Midland Curling Club**

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from 5 pm to 8 pm

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Register at:

<https://midlandcurlingclub.com/index.php/events/event-registrations>

You've always wanted to try curling, or maybe you are looking to get a game in with family and friends. Drop in for our Sunday Open house and give it a try. We will be there to get you started. All you need are clean running shoes and warm clothing. We supply the rest.

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**AUCTION NOTICES**



**Upcoming Auctions**

- The Olympic Coach Collection Auction - Guelph (Jan 19 - 23)
- Churchill Estates Moving Auction - Campbellville (Jan 19 - 23)
- Winter Warmth Multi Consignor Auction - Guelph (Jan 26 - 30)
- Bryant Moving Sale - Guelph (Feb 2 - 6)
- Heart of Gold Jewellery & Coin Auction - Guelph (Feb 2 - 6)
- Iron & Grit Equipment Auction - Maple (Feb 9 -13)

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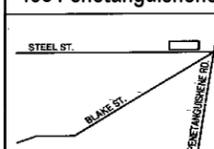
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# Rising alt-right appearances at North Simcoe councils cause security considerations

By: Derek Howard, Local Journalism Initiative Reporter, Source: MidlandToday.ca  
Jan 07, 2025

A decision by Pickering city council last week to cease in-person council meetings and transfer to a virtual meeting format had a ripple effect for council, staff and residents of Tiny Township.

On Dec. 30, a video was released on the official Pickering city channel of YouTube cautioning viewer discretion for disturbing and offensive content. Mayor Kevin Ashe provided an introduction and conclusion, stating that effective immediately Pickering council would pivot to an online-only meeting format for safety concerns.

The majority of the 13-minute video provided context spanning over two years, citing instances where Pickering Coun. Lisa Robinson aligned with members of alt-right ideology and freedom-related events.

One such event listed Maggie Hope Braun, who had also appeared in Tiny Township in September at a gathering of the Ontario Landowners Association attended by Tiny Coun. Dave Brunelle.

Also shown in the Pickering video was former Ontario Party candidate Gerald Auger, seen at Tay Township and Tiny Township deputations for anti-globalist group KICLEI, and who had shared a stage in Orillia with Brunelle last June at an anti-globalist gathering.

The Pickering video highlighted Coun. Robinson appearing on an online podcast, seen humouring the host calling Pickering council members "pedophiles" and "Nazis" while stating they "deserve a baseball bat to the face"; Robinson later stated she did not agree with the host's remarks, but continued to appear on the podcast.

The video also broadcast two minutes of violent threats from email and voice messages to council members.

A guest on the show who laughed at the comments appeared at Pickering council chambers last month

filming the proceedings as well as people within the chambers, and continued to film after being asked to leave by security.

MidlandToday contacted Tiny Township Mayor Dave Evans and CAO Robert Lamb for response to the video and the appearances of individuals in Pickering as well as North Simcoe. "We (Tiny) are not looking at moving to virtual meetings at this time," affirmed Evans by email when asked if there was consideration being given to the response by Pickering council.

When asked about alt-right sentiment, anti-Semitic rhetoric (as additionally noted through the affiliation of the publication Druthers that can be seen in the video and at the September gathering in Tiny), and any similar ideology which could show up in council chambers, Evans replied quickly. "The township has harassment and bullying policies in place that ensure Tiny remains a respectful workplace for everyone," said Evans. "The township is also drafting a Citizen Code of Conduct that will be brought to an upcoming council meeting for consideration."

At the committee of the whole meeting this Wednesday, a procedure bylaw amendment report will address citizen conduct as it does not deal with such matters.

Tiny politicians have expressed concerns about cyberbullying when opposition to the new administration centre heated up this past spring with at least one person suggesting running over council with trucks.

It had since reduced following a request from Tiny council, but had not disappeared, according to Evans. "Cyberbullying continues to be an ongoing concern, and it is getting worse and more frequent," stated Evans.

Evans also confirmed that security measures would be undertaken in the construction of the administration centre, expected for completion in 2027. "Modifications will be made to the interior

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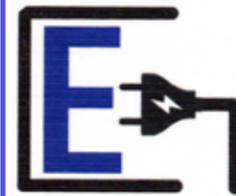
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design to protect staff and council. We will not be publicly disclosing what the specific measures are. "The safety of staff, council, and our residents is always a concern that I as mayor share with our CAO," stated Evans. "We will continue to prioritize safety both now and, in the future, and we will make adjustments if needed."

# Tiny reaction to supposed alt-right presence heated on both sides

By: Derek Howard, Local Journalism Initiative Reporter, Source: MidlandToday.ca  
Jan 08, 2025

The increasing presence of perceived alt-right rhetoric and cyberbullying in Tiny Township has several in the community reacting to a recent MidlandToday article, following a decision by Pickering city council to go virtual for their council meetings due to safety concerns.

The article, 'Rising alt-right appearances at North Simcoe councils cause security considerations', addressed the presence in Tiny and Tay Township council meetings of individuals appearing within a Pickering video where the mayor laid out why the municipality was moving to entirely online meetings.

MidlandToday asked members of Tiny Township council for a response on the heightened discourse within their council chambers. "I am extremely concerned," replied Coun. Kelly Helowka through email. "The People's Party of Canada (PPC) – not Progressive Conservative Party (CPC) – think that they can infiltrate and influence our township. I am hoping that our ratepayers are too smart to be tricked into buying into these less than 2% extreme right wingers," said Helowka, alluding to PPC polling results from the most recent federal election.

Helowka added comments addressing recent appearances by a Simcoe North PPC candidate Stephen Makk at Tiny council meetings, which initially coincided with his appearance at a September gathering in Tiny Township for an Ontario Landowners Association pig roast. Makk had also been present during a KICLEI deputation in both Tiny and Tay Township council chambers. "Although I respect and abide by our democratic principles and values, I denounce any organization or political party that is extreme," stated Helowka. "It seems to me that this alt-right group should not be given much credibility. They have not earned any." A request for comment was also sent to Karen Zulynik

regarding her group's role in trying to stop the Tiny Township administration centre build.

While no response was provided directly to MidlandToday, Zulynik took the questions to her public Tiny Township: All Things Council social media page where she shared her thoughts on the matter. Zulynik neither condoned nor denounced the presence of alt-right rhetoric aligned with her initiative, deferring the decision to remove harmful content to those who operate Facebook and its oversight. "I was getting signatures for the referendum, because I go where crowds are," replied Zulynik on her attendance at the OLA pig roast, of which she is a member. "(Pickering councillor) Lisa Robinson is being bullied by her peers and I am in the same boat as Lisa Robinson, but these guys are not my peers, they are my leaders!"

Zulynik also stated: "No one on this page has ever threatened anyone's life."

An April 2024 council meeting quoted Coun. Steffen Walma as township council and staff dealt with cyberbullying involving "people wanting to run council over with trucks" and "threatening to hang council members in a meme form."

MidlandToday also reached out to former Ontario Party candidate Gerald Auger, who had appeared in North Simcoe council chambers in recent months along with being shown within the Pickering video; Auger did not respond with comments at the time of publication.

An email was received from "Canadian activist" Maggie Braun, as described in her appearance at the September pig roast. Braun had provided a letter to the editor previously, in her role as KICLEI (Kicking the International Council Out of Local Environmental Initiatives) founder, that the organization was not anti-globalist.

Braun, who had also appeared within the Pickering video, claimed that the MidlandToday article attempted to link her unfairly with alt-right and

anti-Semitic groups.

Braun says the article "misrepresents both my work and the KICLEI initiative, relying on inflammatory language, guilt by association, and unsupported claims to paint a false narrative. Such reporting undermines constructive civic engagement. "The KICLEI initiative (Kicking International Council Out of Local Environmental Initiatives) is a citizen-led effort focused on transparency, accountability, and fiscal responsibility in municipal climate programs," she stated via email. "Our goal is to inform councils about the costs, obligations, and impacts of voluntary programs like ICLEI's Partners for Climate Protection (PCP) and advocate for local decision-making. At no point has KICLEI or its official supporters engaged in harassment, cyberbullying, or intimidation."

At the upcoming committee of the whole meeting, Tiny Township will be discussing a procedure bylaw amendment report to address citizen conduct for municipal committees and meetings.

Zulynik added on her post that the meeting would also contain information about the budget, loan approval for the administration centre, and a letter regarding a referendum on the building which had been put on the shoulders of the municipality and not the province. "This cyber-bullying threatening people's lives issue is just a way to cloud the real issues that the meeting is about," wrote Zulynik.

When asked if cyberbullying had increased over recent months, Helowka expressed it had. "As a Township of Tiny councillor, I have been exposed to many unstable individuals, much more so than in my 36 years as a police officer," he said.

"I only ran for council because I thought I could help people in my township, but the wackos are only getting worse," said Helowka. "I will not let them get to me because I feel that the work we are doing is important and the 'right thing to do.'"

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## January blues? Here are five tips from a Waypoint psychiatrist to boost your mental health

By Waypoint Centre, Jan. 10, 2025  
 January can be rough. Coming down from the highs of the holiday season, it's easy to lose one's way while trying to resume daily habits.

"This time of year is challenging for many people," said Dr. Mara Smith, a psychiatrist in the Acute Assessment Program at Waypoint Centre for Mental Health Care. "And while it's normal to feel a little anxious or depressed with the cold weather and shorter days, it's important to maintain a healthy routine and reach out for help if necessary."

Dr. Smith offers five tips to help navigate January with a positive mindset:

**Stay active:** Physical activity releases endorphins, which can boost your mood. Go for a walk, take up yoga or dance in your living room — just find a way to move your body. Consider going to a sauna or using your hot tub. Taking a cold plunge or turning the shower to cold for a few minutes at the end of your shower can help. Try a diet soda or sparkling water instead of a sugary drink. Opt for a plant-based option instead of dairy milk in your coffee. Avoid caffeine late in the day.

**Keep your mind busy:** Listen to audiobooks or podcasts while driving your usual route, doing chores, getting ready for the day, exercising or walking the dog. Meditation or journaling can also reduce stress and enhance self-awareness.

**Connect with loved ones:** Social connections are key to mental health. Make time for friends and family, even if it's just a quick chat or a virtual get-together.

**Limit screen time:** Too much screen time, especially on social media, isn't good for your mental health. Set boundaries and take regular breaks to engage with the non-virtual world.

**Try something new:** Whether it's strapping on a pair of snowshoes, attempting a different recipe or learning how to crochet, stepping outside of your comfort zone can help redirect your focus.

For those seeking additional guidance, Dr. Smith recommends the following books:

- "Outlive" by Dr. Peter Attia (or his podcast "The Drive")
- "Waking Up" by Dr. Sam Harris (or the app by the same name)
- "Transcend: The New Science of Self-Actualization" by Dr. Scott Barry Kaufman
- "Life After Life" by Dr. Raymond Mood (for people dealing with bereavement)

If it's more than just the January blues, adults with depression and anxiety-related conditions can access the publicly funded Ontario Structured Psychotherapy program. Learn more at [www.waypointcentre.ca/programs\\_and\\_services/ontario\\_structured\\_psychotherapy](http://www.waypointcentre.ca/programs_and_services/ontario_structured_psychotherapy).

## coldest night of the year february 22, 2025, 1:00pm st. john's united church, elmvale

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Submitted by *Fernada Bianconi, Jan. 11, 2025*

As temperatures drop in North Simcoe this February, our community has the chance to come together and warm hearts through the annual Coldest Night of the Year Walk. This national event raises awareness and funds for those facing hunger, hurt, or homelessness, with two local walks happening in Midland and Elmvale on Saturday, February 22nd, 2025.

**A Lifeline for the Vulnerable**

The funds raised during these walks directly support vital programs like the Urgent Needs Fund in Midland. This program provides microgrants to low-income households, helping individuals cover essential expenses such as groceries, medication, or unexpected emergencies when traditional support systems fall short. For many, these grants are more than financial relief—they are a source of hope and dignity.

Another key initiative, the Home Relief Bank, offers interest-free loans to those at risk of homelessness, helping them stay in their homes by covering rent or mortgage payments during difficult times. Together, these programs empower people to meet their immediate needs and work towards breaking the cycle of poverty and vulnerability.

**Two Walks, One Mission**

This family-friendly event invites participants to walk through the streets of Elmvale, raising awareness and funds to ensure no one is left behind. The warmth of community spirit and a shared mission to make a difference will keep everyone going—even in the chill of February.

Participants can choose from a 2km or 5km route or go at their own pace. Proceeds from both events support The Guesthouse Shelter, which provides crucial services for those in need.

**Elmvale's Walk**

Location: St. John's United Church, Elmvale

- 12:30 PM: Check-in opens
- 12:45 PM: Warm-up
- 1:00 PM: Walk begins
- 2:00 PM: Chili lunch (don't forget to bring your bowl & spoon)
- 3:00 PM: Event wrap-up

This Elmvale walk is proudly sponsored by The Tiny Art Shack, Solly Family Dentistry, and BMR Elmvale.

**Midland's Walk**

Location: St. Paul's United Church, 308 King Street

- 4:00 PM: Check-in opens
- 4:45 PM: Opening remarks
- 5:00 PM: Walk begins
- 6:00 PM: Light meal served
- 7:00 PM: Event wrap-up

**How to Get Involved**

Register for either walk and join a growing movement to ensure that no one in our community is left out in the cold. You can sign up for the Elmvale walk at [cnoy.w-ith.me/stjohnsuc](http://cnoy.w-ith.me/stjohnsuc) or the Midland walk at [cnoy.org/location/midland](http://cnoy.org/location/midland).

Let's lace up, bundle up, and step out to make a difference. Together, we can create brighter days for those who need it most. See you there!



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## OBITUARIES



### RATUSNY, Josephine Jean (née Hotzak)

It is with deep sorrow and much love that we mourn the passing of Josephine Jean Ratusny of Midhurst, Ontario, on the evening of December 11, 2024, at the age of 81 years. Josey was surrounded by her family in her last moments as she succumbed to pancreatic cancer, after overcoming breast cancer in 2023.

Josey was the heart and foundation of the family. She will lovingly be remembered by her surviving spouse of 59 years, Dcn. John Ratusny. Loving and devoted mother to Dorothy (Ryan), John Thomas (Christina) & Catherine (Troy). Proud baba to Richard, Maxine, Christophe, Joshua, and Sebastian. Cherished sister-in-law to Arleen (Malcolm), sister to Ted (Darlene) and nephews Steven (Rachel) and Sean (Shannon). Josey was adored by her cousins, especially Dorothy Vitelli (née Urbanski), Gladys Neely (née Zomchek), and numerous relatives and friends and she kept in contact over the years through visits, phone calls, and her many thoughtful cards & letters. She will be dearly missed by all.

Visitation will be held from 2-4 pm and 6-8 pm on January 19 at Steckley-Gooderham Funeral Home, 30 Worsley St., Barrie. The Funeral Mass will be held at 10:00 am on Monday January 20th at St. Mary's Catholic Parish, 65 Amelia St., Barrie. Interment will immediately follow at St. Mary's Catholic Cemetery, 208 Sunnidale Rd., Barrie. Online memories and condolences may be shared via [www.steckleygooderham.com](http://www.steckleygooderham.com)

Memorial Donations may be made in Josephine Ratusny's name to Gilda's Club Simcoe Muskoka, 10 Quarry Ridge Rd, Barrie; <https://gildasclubsimcoemuskoka.org/ways-to-give/donate/#donate> or to Hudson Regional Cancer Care, Royal Victoria Regional Health Centre; <https://www.rvhkeeplifewild.ca/donate-today/>



### WICKS, Warren Charles

Passed away suddenly at home on Friday January 3, 2025. Warren Wicks of Wasaga Beach in his 94th year. Beloved husband of the late Theresa (Terry) Wicks. Dear Father of Gary (Nancy) Wicks of Orr Lake and the late Deborah (Allan) Bridges. Grandfather of Ryan (Jessica) Wicks of Orr Lake and Chandra Bridges. Beloved great grandfather of Thea and Brooke Wicks.

Predeceased by father Charles Wicks, long time resident of Orr Lake.

Long time member and Former District Governor of the Lions Club region A15 Kitchener waterloo. Active member of the Wasaga Beach community including lawn bowling, indoor bowling league, Wasaga Cruisers, and Lions Club of Wasaga Beach, and will be missed by all his family and friends.

In keeping with Warren's wishes, there will not be a funeral service.

Donations to the RVH Cardiac Care Unit are appreciated.

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## County of Simcoe opens skate trail to public

By County of Simcoe

Midhurst/January 13, 2025 – The County of Simcoe skate trail has officially opened for the 2025 season. The skate trail spans over one kilometre through the Simcoe Museum grounds and surrounding forestry.

Skaters can access the skate trail through the group entrance of the museum as the remainder of it is closed for renovations and inaccessible to the public. Tickets will be available at the door and online, for same day use only. Online ticket sales will be open by 9:00 a.m. on weekends, 4:00 p.m. on weeknights, and the skate trail itself will be open as weather and trail conditions permit.

### 2025 Hours of Operation

The skate trail will be open on the following days, weather permitting:

Tuesdays	6:30 – 8:30 p.m.	
Thursdays	6:30 – 8:30 p.m.	
Fridays	6:30 – 8:30 p.m.	
Saturdays	11 a.m. – 1 p.m.	2 – 4 p.m.
Sundays	11 a.m. – 1 p.m.	2 – 4 p.m.

Tickets may be purchased online at [museum.simcoe.ca](http://museum.simcoe.ca) on the same day as the reservation. Booking in advance is not available to ensure trail conditions remain optimal throughout the season. Ticket prices are \$10 for adults and \$8 for youth.

Skaters will have access to indoor warming stations and changing areas.

## Midland Fire Department announces grant from the Royal Canadian Legion



By Brian Belcourt, reporter

Jan. 13, 2025 - Midland Fire department receive a contribution from the Royal Canadian Legion Branch 80 and Ladies' Auxiliary Charitable Foundation. This funding will support the purchasing of new imaging equipment that allows fire fights to see hot spot enhancing their commitment to protect lives, property, and the environment.

Photo left to right: Councillor Reberta Bald, Deputy fire chief Don Hebner, Councillor Jaz Patel, Midland CEO Rhonda Bald, Fire Chief Richard Renaud, Midland Legion Branch 80 President Diedre Adair, Branch 80 Ladies Auxiliary Cindy Lockhart, Midland Legion Karen Caldwell. *Photo by Brian Belcourt, reporter.*



## OBITUARIES



### BUCHANAN, James Albert

July 22, 1956 – January 5, 2025

In his 69th year, James Buchanan of Hillsdale passed away suddenly in hospital on January 5th, 2025. Dear father of Cory (Alberta), and Stepfather of many years to Tracy (Wayne) of Hillsdale and Lance (Sabrina) of Barrie. He was a very proud grandfather of Shawna, Hope, Ava, Jeffrey, Elyas and Avery and a Great-Grandfather to Leland, Dawson, and Spencer. Brother of Rosemary, Eileen (Larry), John (Sue), Lorraine (Rick), Robert, Carol, and Bonnie. Son of the late Edwin Buchanan and Jeannine McCall. He will be deeply missed by many nieces, nephews, and extended family. Friends he's made from childhood, and most recently the group from Burks Falls that he was very proud to call friends. He will also be greatly missed by his "Special Buddy", Jean Horzempa Varcoe.

A Celebration of Life will be held at a later date.

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## CELEBRATION OF LIFE

### Donald Arthur Bylow July 2, 1935 – October 2, 2024



A celebration of life will hold on Saturday, February 8, 2025 from 2-5pm at the Royal Canadian Legion Branch 80, located at 196 Queen St in Midland, Ontario

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Thursday February 13th—1:30pm to 3:30pm

Featuring live music and a drink ticket and light refreshments.  
Members \$20 and Non-members \$25

For more information about Askennonia or their programs, please call (705) 526-7609



South Georgian Bay  
Community Health Centre

**FEEDING OUR BONES**

Thursday January 30th—1:30pm to 2:30pm

Discover key nutrients for strong bones, their best food sources, and when supplements might be needed. This interactive session includes reviewing your personal journal and comparing it to calcium & protein recommendations.

**Stride and Socialize Wellness Walks**

Tuesdays from 9:30am to 10:30am

A great way to stay active this winter. This is a weekly winter walking group. No registration needed—just show up at the Centre parking lot. Visit [www.southgeorgianbaychc.ca](http://www.southgeorgianbaychc.ca) or call (705) 422-1888



Centre de santé communautaire  
**CHIGAMIK**  
Community Health Centre

**Yoga, Wellness and Movement Classes**

Enhance strength, balance, and learn calming strategies for daily stress!  
Visit [www.chigamik.recdesk.com/Community/Program](http://www.chigamik.recdesk.com/Community/Program) or call Chigamik at (705) 527-4154



north simcoe  
family health team

**Senior's  
Program**

**Appointments available Monday to Friday**

*With referral from physician or health care professional*

Supporting patient's health goals and providing up-to-date health information. Appointments will assess overall health status, possible memory changes, balance, mood changes, cognition and daily living. Located at 619 Prospect Blvd in Midland. For information, please call (705) 526-7804 ext. 236.



**INDOOR WALKING TRACK**

Tuesdays and Thursdays—11:30am to 1:30pm

The Town of Penetanguishene has different senior programs this winter to keep you active and social. Walk indoors and upstairs in the large hall at the Penetanguishene Memorial Community Centre. Visit [www.penetanguishene.ca](http://www.penetanguishene.ca) or call (705) 549-7453



**Need help with shoveling this winter?**

**Snow Angels Canada** is a volunteer-driven snow removal program to assist seniors and persons with disabilities with snow clearing. It only takes a couple minutes to sign up and find volunteers near you! Visit [www.tiny.ca/snow-angels](http://www.tiny.ca/snow-angels) or call (705) 526-4204



**WE ♥ OUR VOLUNTEERS** Community **REACH**

At Community Reach we LOVE our volunteers as they make such a huge difference in the lives of so many North Simcoe residents. Our drivers continually tell us what a rewarding experience this is as they take clients to medical appointments, shopping and social activities within the four North Simcoe communities. Drivers are compensated for their mileage.

Give us a call to learn more about volunteering!

850 Hartman Dr #104, Midland, ON L4R 0B6  
(705) 528-6999 [www.communityreach.ca](http://www.communityreach.ca)

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Bien vieillir chez soi du  
Gouvernement du Canada

