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NORTH SIMCOE Springwater NEWS

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Sweet Success for Elmvale Maple Syrup Festival

By Kari Belcourt North Simcoe Springwater News

It's a wrap for another sweet success at the Elmvale Maple Syrup Festival! Despite a rainy start, the annual celebration in Elmvale proved to be a huge hit. The crowds came out in full force, the syrup flowed, and the community came together for a truly memorable day.

At the Elmvale Community Hall, festival goers enjoyed the popular pancake house, serving breakfast until 2 p.m., along with live entertainment from local musicians Louis Lefaive and Even Steven.

Across the street, families found plenty to enjoy with children's entertainment and a bustling book sale at the Elmvale Library. Outside, a variety of local vendors and artisans showcased handmade goods and treats, while the festivities continued along vendor-lined streets filled with samples of delicious maple syrup, leading visitors toward the Elmvale Arena.

On the main stage outside the arena, local talent took the spotlight throughout the day. The EDHS All Stars performed with Jesse Muldoon at 11 a.m., followed by the opening ceremony and introduction of dignitaries at noon. The stage also hosted crowd-favourite events including the log-sawing contest, the Firefighters' and Community Challenge, and the always-entertaining pancake-eating contests held at 1:30 p.m. and 2:30 p.m.

At the arena, free children's activities—including rock climbing and a tubing hill—kept young attendees entertained, while inside, local businesses offered even more to explore, rounding out a day that celebrated community spirit and one of Canada's sweetest traditions.

A volunteer-led tradition rooted in giving back, the Elmvale Maple Syrup Festival continues its legacy as one of the region's most meaningful community fundraising events.

Held annually in Elmvale, the festival supports a wide range of local initiatives. Proceeds from this one-day celebration are reinvested directly into the community, benefiting schools, children's music programs, the local library, arena and community hall projects, Girl Guides and Scouts, and many other causes where funding might otherwise be unavailable.

Behind the scenes, the festival is powered by an extraordinary network of volunteers whose countless hours of planning and dedication bring the day to life. For more than five decades, organizing committees have worked year-round, always striving to make each festival better than the last.

For many former residents and Georgian Bay cottagers, the festival has become more than just an event—it's a homecoming. Festival weekend offers the perfect opportunity to reconnect with friends and family while enjoying a day filled with community spirit, tradition, and fun




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Community Spotlight Submission

Raven Murphy - Shut Up and Listen: Finding Clarity in the Natural World
Raven Murphy chose to root herself in the South Georgian Bay region for a reason. It's not just the beauty of the shoreline, the forests, or the changing seasons—it's what those places offer when you spend time in them. A different pace. A different perspective. A different way of experiencing what's right in front of you. Which is exactly what her work has come to reflect.

As an author, speaker, nature guide, and the voice behind Ravenspeaks, Raven creates nature-based experiences throughout the region that invite people to step out of their distracted, busy lives and into something quieter, settling, and often more revealing than they expected.

Her uniquely crafted outings aren't about covering distance or checking off trails. They're immersive, hands-on, and designed to bring participants into direct contact with the natural world—whether that's working with plant essences, learning animal behaviour, or being part of moments in nature that tend to stay with them, bringing a sense of calm, clarity, and connection.

That same approach carries into her speaking.

Raven is known for her storytelling—real moments drawn from time spent outdoors that land in a way people don't forget. Her presentations feel less like a formal talk and more like a conversation—one that stays with you long after she's left the room. Her approach is simple, yet powerful. There's humour, honesty, and a way of connecting everyday life to what's happening in the natural world without overcomplicating it.

Her work also extends into audio. Raven has created two album-style podcasts—Silence of the Season and Reflections of the Season: A Four-Season Self-Discovery Journey Through Stories & Songs—available through Ravenspeaks.ca. These recordings blend story, music, and guided reflection, offering another way to reconnect with the seasons and with yourself.

She is also the author of the Shut Up and Listen book series, including Shut Up and Listen: A No BS Guide to Unlocking Nature's Wisdom in 31 Days and Shut Up and Listen: Winter Edition. Her books mirror her in-person offerings—straightforward, interactive, and rooted in the idea that clarity doesn't have to be complicated.

Raven actively collaborates with local groups and organizations. She works with Probus and Rotary clubs, partners with Free Spirit Tours—where she guides a women's paddling group and

offers Woodland Wellness tours—and connects with libraries and women's groups, bringing these experiences to a wider audience across the South Georgian Bay area.

With a deep appreciation for this landscape, she helps others experience it differently—not just something to look at, but as something that can actually support how they think, feel, and move forward.

Because at the end of it all, her work isn't about escaping life.

It's about stepping into it with a little more awareness, a little less noise... and a much deeper understanding of what's been there all along.

All we need to do is Shut Up and Listen.

Visit ravenspeaks.ca, where you'll find everything she offers in one place.

Call for Community Spotlight Nominations

Do you know someone who goes above and beyond in our community? We're looking for nominations for our Community Spotlight feature, celebrating the people, businesses, and organizations that make a difference every day.

Whether it's a dedicated teacher, a caring babysitter, a local business owner, a volunteer, or a community group making an impact—we want to hear their story. Big or small, every act of

kindness and commitment helps shape the place we call home.

If there's someone you feel deserves recognition, please reach out and share a brief description of who they are and why they stand out. Let's come together to highlight the incredible individuals and organizations that make our community stronger.

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EDITOR: KARI BELCOURT



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On Your Marks, Get Set, Go!

The Start of the Municipal Election

By Kari Belcourt North Simcoe Springwater News

The 2026 municipal election season is officially underway, with nominations now open for residents interested in serving their community at the local level.

As of May 1, individuals seeking to run for municipal council or school board trustee positions can begin filing their nomination papers with their respective municipal clerk. The nomination period will remain open until August 21, 2026 at 2:00 p.m., marking the official close of Nomination Day.

Municipal elections play a vital role in shaping local decision-making, as elected officials are responsible for setting policies, approving budgets, and determining the services that impact residents' daily lives. Positions available across local municipalities include Mayor, Deputy Mayor, and Councillor, along with various school board trustee roles.

To be eligible to run for office, candidates must be at least 18 years old, a Canadian citizen, and have a qualifying connection to the municipality—either as a resident, property owner, tenant, or the spouse of one. Candidates must also not be disqualified under provincial legislation.

As part of the nomination process, candidates are required to submit a completed nomination form, provide proof of citizenship, and obtain at least 25 endorsement signatures from eligible voters within the municipality. A filing fee of \$200 applies for those running for Mayor, while all other positions require a \$100 fee.

Once nominated, candidates are permitted to begin campaigning, including accepting contributions and incurring expenses in accordance with the rules set out in the Municipal Elections Act.

Election Day is scheduled for Monday, October 26, 2026, with the new term of council set to begin

on November 15, 2026.

Serving on council requires a significant commitment. In addition to attending regular meetings—typically held twice monthly—members of council are responsible for reviewing agendas, participating in committees, and engaging with residents on community issues.

Residents considering running are encouraged to contact their municipal office for more information on the nomination process, eligibility requirements, and key deadlines.

With the nomination period now open, the months ahead will see candidates step forward to shape the future of their communities.

Candidates have begun filing paperwork for mayoral, deputy mayor, and councillor positions in the Township of Springwater, Tiny Township, Town of Midland, and Town of Penetanguishene.

All individuals listed below are considered unofficial candidates until certified by their respective Municipal Clerks as of May 4, 2026.

Township of Springwater

- Mayor (One to be elected at-large)
 - Jennifer Coughlin
- Deputy Mayor (One to be elected at-large)
 - Liz Grummett
- (One to be elected at-large per ward)
 - Councillor – Ward 1
 - Matt Garwood
 - Councillor – Ward 3
 - Wanda Maw-Chapman
 - Councillor – Ward 5
 - Alex Saldana

Tiny Township

- Mayor (One to be elected at-large)
 - Dave Brunelle
 - David Evans
- Deputy Mayor (One to be elected at-large)

- Mario Galluzzo
- Councillor (Three to be elected at-large)
 - Kelly Peter Helowka
 - Stephen McNamara
 - Karen Zulynik

Town of Midland

- Mayor (One to be elected at-large)
 - William (Bill) Gordon
- Deputy Mayor (One to be elected at-large)
 - Beth Prost
- Councillors (Seven to be elected at-large)
 - Cody Oschefski

Town of Penetanguishene

- Mayor (One to be elected at-large)
 - Doug Rawson
- Deputy Mayor (One to be elected at-large)
 - Dan La Rose
- Councillor (Five to be elected at-large)
 - Eric Lapointe

As the 2026 municipal election period continues, it is of the utmost importance that our publication remains firmly committed to providing clear, factual, and non-partisan coverage. As one of the remaining print media outlets in North Simcoe, we recognize the responsibility we carry in ensuring residents—particularly seniors and others who may rely primarily on print media—have access to accurate and accessible information.

In an increasingly complex media environment where information can be difficult to verify, local journalism plays a critical role in maintaining public trust. Our focus remains on reporting verified facts, election updates, and official candidate information without opinion or bias.

Reliable local news coverage is essential to an informed electorate and to the democratic process itself.

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Notice of Open House for the Township of Springwater Official Plan 2051

Wednesday, June 10, 2026 | 6:00 p.m. - 8:00 p.m.



Take Notice that the Township of Springwater in collaboration with the County of Simcoe will hold an Open House for Official Plan 2051 (OP2051) on **Wednesday, June 10, 2026**, from 6:00 p.m. to 8:00 p.m., at the Township Administration Centre, located at 2231 Nursery Road in Minesing. The Corporation of the Township of Springwater has initiated an Official Plan Update pursuant to Sections 17, 26 and 27 of the Planning Act.

The Open House is intended to provide for informal discussion regarding the process and information completed to date in support of the Township's Official Plan 2051. Members of the public and stakeholders are encouraged to view information boards and discuss the project with staff members on an informal basis.

Purpose and Effect

The purpose and effect of the Township's Official Plan Update is to implement changes to effectively manage growth to 2051 and implement the findings of the Growth Management Study, including the Settlement Area Boundary Expansion of Midhurst for Employment Lands. The Township is also utilizing this opportunity to align the Township's Official Plan with changes made through Provincial and County legislation. The following will be included through this update:

- Proposed modification to the Midhurst Secondary Plan schedule and text to reflect the Settlement Area Boundary Expansion and the introduction of a policy section for the Forbes Road/Highway 400 Employment Area.
- Addition of a Special Policy Area schedule and text for the Long-Term Employment Reserve Overlay.
- The planning horizon of the Official Plan document will be extended to 2051 and a conformity exercise for all upper tier (County and Province) legislation.
- Align the Official Plan schedules with the Barrie/Oro-Medonte/Springwater Boundary Adjustment Act

The Proposed Township Official Plan Update

Subject Lands: For the Midhurst Settlement Area Boundary Expansion (Employment Lands) and Special Policy Area (Long-Term Employment Reserve Overlay) the key map is available on our website. The proposed Official Plan update applies to the entirety of the Township of Springwater and therefore no key map has been provided.

At this time, a Growth Management Study 2026 has been prepared, presented and endorsed by Township Council. The Growth Management Study, and supporting documents are available for review on the Township of Springwater website, by visiting www.springwater.ca/OfficialPlan2051

The OP2051 webpage will continue to be updated as additional material becomes available prior to the Open House. All materials will also be available for review at the Township Administration Centre. It should be noted that the Open House does not represent the formal Statutory Special Meeting/Public Meeting under the Planning Act, notification of this meeting will follow in the future under a separate notice. No decision will be made at the Open House.

If you are unable to attend this meeting but would like your comments and/or concerns received by members of Council, please submit your comments along with your name and mailing address to the Township of Springwater Planning Department, or by email to OP2051@springwater.ca. Please note that the County of Simcoe will hold additional statutory public consultation and notice of these meetings will be provided at a later stage in the process.

Additional Information

If you wish to be notified of the decision of Springwater Council on the proposed Official Plan 2051, you must make a written request to the Township of Springwater.

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

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

Dated at the Township of Springwater on May 1, 2026.

Planning Department
Township of Springwater, Administration Centre
2231 Nursery Road, Minesing, ON L9X 1A8

Tel: (705) 728-4784 x 2019 Fax: (705) 728-2759
E-mail: OP2051@springwater.ca
Website: www.springwater.ca/officialplan2051

Elmvale Lions Club Grows

Founded in 1949, the Elmvale District Lions Club remains a dedicated force in community service with over 30 active members living their motto, "We Serve."

The club supports Lions Camp Dorset, CNIB Camp Lake Joseph, and camps for the deaf and diabetes, while also contributing to Lions Governor's projects. Locally, they sponsor youth hockey and soccer teams and are a familiar sight in parades with their award-winning floats.

Over the years, the club has made meaningful contributions to hospitals, schools, hospice facilities, and families in need, both through ongoing commitments and one-time donations.

The Elmvale District Lions Club also welcomes new member Robb Tapp.

Pictured: President Jim Elliott with Robb and sponsor Murry Truax.



Table Tennis at EDHS



By Joseph Gagnon
During the week of April 20-24, students at Elmvale District High School took part in OFSAA Try Day, an initiative to introduce a new sport/activity/equipment to the school. EDHS was able to receive funding from the Ministry of Education to purchase a new table tennis table and run clinics for their students on how to play the game of table tennis. Student leaders ran the activity during lunch hour in the fitness centre with a revolving door of students keen to learn the game. Thanks to the grant from the Ministry of Education and OFSAA, table tennis will be introduced to the physical education program at EDHS and available for student play during lunch hours and spares.

Craighurst Women's Institute Meeting April 2026

Craighurst WI met Tuesday night, for our Annual Meeting. We opened as per usual, singing the Ode, and reciting the Mary Stewart collect - which begins, Dear Readers, "Keep us, O Lord, from pettiness". Great way to start the night. The roll call was an envelope presented with membership dues for next year. Sixteen people answered the roll. Then we tried for minutes from March. We must wait til May for March. Then the treasurer cooked - no wait - revealed the financial books. All in the black. We made plans for catering to World Fiddling Day in Eady Hall May 16. The event raises money for training COPE dogs (look it up, gentle reader) Have you ever seen dogs square dancing? "Alla Woolf left with the old left paw, promenade" is one call. The dogs are allowed to dance. After all they ARE in training. And CWI is there with egg salad sandwiches. We decided to table our response to the Ontario Government consolidating Conservation Authorities til next meeting. "How will Doug Ford stuff 36 C A's into 9 "regional bodies" and not bring on a cascade of red tape that he wants to outlaw? cried some members. "Fie" said other members, "Doug will let the CA's fly around their boundaries on idle jets". "For shame" cried the first members, "you can't outfly red tape!" At this the President called for order. Back to the program. Carol gave a nostalgia talk, with the aid of a copy of the Barrie Examiner Oct 9 2012. The article was about the tearing down of the Craighurst Community Hall after 150 years of service. Ah, the dances, the parties, the Christmas Concerts, the soldiers' welcome homes! Two members confessed to having been on that old stage and acting in a skit for school - which, by the way, was also torn down last week. The village is now looking forward. New homes, new business, new traffic. Then, as per WI rules, we closed the meeting, opened the new WI year by installing all our new officers, and called it a night.

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North Simcoe Grain Project 2025

They say of the weather, "If you wet your feet with dew in the morning, you may keep them dry for the rest of the day." This year, we certainly needed our rubber boots for the heavy dew—because the rain simply didn't come. In fact, that morning dew helped sustain some of our crops during the driest stretches of the growing season.

Following an outstanding 2024, the 2025 season proved to be one of the driest in recent memory for the North Simcoe GRAIN Project—a dedicated group of local farmers growing crops to help alleviate poverty around the world through the Canadian Foodgrains Bank.

Despite the challenging conditions, 2025 marked a significant milestone as we celebrated 25 years of crop production. This year, our community of farmers and industry partners came together to grow 83 acres of soybeans.

The Spence family took the lead in planting and spraying, with soybean seed generously provided by Dekalb. Weed control products were supplied by Bayer, and fertilizer was provided by Homes Agro. Harvest was completed by the Spring family and Matt Ververs using their combines, while the Hummelink family handled the buggy work. Transportation of the crop was supported by the Langman family.

Financial Summary:

- Bank Balance: \$4,955.81
- Crop Sales (83 acres): \$32,977.44
- Donations: \$17,196.45
- Expenses: \$8,620.00
- Total Donated: \$54,160.00

Over the past 25 years, the North Simcoe GRAIN Project has raised an incredible \$1,756,703. With the government's 4:1 matching program, this has resulted in a total of \$8,783,515 directed toward improving food security around the world.

About the Canadian Foodgrains Bank

The Canadian Foodgrains Bank is rooted in the belief that humankind is created in the image of God, and that it is God's desire that no person should go hungry. The availability of food—and access to it—is fundamental to life itself. Food sustains life, provides strength for work, and allows people to share in the fellowship of family and community.

Since 1983, the Canadian Foodgrains Bank has been a partnership of 15 Canadian churches

and church-based agencies working together to end global hunger. The organization works with locally based partners in developing countries to meet emergency food needs, support long-term solutions to hunger, and encourage informed action by Canadians and governments.

Their work is guided by core values:

- Compassion – standing in solidarity with those who are hungry
- Equality – upholding the value and rights of all people
- Generosity – responding with gratitude and sharing abundantly
- Human Dignity – respecting each person's ability and desire to feed themselves
- Justice – addressing systems that contribute to hunger and inequality

- Peace – fostering respect and harmony among communities

- Right to Food – affirming access to adequate food as a fundamental right

- Right Relationships – working with humility, honesty, and mutual respect

We are deeply grateful for the continued support of our community. If you would like to contribute or learn more, please don't hesitate to reach out.

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." — Galatians 6:9

Contacts:

- Morley Minty, Treasurer
- Roger Spence, Production Manager
- Luke Langman, Coordinator (705) 716-7744



Photo: Caleb Langman planting

Simcoe County Historical Association Heritage Business Award

It is with great pleasure that Simcoe County Historical Association announces the selection of H.S. St. Amant & Sons Inc. of Penetanguishene as the 2026 Simcoe County Historical Association Heritage Business Award recipient. This award was created to honour and thank longstanding businesses operating in the County of Simcoe for their contribution to the development, well-being and heritage of the County over a significant

span of years. Congratulations H.S. St. Amant & Sons for not only meeting the award criteria but surpassing it on many levels.

An official 2pm ceremony takes place on Friday June 5th at St Amant's Robert St. location. Friends, relatives, and customers are most welcome to join in and listen to the nearly 150 year St. Amant success story entitled "From blacksmithing to mechanical drafting."

The heritage story of long term businesses must be shared widely. So SCHA steadily searches across the breadth of the County of Simcoe for stories of challenges and changes made by cornerstone family operations. Past recipients of this prestigious award include Les Bertram & Sons, Beatties Potato Farm & Distillers, Shaw's Maple Syrup & Catering, Sanderson Monument, Evans de Vries Higgins LLP and Bayview Wildwood Resorts.

H.S. St. Amant & Sons

Serving the Penetanguishene Area Since 1875

The evolution/transformation from blacksmithing to mechanical contracting



Etienne Steven Andre St. Amant originally operated a blacksmith shop setting up his business on Robert Street. His business evolved through the years into a plumbing and hardware store and his son Henri St. Amant became a plumbing contractor. It was Henri who in 1875, founded H.S. St. Amant Inc adjacent to the old blacksmith property and worked with 4 of his 5 sons as master plumbers. Passing away in 1953, his sons Oswald, Gerard, Bernard, and Lawrence carried on his legacy.

Now the fourth generation of direct descendants of the founders, with company president Kevin alongside fellow owners Joseph, Marty, Susan,

Keith, Marc and Chris (deceased) offer a list of Red Seal journeyman services (plumbing, steamfitters, gas technicians, sheet metal and HVAC)

Since 1973, an associate company, GVS Sheet Metal industrial fabrication and installation, was added.

The company evolved to a mechanical contracting firm offering complete services in residential, commercial, institutional and industrial contracting,

Proud to be the longest running family operated business in the Town of Penetanguishene, St. Amant's has grown to a dedicated staff of 22, with 3 of the 5th generation (Bryan, Austin, Colin)

on board. The owners credit their longevity to resilience and stewardship in providing specialized services to meet the ever changing demands of current times

Of importance to St. Amant's was their commitment to remaining a solid corporate citizen, over the years support given to Winterama, Penetang Curling Club, King's Wharf Theatre, Waypoint

St. Amant's stands behind this belief: "We take care of our customers: they are our neighbours, our family and our friends. Each one deserves the best value and the best service."

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Dear Neighbour

On April 28th, 2026, the Liberal government tabled their Spring Economic Statement in the House of Commons, also known as the 'Mini Budget.'

Ahead of the 2026 Mini Budget, my Conservative colleagues and I proposed four simple directives to fix the budget:

- Prioritize affordable and abundant energy: Get rid of energy taxes, repeal anti-development laws, and rapidly approve projects to lower the cost of energy.
- Low inflation and taxes: Balance the budget, keep spending low, and keep our money strong by not printing money to spend it.
- Free market competition: Cut corporate welfare, remove the capital gains tax to promote reinvestment in Canada, and cut the taxes on work, investment, home building and energy.
- National self-reliance: Pass the Canadian Sovereignty Act, to repatriate production to our country and make Canada a magnet of economic activity so that we're always able to provide for ourselves.

Unfortunately, the Liberal government ignored Conservative calls to cap spending and this year's

budget will double the deficit that the previous administration left behind. This means more costs, more taxes, more debt, and more inflation for Canadians.

Canadians are now spending \$59 billion in interest on the federal debt, up 10 per cent in just one year, and it is now more than the government spends on health care transfers and more than GST revenues.

I will continue to stand up for the residents of Barrie—Springwater—Oro-Medonte and demand that the Liberal government cancel all planned tax hikes, prioritize affordability and the cost of living, and bring down costs for all Canadians.

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



Community Update from Ward 1 Councillor Matt Garwood, Township of Springwater

Community Update from Ward 1 Councillor Matt Garwood

Hello Springwater residents. I'm pleased to share updates on recent decisions and developments that are shaping our community. My goal with these columns is to inform, not to offer opinions, so you can stay connected with what's happening in Springwater.

58th Annual Elmvale Maple Syrup Festival:
The 58th Annual Elmvale Maple Syrup Festival once again brought our community together to celebrate a proud local tradition and our rich maple syrup heritage.

From the pancake house and fresh local syrup to vendors, entertainment, and visits to Lalonde's Maple Syrup sugar bush, the festival showcased the very best of Elmvale and our local producers.

This event would not be possible without the dedication of our volunteers, the generosity of our sponsors, and the continued support of our community. Your efforts ensure this tradition not only continues, but gives back through support of local initiatives, organizations, and community spaces. Thank you to everyone who played a part in another successful festival.

Donation to Hospice Simcoe:

The Elmvale Community Recreation Association was proud to present a \$4,000 donation to Hospice Simcoe, made possible through the success of our St. Patrick's Dance.

This contribution helps support the vital services Hospice Simcoe provides, ensuring individuals and families across our region

have access to compassionate care, dignity, and comfort during some of life's most difficult moments.

We are deeply grateful for the work of Hospice Simcoe and the impact they continue to make in our community.

Sponsor a Flower Basket:

Help enhance the beauty of our downtown by sponsoring a hanging flower basket in Elmvale. For \$80, your sponsorship will provide a vibrant basket displayed on a local lamp post, adding colour and charm throughout the season.

This program is a simple and meaningful way to show community pride while contributing to a welcoming and attractive downtown for residents, visitors, and local businesses alike.

New Lift at St. John's United Church:

Congratulations to St. John's United Church on the dedication and opening of their new lift, an important community milestone and a project decades in the making. This addition marks a significant step forward in accessibility, ensuring more people can fully participate in worship and community life. It reflects a strong commitment to inclusion and creating a welcoming space for all. Well done to everyone who contributed to bringing this meaningful project to life.

2026 Springwater Swing:

Join us for the 18th Annual Springwater Swing Golf Tournament on Wednesday, June 24 at Vespra Hills Golf Course.

This event brings people together for a great day on the green while supporting a meaningful cause. Every birdie, bogey, and bunker shot helps raise funds that are reinvested into local community initiatives that benefit residents across Springwater. It's a fun and impactful way to give back while enjoying a day of golf with friends, neighbours, and colleagues.

We Lend a Hand - The Forgotten Story of Ontario Farmerettes:

Springwater Library, in partnership with other community organizations, is hosting a screening of this documentary at the Elmvale Community Hall on Friday, May 22 at 7:00 PM.

This film shares the remarkable story of more than 40,000 teenage girls who worked on Canadian farms, primarily in southern Ontario, between 1941 and 1952. While many men were enlisted in the war effort, these young women played a vital role in maintaining the country's food supply for both soldiers overseas and communities at home. Despite their significant contributions, their efforts have often gone unrecognized.

The documentary features archival photos, interviews with former Farmerettes (many now in their 90s), visits to the original farm locations, and more, bringing this important chapter of history to life.



info@springwaternews.ca
705-790-1993

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Senior Tiny Times



55+ Walking Group Township of Tiny

Nature Connect Program Brings Seniors Outdoors - New Walking Group Series Launches This Spring

Older adults across North Simcoe have rediscovered the physical, mental, and social benefits of spending time outdoors through Nature Connect: Outdoor Adventures for Seniors, a free, Age-friendly project offered by the Township of Tiny.

Funded by the Province of Ontario's Seniors Community Grant Program, Nature Connect was designed to reduce social isolation and improve overall well being by providing outdoor recreation, wellness, and educational experiences for adults aged 55 and over. The program encourages active living, social connection, and inclusion for older residents.

Over the past year, the program successfully delivered a wide range of guided outdoor experiences, including hiking, canoeing, kayaking, forest therapy walks, wild edibles foraging,

beginner and intermediate snowshoeing, a winter forest therapy walk, and an eight week slow sensory walking series. These activities welcomed seniors of varying abilities and took place across Tiny's extensive network of parks, forests, and trails.

Building on this momentum, Nature Connect is now launching a Volunteer Led Walking Group Series focused on activation, education, and social connection. Walks are designed for adults 55+, and participants are welcome to register in advance or simply drop in on the day. Those who sign up ahead of time will receive updates and notifications in the event of weather related changes.

Upcoming 55+ Walking Group Dates

Tiny Marsh Native Plants

Thursday, May 14: 10:30 a.m. – 12:00 p.m.
Meeting point: Tiny Marsh Provincial Wildlife Area - 500 Tiny Flos Townline, Elmvale

Tiny Rail Trail – 7 Bridges Walk

Tuesday, June 23: 1:30 – 3:00 p.m.
Meeting point: Concession 12 Rail Trail Parking Lot - 187 Concession Rd. 12 E, Tiny

Tiny Rail Trail – Introduction to Nordic Pole Walking

Monday, July 20: 10:30 a.m. – 12:00 p.m.
Meeting point: Bernie LeClair Memorial Park - 99 Balm Beach Rd. E, Tiny

Walks are planned and led by trained Volunteer Ambassadors and are designed to be welcoming, social, and adaptable for a range of fitness levels. Looking ahead to 2026, volunteers are planning additional walks and the Township is also expanding access to outdoor recreation by adding Nordic walking poles and snowshoes to its Sport Loaner Program. This specialized equipment will be available free of charge for community use, ensuring seniors can continue exploring local trails year round with confidence and support. Those interested in using the sport loaner kit equipment can visit [www.tiny.ca.playportal](http://www.tiny.ca/playportal).

This walking group is open to seniors from Tiny and surrounding North Simcoe communities.

For more information about this program, or to register for an upcoming walk, visit www.tiny.ca/seniors/programs or contact the Recreation Department at 705-526-4204.

The information in this article is provided as a public service by the Township of Tiny Senior Advisory Committee. We invite and welcome your feedback and suggestions on how we can make Senior Tiny Times a valuable information resource for our Seniors.

Website: www.tiny.ca/seniors

Phone: 705-526-4204

Email: seniors@tiny.ca

NY Islanders Bob Nystrom gets "Dynasty Stick"



Penetanguishene Sports Hall of Fame inductee Buzzy Deschamps solves 40-year-old mystery.

Bob Nystrom's overtime goal in game six of the 1980 Stanley Cup Final against the Philadelphia Flyers – the goal that ignited one of the most impressive dynasties in NHL history. But there was one small mystery... the game winning stick was gone!

It wasn't in the Hockey Hall of Fame, Nystrom's house and no one was auctioning it off for an obscene amount of money. "I don't remember what happened that night," Nystrom stated "because when we won the cup, it was pandemonium."

It turns out that the stick that ignited the Isles dynasty had been collected by a couple of stick boys who returned to the locker room after picking up all the celebration gear. The two stick boys being Kerry and Eric Deschamps, Buzzy's boys and one of the lads gave the stick to Buzzy.

Buzzy was given ample locker-room access that night thanks to his role with KOHO, a Finish hockey equipment company. Bob Nystrom being caught up in the celebration didn't remember signing the stick for Buzzy.

Buzzy's good friend Bryan Trottier and Nystrom were spending a lot of time searching for the



Former Islander Bobby Nystrom with Buzz Deschamps and the stick Nystrom used to score the Stanley Cup-winning goal in 1980.

ghost stick and when the conversation came up with Buzzy, "I said, well I have it, it's been in my possession for 40 years."

Deschamps connected with Nystrom and offered the return of the stick and in return Bob would take a few photos with Buzzy's young hockey players from his program. The two along with the kids met at Iceland in New Hyde Park to complete the exchange.

Buzzy told Nystrom he did not want the stick back or any compensation, simply the knowledge that for Bob Nystrom the search was over.

It's really is "great to have it back," Nystrom said. "It's just the memory of it. I mean, the tape

is flying off because of it's so old...it brings back some great memories."

L. Waxy Gregoire...Penetanguishene Sports Hall of Fame

Hey Dads! By Jason Weening

Hey Dads! Was winter everything you hoped it would be? There was much skating, sledding, and freezing in our home. Now, on to spring! But first a short visit to winter. If you read my last story, you'll recall that I recently got the van started with a boost, parked it in a snowy ditch, and was rescued by a good man with a good 4-wheel-drive truck. The saga continued to unfold...

I was driving away from the snowy ditch (which had some nice tire tracks in it now) to bring my eldest daughter to work. As we left, I asked her, "Do you have my phone?"

She did not have my phone. We did a quick look around the vehicle for my phone. Under seats. In glove compartment. Way up on the dashboard where you can hardly reach. I checked all my pockets. She checked all her pockets. And her purse pockets (there seemed to be a lot of those). She called my phone with her phone. No rings, rumbings, or revealings of phone location.

I searched through the vast caverns of my memory to the last time I had my phone. It was when I called the Auto Club to tow me out of the snowy ditch...the ditch...THE DITCH! Uh, oh.

Could it be? I turned to my daughter, "Maybe it fell out of my pocket in the ditch. I'll go back and take a look. Can I borrow your phone to call my phone again when I'm close?" Being the good daughter that she is, she agreed.

I returned to the scene of the slip. I had crawled under the van to hook up the tow strap. Maybe my phone fell out of my pocket. I dug around in the snow but found nothing. Maybe it had fallen on the road in the general vicinity of the ditch. I started walking all around the area with my eyes glued to the ground. Then I saw something! Something small! Something square! Something...that had clearly been run over. It was my phone.

I was happy. I was sad. It had fallen out of my pocket directly into the path of the truck that pulled us out of the ditch. The truck ran over it. Was there a chance it was okay in the protective phone case? So close! A giant crack split the screen down the middle, just enough that I couldn't enter my code or use the phone. One half looked normal and one half looked like the static colour bars of death we used to see on TV channels that were not broadcasting anything. The day could only get better from there.

The first repair shop I went to could not repair it. The second repair shop...had my screen in stock! And a couple hours later it was good as new! Some days are like that, aren't they? But

all those problems could have been worse and I'm grateful everything worked out like it did. I even chuckled as I wrote about it. Keep your chin up, dad! Enjoy the adventures with your kids, old or young. Maybe take one or two out on a date tonight or this weekend. Time flies. Make every moment count! Even the broken phone ones!

Jason Weening needs a phone to call his 10 kids and one patient wife. Check out his new book of funny family stories, "Yes, Dear...I'm Watching Them" on Amazon.

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ECC Afternoon Women's Curling Winners

Tuesday/Thursday Afternoon Women's
This group gets together every Tuesday and/ or Thursday afternoon and morning if necessary. The group consists of mothers, retiree's and those women who can get off work on a Tuesday/ Thursday for a bit of fun and slightly competitive curling. After each game the ladies socialize over coffee, tea and snacks. Teams are created by the Coordinators.

By Sue Henry
Another fun Elmvale Curling Club season has concluded, and the winners of the 2025-2026 Tuesday and Thursday Afternoon women's leagues were revealed at the annual closing banquet on April 15th. Congratulations ladies!

2025 Fall Tuesday
Tied for 1st: Team Diane Kenney and Team Frances Stevenson
2026 Spring Tuesday
Team Joanne Downey
2025 Fall Thursday
Team Joanne Downey
2026 Spring Thursday
Team Diane Kenney
All the participants enjoy the friendly competition, exercise and social time that curling offers. New curlers, regardless of experience, are always welcome at ECC!



2025 Tuesday Fall Schedule Tied 1st
R to L: Fran Stevenson, Colleen Priest, Beth Arnold, Carol McMann April 15, 2026



2025 Tuesday Fall Schedule Tied 1st
R to L: Diane Kenney, Sue Adams, Debra Haring, Sylvia Priest April 15, 2026



2025 Thursday Fall Schedule 1st
R to L: Joanne Downey, Heather Mepham, Sylvia Priest, absent: Sam Calicutt April 15, 2026



2026 Tuesday Spring Schedule 1st
R to L: Joanne Downey, Bonnie Locke, Cathy Borchuk, Sam Hammond (absent: Kate Biros) April 15, 2026



2026 Thursday Spring Schedule 1st
R to L: Diane Kenney, Bonnie Locke, Kate Biros, Sherry Priest April 15, 2026

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Elmvale Curling Club Tradition Continues

Sunday Mixed League

A second mixed league takes place Sunday afternoon for those who can't make it out on Friday evenings.
Games are played between 12 and 4pm.

Teams are created by the Coordinators.
Coordinators: Francis Stevenson (705 816-3726) and Carol McMann (705-794-2337)

By Sue Henry
ECC Sunday Mixed Curling wrapped up a successful 2025-2026 season with the presentation of the Lou "Dad" Turner Memorial Trophy for the Fall and Winter schedules, and a potluck celebration.
Lou Turner was an accomplished multi-sport athlete in Simcoe County, and 2024 Springwater Sports Heritage Inductee. He helped to build and maintain the Elmvale Curling Club, acting as the manager for 23 years. Lou was an avid curler, and played into his advanced years even when legally



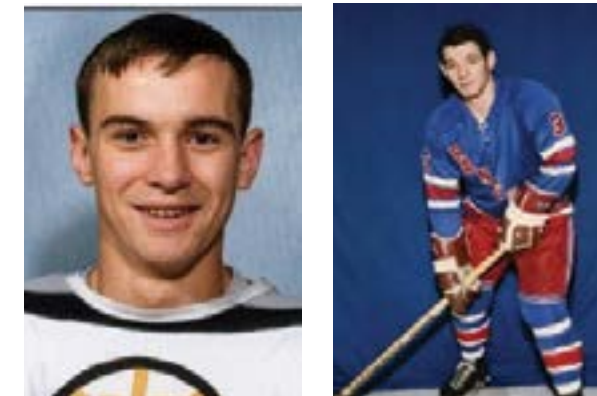
Winter Schedule Winners
Left to right: John Van Casteren, Dan Britton, Sue Henry, Holly Pullen



Left to right: Team Bryan Pullen winning the Fall Schedule, and his wife, Team Holly Pullen, prevailing in the Winter Schedule! Congratulations to all!

blind. His contribution to Elmvale curling is remembered with this trophy. It's an honour to receive it!
The winning teams were a family affair this season

Local Legends do Battle



What do Don Tannahill [Penetang ON] and Mike Robitaille [Midland ON] have in common. They both played on the same Little NHL team in 1957-58. Both boys turned out to be professional hockey players in the NHL.
Along the way throughout their Junior 'A' careers they would meet up, not as teammates but as combatants on opposite teams in a high stakes playoff series.

Mike Robitaille was a veteran for the Kitchener Rangers as they entered the playoffs as the top-seeded team in the OHA.
Niagara Falls on the other hand finished fourth in the standings.

Entering the series Kitchener was heavily favoured with players like Walter Tkaczuk, Jack Egers, Ab Demarco, Don Luce, Denis Dupere and of course Mike Robitaille. They probably had the best team in Canada [on paper].

The series was a back-and-forth battle that went eight games. The first game of the series ended 6 to 6. The OHA playoff rules at the time did not mandate continuous overtime for every game. Many arenas had strict curfews or were shared with other events.



MIDLAND LIONS CLUB
LITTLE NHL, PROVINCIAL "FAUSTINA TROPHY" CHAMPIONS 1957-58 (Jr. O.H.A. Section)
FRONT KNEELING: (Left to Right)-John Webb, Curtland Howard, Doug French (Capt.), Len South, Keith Bell (Capt.), Bobby Clayton (Captain); Art McDermott, SECOND ROW: (Left to Right)-Bob Laramand, Mike Robitaille, Ernie Bess, John Green, Kenneth Bell, Jim DeWitt, Earl Smith, Don Tomasko, Michael Han, BACK ROW: (Left to Right)-Bob Lee Bell (Coach), David Brooks (Slick Boy), Tom Scott (Manager), Bill Howard (Asst. Trainer), Jack Owens (Trainer).

"Mike is a friend of mine," stated Don "fans from Penetang and Midland would come to the games, who knew each other, they were friendly but it was like the cold war. Kitchener had some system of acquiring hundred of tickets for their fans in the same location of the arena when the games were in Niagara Falls and it was embarrassing when they beat us by 3 or 4 goals in our arena."
"The Rangers would be in our end for 3 to 4

minutes; we would go down to their end for 30 seconds and score. The Kitchener goaltending was not spectacular but our goaltender Phil Myre was unbelievable."

"In playoffs goaltending can be everything," stated Tanner. Game 8 Niagara Falls 5, Kitchener 3...Niagara Falls would then beat the Verdun Maple Leafs and the Estevan Bruins capturing the Memorial Cup...L. Waxy Gregoire PSHOF

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Bearbells By Leslie Noonan

April 24, 2026

This spate of warm weather had me contemplating a much-deserved hike, with a leisurely car ride to get there. I drove with no real destination in mind, just heading west past Collingwood and into the Grey Highlands. I am not familiar with this area, so I just enjoyed the views and bopped along with music on the radio, until I came over a high ridge of land and a beautiful valley opened up before me. I had never been to Beaver Valley, and I was stunned by how large the valley is. Beaver Valley is nestled in the Niagara Escarpment, and has thick forests, fallow fields and a river winding its way along the valley floor. I

wanted to move here. My husband thinks I am joking, but seriously, this is my kind of country. All with the added bonus of the Bruce trail traveling through the area. Perfect.

I still wasn't sure where I was going, and some of the smaller roads were dirt and close to being submerged by that river. A few more back country roads and there was what I was looking for, a white blaze for the Bruce Trail. I parked on the side of road and grabbed my gear. The trail was muddy and rocky, but not difficult to navigate. The sound of rushing water grew stronger as the trail angled down to a small brook. Cold and clear water tumbled over the rocks, forming still pools and numerous rapids. The narrow trail turned left, heading back up the escarpment along side the stream. I stopped several times to listen to the water and wondered if trout ever spawn up here. As soon as the thought entered my head, I noted a shadow in a small pool. The shadow moved gently from side to side, until a fin was visible and the speckled back broke the surface. A trout! And another one, and another! I sat on the stream bank in the warm sun, watching as the trout fought their way up those cascades. One poor fellow was really struggling. He would rest in the shallow, then with a splash and a flurry of energy, he would throw himself at the cascade, only to be swept down and almost over the edge of a previous chute of water. With a burst of energy, he would keep from going over, and he would make his way back to the shallows to rest before starting all over again. My enthusiastic cheerleading seemed to have no effect on his efforts, and I briefly thought of trying to catch him in my backpack and giving him a free ride up to the top of the escarpment, especially as there was a small waterfall up ahead. Instead, I left him to this, his most important job, with just a few words of encouragement.

The trail continued up, and up and up, through forests of deep cedars and hard wood forests with the sun shining on the first trilliums poking through the brown leaf litter. Green speckled leaves of trout lilies, with their bright yellow flowers just appearing, carpeted the forest floor. Birds called from overhead, twitters and tweets that have nothing to do with social media. The trail led higher, leaving the stream behind, until even the sound of the bubbling brook disappeared. Gnarled old apple trees grew next to the trail, and a tumbled stone fence suggested a former farmstead. The trees thinned, and there in a field overlooking the Beaver Valley, the walled remains of a home lost to time. I tend to be nostalgic and wonder about the people who lived here and why they left. The view alone would be worth millions, though I prefer to see the forest reclaim the land then have another million-dollar home fracture our greenspaces. A rustling sound had me watching a deadfall intensely, wondering what was stirring under the fallen branches. After several moments of stillness, I was rewarded to see a pair of rufous-sided Towhee's collecting material for their nest, as the sun warmed breeze ruffled the nearby grass. Another sure sign of spring.

I left the farmstead behind and followed the trail out onto a water eroded summer road, impassable for anything more than an ATV. Next to the trail was a cedar forest so dense, that I was only able to see in a few feet. I had never seen a forest so thick and dark, with the tree trunks only separated from each other by a handsbreadth. The Bruce left the ATV trail and followed the outermost edge of this foreboding forest, while on the left side the land fell away down to a narrow stream at the bottom of a small glen. A switchback led down the steep sides to the shallow water, quieter here than the rollicking steam from earlier. I wondered if this is where the trout were heading to spawn, here on top of the escarpment in the rocky shallows. It was time for me to head back, and the return trip down the escarpment was as enjoyable as the trip up was. Back at the cascades I searched for my fish buddy, but he was no longer in the pool I had left him in. I am the eternal optimist, and I like to believe that he made it up that cascade, and the next one, and the next, until he can rest in those still waters after a job well done. As for me, well, I drove home happy and content with my days adventure, unknowing that I was brewing one heck of a flu and would be out of commission for the next little while. Enjoy the outdoors when you can!!



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ANTEN MILLS by Dennis Gannon

Last Friday, May 1, the nomination period for this year's municipal elections began. As of that day Jennifer Coughlin, our current Mayor, and Matt Garwood, the Ward 1 Councillor both declared their candidacy. As well, Liz Grummett, the current Simcoe County District School Board trustee for our area declared her candidacy for the Deputy Mayor and former Ward 3 Councillor, Wanda Maw Chapman declared her nomination for the Ward 3 member. Alex Saldana has indicated his willingness to stand for the Ward 5 member.

If you live in the Anten Mills / Minesing area, Ward 3, you hopefully are aware that our current Council member is Brad Thompson. Brad was elected in 2022 and has served Springwater and our area with passion, determination and foresight during this term. So you may ask when he will be announcing his reelection? He won't be for the new term. Brad and his wife Joanne have been selected to assume senior volunteer leadership roles within their faith community. This is a 3 year appointment that will have them working out of Brampton with duties throughout Ontario and the world. Brad and Joanne will begin their duties on September 1 and while he won't be running this fall, he hasn't ruled out looking forward to 2030. Thank you Brad for your service to the greater Springwater community.

This week, May 3 to 9 is Emergency Preparedness Week in Canada. The theme is Be Prepared, Know Your Risks. As Spring is here we must remember that the weather will be unpredictable. We live in the Ontario tornado valley. Severe thunderstorms often produce tornadoes and it is important that we heed weather warnings from Environment Canada. It was 1985 when a major tornado struck in Barrie and several have touched down locally over the years including one on the outskirts of Elmvale. In the past as we lived near the county forest, a fire in the forest would be one of our main concerns. As the County has harvested the conifers and replaced them with deciduous trees, those concerns are not that major. There will always be a risk due to the slash left over from the tree harvesting and from the accidental fires that occur. It is important to follow instructions from our local fire officials and remember, only last year we were under a prolonged fire ban and water restrictions. Take some time with your family and create an emergency plan. Think about what you will need to do if there is a situation when a major event

happens. Where you will meet, who you will call and who you could stay with if you needed. Consider also keeping a list of your medications on your phone, your insurance information, sharing your contacts and if possible copies of your important documents off site. Being prepared beforehand will assist you in the event of an unexpected emergency.

It's bear season. While we have not heard of any concerns within the village, there have been some reports in the Nursery Road and Hendrie Road areas. The bears have come out of hibernation and are looking for food. Bird feeders and refuse are prime targets for them. Consider taking the feeders down for now or at least at night and ensure that your compost bin and refuse is secured.

Who doesn't like a garage sale? Karis has confirmed that the Anten Mills Community Wide Garage Sale will take place on Saturday, June 13. In the past 20 or so families have participated and the response has been positive. More information will be posted on the Anten Mills Community Bulletin Facebook page. If you are interested, our neighbours in Minesing are holding their community garage sale the week before on June 6.

This past Sunday, the Hospice Simcoe Hike for Hospice was held. Held annually this event raises the necessary funds required for Hospice to provide the most valuable services for all who require it. Many in the community have supported Marjan Deller with her quest and once again she was the greatest individual fund raiser raising over \$23,000 and her team, the Dutch Connection raised the most with over \$32,000 for the cause. Thank you Marjan for your dedication to the Hospice community, you are a force to be reckoned with!

ATV and dirt bike riders are now permitted to ride their vehicles in the county forest. Riders, walkers, hikers and cyclists must be mindful and respectful of each other. The county forest is a recreational area which allows these activities and it is up to everyone to make sure that they are aware of each other.

This is also a good time to remind riders that the community park as well as the Rail Trail north and south of Horseshoe Valley Road do not allow motorized vehicles on them. If you ride an ATV or dirt bike please stay on the approved trails.

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

Garage Sale

JUNE 13, 2026
 8AM TO 12PM

Senior Social Coffee and Crafting
Drop by the library for a fun gathering of crafting and socializing! One morning a month we have a simple craft activity along with light refreshments. In May, make your own spring cards, including intricate paper flowers. Friday May 8, 11am at Midhurst Branch. Cost: Free. Registration required.

Drop-In Mother's Day Cards
All ages are welcome to drop by the library and make a Mother's Day card for FREE! Saturday May 9, 10:30am-3:30pm at Elmvale and Midhurst Branch. Cost: Free. No registration required for this drop-in program.

Victoria Day Holiday Hours
Please note, all branches of Springwater Public Library will be closed on Monday May 18 for the Victoria Day holiday long weekend. We will reopen to regular branch hours on Tuesday May 19 at 10am.

Thank you and have a great long weekend!

Drop-In Craft
The library will be offering a fun drop-in craft at both its Elmvale and Midhurst Branches. This program will be available as long as supplies last. There is no registration required for this free program. Thursday May 21: Moving Caterpillar

We Lend a Hand Movie Event
We Lend a Hand: The Forgotten Story of Ontario Farmerettes is a 50 minute documentary film that tells the extraordinary story of the 40,000 young women who volunteered on Canadian farms and helped win the Second World War. After the screening there will be a special Q&A with the filmmakers and a chance to acquire film autographed copies of Onion Skins and Peach Fuzz: Memories of Ontario Farmerettes, Shirleyan English and Bonnie Sitter's amazing book. This film has won awards for Best Documentary, Best Documentary

Short, Best Canadian Documentary, and Best Film About Women. This event is sponsored by: Centre Flos Women's Institute, Elmvale Community Recreation Association, Flos Agricultural Society, Friends of Springwater Public Library, and the Simcoe Federation of Agriculture. Friday May 22, 7pm at the Elmvale Community Hall. Cost: \$20.00. Tickets are available online through the library website.

Get Ready for Kindergarten
Join us at the library to get your child ready for kindergarten. This is a four week series; however, feel free to sign up for the specific week(s) that your child needs. Please register your child (parents do not need to register but a care giver's attendance is required). Cost: Free. Mondays in June at Elmvale Branch, 10:30am. Registration required. Topics covered include: ABC's, Phonics, and Printing their name, Numbers, Shapes, and Patterns, Packing lunches and Backpack needs.

Penetanguishene Library

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

Penetanguishene Public Library
Book Club
1st Thursday of every month 4:00-5:00pm
Join fellow readers for a relaxed discussion of selected titles in a friendly, welcoming environment. Register in person at the library or complete our online registration form.

Weaving and Crochet Canvas Purse - May 20 and 27, 10:30-11:30
\$12.00 for members \$15.00, 2 Session project
April 8 - April 15, registration open for Penetanguishene taxpaying members with a valid library card. After May 8th registration is open to everyone. A minimum of 5 participants is required to run the program. Non-transferable, non-refundable for non-members. Please check the website/social media for cancellations due to inclement weather.

Be Prepared for a Medical Emergency Offered by County of Simcoe - Wednesday, May 13, 10:30-11:30
Free seminar. Topics: Recognize emergencies, how to help the paramedics, the difference between stroke, cardiac arrest, and heart attack. Registration required. Open to everyone. Spot is non-transferable. A minimum of 5 participants is required to run the program.

Stronger Pelvic Health: Improve Bladder Control Without Surgery - Fri, May 29, 10:30-11:30
\$5.00 for members \$7.00
March 30- April 7, registration open for Penetanguishene taxpaying members with a valid library card. After April 7 registration is open to everyone. A minimum of 5 participants

is required to run the program. Non-transferable, non-refundable for non-members.

Learn to Crochet Towel Holders - June 3, 10:30-11:30
\$5.00 for members \$7.00 for non-members
May 1st to 8th Registration opens for Penetanguishene taxpaying members with a valid library card. After May 8th registration is open to everyone. A minimum of 5 participants is required to run the program. Non-transferable, Non-refundable.

Learn to Crochet Granny Squares - June 10, 10:30-11:30
\$5.00 for members \$7.00 for non-members
May 1st to 8th Registration opens for Penetanguishene taxpaying members with a valid library card. After May 8th registration is open to everyone. A minimum of 5 participants is required to run the program. Non-transferable, Non-refundable.

Father's Day Edible BBQ Craft - Friday June 12th 4:00 - 5:00 pm
\$5.00 for members \$7.00 for non-members
May 11th to 18th Registration opens for Penetanguishene taxpaying members with a valid library card. After May 8th registration is open to everyone. A minimum of 5 participants is required to run the program. Non-transferable, Non-refundable.

Sizzle Book Club - June 18th 6:00-6:30
A Spicy Book Club held the last Thursday of every month
6:00pm - 6:30pm
Discuss the latest books and trends in the spicy book world.

This is a patron led program. Non alcoholic beverages will be available.

Father's Day Breakfast - Saturday June 20, 2026 10:30am-11:30am
\$5.00 for members \$7.00 for non-members
May 1st to 8th Registration opens for Penetanguishene taxpaying members with a valid library card. After May 8th registration is open to everyone. A minimum of 10 participants is required to run the program. Non-transferable, Non-refundable.
Registration closes June 6th.

Learn to Assemble Blanket from Granny Squares - July 8, 10:30-11:30
\$5.00 for members \$7.00 for non-members
May 1st to 8th Registration opens for Penetanguishene taxpaying members with a valid library card. After May 8th registration is open to everyone. A minimum of 5 participants is required to run the program. Non-transferable, Non-refundable.

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OR EMAIL SHEILAPAYROLLHR@ROGERS.COM

Jo Knows Nutrition by Joanne Nijhuis



Looking for a new way to enjoy green onions? These healthy pancakes put this everyday ingredient into the spotlight. Packed with flavour and surprisingly simple to make, this recipe will become a fun addition to your collection whether you prepare it for potlucks or as a side dish with meals.

Did You Know?

Like other members of the allium (garlic) family, green onions contain beneficial antioxidants such as flavonoids and are a good source of vitamins K and C. Green onions also contain prebiotic compounds which help feed beneficial gut bacteria, an important factor in maintaining a healthy digestive system. One of the most incredible features of green onions is how easy they are to regrow. Simply put the white root ends in a small glass with enough water to cover the roots and keep on a sunny windowsill. Within a few days new green shoots will begin to grow, making this a simple tip to save you money at the grocers.

INGREDIENTS (4 Servings)

- Dough**
- 2 cups (500 ml) all-purpose or whole wheat flour
 - 2/3 cup (165 ml) warm water
 - 1 teaspoon (5 ml) salt
- Filling**
- 6-8 green onions, finely sliced into rings
 - 1 Tablespoon (15 ml) sesame oil
 - ¼ teaspoon (1.25 ml) black pepper
- Oil for Cooking**
- 1 Tablespoon (15 ml) vegetable or peanut oil
- Dipping Sauce**
- 2 Tablespoons (30 ml) soy sauce
 - 2 Tablespoons (30 ml) rice vinegar
 - 1 teaspoon (5 ml) sesame oil
 - 1 teaspoon (5 ml) sugar, optional
 - ½ teaspoon (2.5 ml) red chilli pepper flakes
 - 1 teaspoon (5 ml) thinly sliced green onions
- Garnish**
- Thinly sliced green onions, optional

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GREEN ONION PANCAKES

CRISPY, SAVOURY & SO SIMPLE TO MAKE



INSTRUCTIONS

1. In a large bowl, mix the flour and a ½ teaspoon (2.5 ml) of salt.
2. Add the warm water and stir until a rough dough forms.
3. Knead for 5 minutes until the dough has a very smooth texture.
4. Cover the bowl and rest the dough for 20 to 30 minutes.
5. In a separate small bowl, mix the sliced green onions with the remaining salt, pepper, sugar (optional), soy sauce and sesame oil.
6. To shape the pancakes, divide the dough into 4 pieces.
7. With a rolling pin, roll each piece into a thin circle about 8 inches (20 cm) in diameter.
8. Spread a thin layer of the green onion mixture onto each dough circle.
9. With your fingers, roll each dough circle into a log and then coil into a spiral.
10. Slightly flatten each spiral with a rolling pin into a pancake shape.
11. Heat oil in a non-stick frying pan over medium heat. Cook each pancake for 2 to 3 minutes per side until golden.
12. Serve with a garnish of freshly sliced green onions and soy dipping sauce.



PER SERVING: |Calories: 210 kcal | Carbohydrates: 32 g | Protein: 5 g | Fat: 7 g |Fibre: 2 g | Sodium: 430 mg |
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 -for groups or individuals - in person and online. For more information, email Joanne at jo.knows.nutrition@outlook.com.

ENJOY!

Annie's Journal by Annie Warner Donnelly



Hello Everyone. We long for lasting springtime temperatures and sunny days, but even more, we long for good health for those around us.

It seems like so many are facing cancer treatments.

Chemotherapy and radiation aren't just hard on cancer cells. The aftereffects of these treatments affect the whole family. Caregivers lose sleep as they meet needs in ways they may never have done before. Perhaps they miss work resulting in less money when their paycheck arrives.

Children are encouraged to be quieter. Perhaps they are taken to stay with other family members or friends. Now they are away from home at a time when they need the security of their parents' love. Maybe they must wear masks at home because germs that begin at school can be deadly to a person with a compromised immune system.

And it isn't just cancer that disrupts our home. Colds; the flu; bronchitis; back and shoulder injuries; stomach upsets; heart attacks; vision difficulties; accidents that occur far from home - it's a long list of situations that can stress family members and those who care for them.

What a blessing that there is Someone we can turn to, Someone who invites us to come to Him. In fact, that is the word that Matthew 11:28-30

records Jesus saying: "Come to me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and my burden is light."

You know how sometimes people want to help us, but they seem to make things harder than they already were? Jesus isn't like that. He's gentle. He's kind. He understands the weariness of burdens. When we ask for His comfort, for His wisdom, for the perfect peace He alone can provide in the middle of our suffering, we experience peace and find rest for our souls. If life is hard for you right now, invite Jesus into the midst of it. He'll come. He'll come. Amen.

Dr Sean Corsini Orthodontist
No referral necessary

705 527-5570
550 Hugel Ave, Midland

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

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Available for all functions. 135 person capacity. Bar available upon request. Contact 322-1042 to book

HALL RENTAL
Palace Tavern available for your function at \$0 cost to you. Includes bartender. 200 person capacity. Also available: DJ, Karaoke Live Band by request Call Francis 705-322-1741 to check availability

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- Anything Silver- Coins -Tea Sets -Old Toys -Comic Books
- Figurines - Cigarette Lighters
- Decorative Pottery -Fountain Pens -Signs & Tins With Advertising on Them

I PAY CASH FOR ITEMS THAT YOUR KIDS DON'T WANT!

NOTICES

Huge Indoor Garage Sale Fundraiser
Penetanguishene Curling Club/Team Howard Community Centre
8 Owen Street, Penetanguishene, ON.
Friday May 8th, 5:30pm to 8.00pm. &
Saturday, May 9th, 9:00am to 12:00pm
Furniture, Tools, Electronics, Clothing, Household Goods, Etc.
All Items not sold are free from 12:30pm to 2:00pm.

NOTICES

Grandpa's Horse Stable
Antiques & Collectibles

10am - 5pm Daily
SPRING SALE

May 16,17,18 & 23,24 & 30,31, 2026
LOTS OF IN STORE DISCOUNTS!
Antique furniture, china, glass, silver, crystal, art, pottery, wicker, stained glass, windows, garden art, collectibles
343 Horseshoeshoe Valley Rd West

ELMVALE DISTRICT LIONS CLUB
CHRIS LEWIS DAY OF SERVICE CRAFT SALE & FREE BBQ
LOCAL VENDORS INCLUDING LALONDES MAPLE SYRUP AND BIRCH FARMS
LIONS CLUB 1979 FLOS RD 7W
SAT MAY 9TH
10AM-4PM

Sharewear
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FREE and NEW TO YOU

Elmvale Community Church
12 Queen St E, Elmvale

Our hours are:
Tuesday, Wednesday & Thursday
10am until 1 pm,
Tuesday 6:00-8:00pm,
Wednesday 3:00-5:00pm
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AUCTION NOTICES

Rapid-Sell
ONLINE AUCTIONS

Upcoming Auctions

- Langevin Downsizing Auction - Orangeville (April 26 - 30)
- Estate of Shirley Randal (May 10 - 14)
- Murphy Moving Auction - Brampton (May 17 - 21)
- Signature Event Rentals Auction (May 17 - 21)
- May Multi Consignor - Guelph (May 24 - 28)
- Coulman Moving Auction - Guelph (June)
- Executive Home Content Auction - Kitchener (June)

www.rapid-sell.ca
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DAVID MOORE & ASSOCIATES

PHOTO SUBMISSIONS

Do you know someone who would like to be featured in our paper? Submit your photos, events or the good news you'd like to share with your community. Please submit your photos to the Editor. Email: info@springwaternews.ca Full name, phone number and address must be supplied.

RENTALS

FOR RENT
1 Bedroom apartment
Ground level
\$1400 + hydro
New fridge & stove
Completely renovated
1 year lease
Credit check will be done
Contact George Woods
(705) 527 - 4772

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RENTALS

FOR RENT
Two bedroom basement apartment available April 1 \$1850 per month includes Internet and utilities first and last required proof of employment and references. Standup shower only not ideal for children looking for One or two Mature adults
NO SMOKING, NO PETS
NO EXCEPTIONS
Shared driveway . Please contact for more info
7053219106

If not now, WHEN?

The arrival of a new season has a way of bringing things into focus. Not out of urgency, but out of possibility. At The Villa Retirement Lodge, life feels lighter, more connected, and open to whatever comes next. **Maybe this is the moment to take a closer look...**

Isn't It Worth A Conversation?



Learn More!

Jarlette Health Services

THE VILLA Retirement Lodge

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689 Yonge St, Midland, ON L4R 2E1
Call Lise Today! (705) 527-3267

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
Elmvale Seniors Drop In
Elmvale Library Lower Level
10 am - 12 noon
Call Lynn for info, 705.322.3309

Midland Jam
Free Admission, Show 7:00, Doors 6:30

Bid Euchre
Elmvale Community Hall 1 pm - 4 pm
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
Line Dancing Advanced, 9:15am-10:30
Fun Fit Circuit, 9:15-10:15am
Coffee Break, 10:00-12pm
Chair Pilates, 10:30am-11:30am
Intro to Line Dancing- Baby Steps, 10:30am-11am
Walking Club, 11am-12pm
Line Dancing Basic, 11am-12pm
Hand and Foot Card Game, 1pm-3:30pm
Writers Workshop, 1pm-3pm

TUESDAY
Bay Shore Seniors Club
Bay Shore Mini Putt, Members Only
May 19 - Aug 25 8:30 - 10:00 am
Skull Island 104 Main Street Wasaga Beach
Table Shuffleboard
Tuesdays at 1 pm Cost \$2
Elmvale Legion
7 John Street Elmvale
Penetanguishene Legion Lunch and/or Regular Euchre
luncheons 11:30am arrival. It fills up. Lunch served 12 pm.
Euchre
Tuesdays, 1 pm - 4 pm
\$4, Drop-in, Legion #68, 2 Poyntz Street, Penetanguishene
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
Pickleball, 9am-12pm (starting October 14)
Cardio Drums Alive, 9am-10am
Quilting, 9am-12pm
Photography Club, 10am-12pm first Tuesday of every month
Darts Club, 10am-12pm
Zumba Toning, 10:30-11:30
Badminton, 1pm-3pm
Circle of Friends, 1:30pm-2:30pm

Steelers Music Bingo
5:30-6:30 pm
Steelers Restaurant, 23 Queen Street West, Elmvale

Bay Shore Seniors Club
Pool/Billiards - 10:00 am - 12:00 pm
Indoor Pickleball - 1:00 pm - 2:30 pm
Crafts - 1:00 pm - 3:00 pm
Bid Euchre - 6:30 - 9:30 pm

WEDNESDAY
Elmvale District Garden Enthusiasts
4th Wednesday from March to November
7:00 pm Elmvale Legion, 7 John St.

Bay Shore Seniors Club
LifeStyles - 9:00 am - 10:30 am
Access Art - 1:00 pm - 4:00 pm
Indoor Pickleball - 4:00 pm - 5:30 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
Table Tennis, 9am-11am
Pickleball, 9am-11:30am
Tai Chi, 9am-10am
Step Class, 9am-10am
Line Dancing Advancing, 9:15am-10:30am
Chair Yoga, 9:15am-10:15am
Cribbage, 10am-12pm
Intro to Line Dancing- Baby Steps, 10:30am-11am
Line Dancing Basic, 11am-12pm
Walking Club, 11am-12pm
Creative Crafting, 1pm-3pm
Bid Euchre, 1pm-3pm
Woodcarving, 1pm-3pm

Midland Ganaraska Hiking Trail Club
Meets Wednesdays to hike, snowshoe, go camping or enjoy nature outings led by qualified hike leaders. Hikes meet at Food Basics Midland at 1 p.m For information contact Kris 705-435-8593.

Ganaraska Hiking Club-Wasaga Beach
Weekly hikes Wednesday at 9:30 am from various locations, year round. Both levels of hikes offered, intermediate and easy. Snowshoeing in winter. Please contact Lorraine at 416-606-5081 or lorvanvlymen@gmail.com for information.

Georgian Shores Aquarium Club

2nd Wed Sept-June
North Simcoe Sports and Recreation Centre in Multipurpose Room
Monthly meetings
Guest speakers, DIY aquarium related projects

Ganaraska Hiking, Barrie Club
Start: Feb. 25, 2026 10:00
End: May. 27, 2026 10:00
Location: Various locations
Description:
Guided forest hikes every Wednesday as detailed in the GHTA website calendar.

THURSDAY
Jam Night Elmvale Palace
Thursdays at 9 am-1am
13 Queen St. W, Elmvale

Euchre - 7 pm
Elmvale Legion

Askennonia Seniors Centre
Zumba, 9am-10am
Pickleball, 9am-1:30pm
Men's Shed, 10am-12pm
Cardio Drums Alive, 10:15am-11:15am
Chair Pilates, 10:30am-11:30am
Writers Circle, 1pm-3pm
Uke and Guitar Jam, 1pm-3pm

Bay Shore Seniors Club
Choir - 10:00 am - 11:30 am
Book Club (last Thursday of the Month) 1:00 pm - 3:00 pm
Darts - 2:00 pm - 4:00 pm
Cribbage - 6:30 pm - 9:00 pm

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

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

Wasaga Beach Parkinson's Support Group
1st Thursday of each month 12:30-2:00 p.m.

FRIDAY
Palace Tavern Elmvale BINGO Karaoke 8:30 pm Every Friday
13 Queen St W, Elmvale

Bay Shore Seniors' Club

VON SMART Exercises - 9:30 am - 10:30 am - FREE
Pool/Billiards - 10:00 am - 12:00 pm
Indoor Pickleball - 10:30 am - 12:00 pm
Wood Carving - 10:00 am - 3:00 pm
Shuffleboard - 1:00 am - 3:00 pm
Indoor Pickleball - 4:00 pm - 5:30 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
Cardio Drums Alive, 9am-10am
Pickleball, 9am-11:30am
Badminton, 9:30am-11:30am
Tabata, 9am-10am
Chair Zumba, 11:10am-12pm
Card Making, 1pm-3pm
Musicians Jam Circle, 1pm-3pm

WEEKENDS
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), 7 John Street Elmvale

Midland Ganaraska Hiking Trail Club
Meets **Sat and Sun**, snowshoe, go camping or enjoy nature outings led by qualified hike leaders. Check the hike schedule on https://ganaraska-hiking-trail.org/?page_id=13455.
For information contact Kris 705-435-8593.

Ganaraska Hiking Club-Wasaga Beach
Weekly Sunday hikes at 1:30 pm in the Wasaga Beach Prov Park from Ansley Drive. Please contact Lorraine at 416-606-5081 or lorvanvlymen@gmail.com for information.

MONDAY to FRIDAY

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 northsimcoebridge@gmail.com.

FREE EVENTS PAGE
Please submit your event on this link:
<https://www.springwaternews.ca/submit-event/>

Special Events One Time

Huge Indoor Garage Sale Fundraiser
Penetanguishene Curling Club/Team Howard Community Centre
8 Owen Street, Penetanguishene, ON.
Friday May 8th, 5:30pm to 8.00pm. & Saturday, May 9th, 9:00am to 12:00pm
Furniture, Tools, Electronics, Clothing, Household Goods, Etc.
All Items not sold are free from 12:30pm to 2:00pm.

Chris Lewis Day of Service
May 9th
10am-4pm
Lions Clubhouse 1979 Flos Rd 7 W
Free BBQ and Craft Sale
Performative Textile Installation by Amy Bagshaw
May 13th, 2026, 10:00 AM - 3:00 PM (drop-in)
Upper Gallery, (2nd Floor of The Midland Cultural Centre)

BBQ & Bake Sale
Start: May. 16, 2026 11:00-1:00
Elmvale Presbyterian Church, 22 Queen St. E
Rain or shine. Proceeds to ECC's "The Loft".
Come & support a worthy cause
Soup Luncheon
Unity United Church
4967 Vasey Road at Line 4 N Oro Medonte
Thursday May 21 from 11:30am - 1pm
Dine in or take out
\$10.00, \$5 for an extra bowl of soup
Soup, tea biscuit, bread & crackers and dessert
In support of The Georgian Bay Cancer Support Centre
All welcome. Tell your friends
Elmvale District Garden Enthusiasts Plant Sale
May. 23, 2026 09:00-12:00
Heritage Park
Locally grown reasonably priced Perennials, Annuals, Hostas, Herbs etc for sale.

Community Garage Sale Day Rest Stop
Start: May. 30, 2026 10:00-1:00
Elmvale Presbyterian Church, 22 Queen St. E
Come, & enjoy a hotdog & pop to refresh you as you continue to shop for bargains
Bake Sale
Jun. 06, 2026 08:00-12:00
Midhurst United Church 91 Doran Road, Midhurst, ON
Cookies, cakes and pie, oh my! Don't miss our delicious bake sale!
Rainforest Falls VBS
Aug 10-14 9-noon Free
Elmvale Presbyterian Church
For children who have completed JK through to Gr 5
Registration Forms on the Church website, at the Church and at the Library

Publication Dates 2026
Next Editions
May 21

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E.D.G.E.'S MAY EVENTS

E.D.G.E has a lot happening in the month of May for you. First is our Plant Sale on Saturday May 23rd; at Heritage Park, in Elmvale from 9 a.m. to 12 p.m The plants come from the gardens of our members, so you know they are locally grown. The sale is rain or shine. So bring your little red wagon and fill it up with plants. You know there's always room for more.
Second we have signs for sale that says "A Passionate Gardener Lives Here". It makes a great gift for Mother's Day or the gardener in your life. They will be available at our plant sale.
We now have a website! Our address is elmvalegardenclub.ca. There you will find a list of our meetings, and other information. Helpful for those who do not have access to our Facebook page.
And finally our May meeting will be on Hellebores - Beauties of the Snow, with Christine March. They are one of the first perennials to bloom in the spring, along with your daffodils and tulips. Join us on Wednesday May 27th at the Elmvale Legion at 7:00 p.m.
Looking forward to seeing you at one of our May events. Happy Gardening.



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VIEWS FROM THE COTTAGE: RAMPING IT UP FOR SPRING!

By Melanie Martyn

Got a craving for some great greens?? Instead of circling the produce aisle and paying big bucks for salad greens that appear to be on their last legs, why not get out into the forest and pluck these wild leeks, pictured above. Wild leeks have a delightful taste, like a cross between garlic and onion. While out in the forest (deciduous more so than conifer), I've eaten them raw with just a brush off of dirt on the side of my sleeve. My favourite way to enjoy these tender treats is with a quick sauté but you cannot beat them as a fresh addition to any salad. I am careful to take only a few in each bunch and leave the roots in the ground for future growth to flourish for my next year visit.

When I'm not out showing properties and using up all my expensive diesel fuel, lol, I'm foraging the back woods for other wild edibles to create my next great culinary extravaganza! I love greens and I love natural, whenever possible. Although convenient, store-bought leafy greens are often shipped from far away, in plastic containers and may be treated to promote longevity on the store shelves. Speaking of which, a lot of produce is sprayed while waiting for their new home. Not sure, but I'd suspect that the spray is not the same as when it was drawn from our beautiful Springwater Township water, the Alliston Aquifer (so named as it huge and spans from Alliston to the Elmvale area).

There are many other wild, edible plants in our area of Ontario, like fiddleheads, stinging nettle, dandelion, cattails, burdock, and Jerusalem artichoke. They grow in forests, wetlands, and along the sides of the road. Most you will know and recognize but some of these early spring harvests may come as a surprise. Here are just a few;

Have you ever tried maple blossoms? You can batter up the tender stems and flowers from the big leaf maple species and fry them up! Or try pickling them. They're sweet, crunchy, delicate, and uniquely Canadian. Now that's true patriot love!

How about doing your part in thinning out the bastions of Japanese Knotweed. This highly invasive species is best eaten young, as soon as it's burst from the forest floor. The shoots are sour, like rhubarb and you can use them the same way – or slice them into thing rings and eat them raw. I have not personally tried these yet, but this is the year to do a stewed Knotweed jam. You won't have to look for them, they'll find you!

I'm sure everyone has fiddled around with this curled up fancy green. Fiddleheads produce only about six to ten fronds so pick only a couple and leave the rest for the plant to use. A quick wash and removal of the brown casing, and they are ready to boil, steam or sauté. I throw them in soups near the end of the simmering process for the best flavour and texture. I wouldn't recommend eating them raw unless you like a natural floss? The flavour is a cross between asparagus and spinach. You will love them in a delicious pasta or stir-fry.

This one, well, may sting a bit! Nettle leaves are very similar to spinach and can be boiled as a side dish, sautéed with other vegetables or (like carrot or zucchini) chopped and added to muffins and breads. Use gloves and pick all the smaller leafed nettles you can handle. They're resilient and pop back up lickety-split. They do pack a little sting with the small hairs but the tender shoots have less and a quick blanch with solve that issue. Simmer for a lovely, healing tea. Where to find? Everywhere!!

I'm wild about wild mint and there are many varieties such as American Wild Mint, Spearmint, Peppermint and Water Mint. All generally grow in moist areas, riverbanks and in the garden where you may not want them! I've introduced not-so-wild varieties into my garden and now every time I mow the lawn, the sweet smell of Chocolate Mint filters the air around me! Heaven! Dried, ground mint can be added to a variety of sweet and savoury dishes such as cakes, scones, pastas, pesto, etc. Use the fresh herb to make a tasty Canadian mojito which reminds me to take breaks, quite often...

I really want to emphasize the common dandelion here. Pick the young tender leaves as they peak out in spring and collect the yellow flowers too. Leaves can be eaten fresh in salads, cooked in soups and stews. They are a bitter green, a lot like arugula, endive or radicchio but that is extremely good for the liver and kidneys! Even the root is a gem. When roasted in the oven, the roots develop a coffee/cocoa like flavour and can be ground for coffee/tea. Flowers can be added to salads or fried as fritters but remove the bracts (green area under the petals). If you are one of the lucky ones, you'll find this plant right in your back yard, heh, heh!



The Cattail grows everywhere, along roadsides, meadows and forest edges so if tough times come, you will never starve! Almost every part of a cattail can be eaten. Burning away the fluff will leave the seeds. These can be eaten raw, boiled or ground into meal. After peeling away the green rushes, the core of the stem tastes similar to cucumber and can be eaten raw, boiled, sautéed or fried. The lowest 5 or 6 inches are the best. When green, flower heads can be steamed or roasted once the stalk and papery outer layer are removed.

Lambquarters and Mustard greens are my favourite go-to in spring. They are leafy green vegetables in the Amaranth family and I wouldn't have a salad without them. Lambquarters, known as wild spinach, goosefoot or pigweed, is a fast growing (especially where you do not want it...), upright summer annual and can grow up to six feet if I let it. They are best picked young and tender and make a great addition to soups and stews. Even the roots can be harvested for teas, tinctures or healing salves. Mustard greens have a peppery, sharp flavor, and though I love them fresh, in salads, they also delight the tastebuds when by sautéed with garlic, and a little bacon or ham for a quick stir-fry. They are highly nutritious, packed with vitamins K, A, and C.

There are so many other greens I could mention like Good King Henry and Wild Ginger but until I locate them myself and can personally attest to their superbness, I'll leave them for another day in my diary of self-taught wanderings in the forest. Hope to bump into you in Simcoe Forest or other such venues of bounty this spring! Bon appetite!

This Plant is a Real Dandy!

By Cathy Krar, Master Gardener

It's spring, and I throw up my hands in despair when I see those ubiquitous, sunshiny flowers with serrated leaves dotting my yard. I can't decide whether the stubborn dandelion is a weed or a wildflower. Friend or foe?

Dandelions are members of the Taraxacum genus which translates to "bitter herb." Dandelion leaves, roots, flowers and stems are chock full of medicinal properties that our ancestors used to cure a number of ailments. This "sunny herb" wasn't a complete cure-all, but it was used routinely for diarrhea, scurvy, rickets, anaemia, liver disease and hangovers. One dandelion plant contains more Vitamin C than a tomato, more Vitamin A than spinach, as well as significant amounts of potassium, magnesium, calcium and iron, all of which contribute to overall human health.

Dandelion tea and supplements aid in digestion, while their peppery leaves - similar to arugula - can be used in quiches, pesto, and on pizza. A tasty honey-like jelly can be made from the flowerheads.

Beyond their medicinal and culinary benefits, dandelions are useful in other ways. They are used to make dyes, and the stems and leaves contain latex that is harvested for making adhesives.

When I was a child my Grandpa paid me five cents a basket to collect dandelion heads for liqueur and wine making. I remember bringing my mother dandelion bouquets for display on the kitchen table. It was delightful to blow the fluffy white parachute seeds or 'pappas' to the four winds and watch as they travelled to places unseen.

Dandelions are nutritious for humans; less so for insects. However, they do provide a source of nectar which helps insects survive in early spring after our long winters. Dandelions help

attract beneficial insects that will pollinate our gardens. Finches, sparrows, grosbeaks, pine siskins and redpolls all enjoy feeding on dandelion seeds.

Dandelions have some positive traits, but we must acknowledge that they are also invasive. Each plant can produce about 15-20,000 seeds over the course of a growing season. They are adaptable to various soil conditions and grow quickly. Removing the carrot-like taproots is always a challenge. So how do we control these cheery invaders?

Personally, I reject chemical methods as they can cause greater ecological harm. After I throw up my hands, I throw down my garden knife, and get to work, manually removing this yellow nuisance from my yard. At minimum, lopping off flower heads prevents seed spread. Repeated, targeted use of natural methods

like boiling water or vinegar work well as spot treatments. Hand-pulling is much easier after watering or a rainfall. Unfortunately, there is no quick fix and reducing dandelion populations requires patience spread over a few seasons.

CONSIDER THIS: If you let your grass grow three or four inches tall, it shades out the sun-loving dandelions. Whether you consider dandelions as friend or foe, leave a few for early springtime feeding, before deploying your favourite eradication tools. The goal is to maintain a healthy yard that is safe for kids, pets and all wildlife.

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



GARDENING MADE EASY

By Kelly McNamara

Last time, we asked four questions why your plants aren't thriving. What type of soil, where is it planted, how much sun does it get? We will finish with the last question of how much water does it get?

Many plants like water. Others thrive in dry conditions. A hydrangea is always thirsty. If it does not get enough water, the leaves will get crispy, and the flowers will wilt. Anything in the Willow family is the same. The more water the better. However, Hens and Chicks or Spirea will thrive in drier conditions. Sandy soil? Perfect plants for you. Clay soil? Choose Iris, Day Lilies, Lilacs, for example.

All that being said, you must remember that it takes at least two weeks for you to see your new plants settle in. Ensuring they have adequate

water these first two weeks is key to helping them survive. Even plants that like dry conditions need that precious water to establish.

A couple of other key reminders. Never plant a tree close to your house. Even small trees can wreck havoc with your foundation. The tree roots can be large and strong and try to invade that space. You also risk not enough water with the temperatures of summer heating up your foundation. Pay attention to the heights of your plants. Daisies can grow up to 2 feet tall or more. They will be a one you will want to plant near the back, while lavender may only grow 12 to 16 inches tall. Those will go closer to the front of your garden.

Give your plants room to grow. When they are little they may look amazing planted close together, but once they start to mature, you may find yourself needing to move some in a couple of years

because they have all started growing into each other! If you don't like the space, you can always fill in with short lived annuals (pansies, petunias, lantana, geraniums) that will give colour but not permanently take up the space your perennials will need to grow!

Always check your labels. They give vital information about where your plant will thrive. They will also give you heights and how far they spread. You don't always have to be constantly adding compost or manure to your soil to make your gardens beautiful (although it never hurts to use some!).

Once you have answered these four questions, you are on your way to choosing the best plants to thrive in your gardens, with minimal work!

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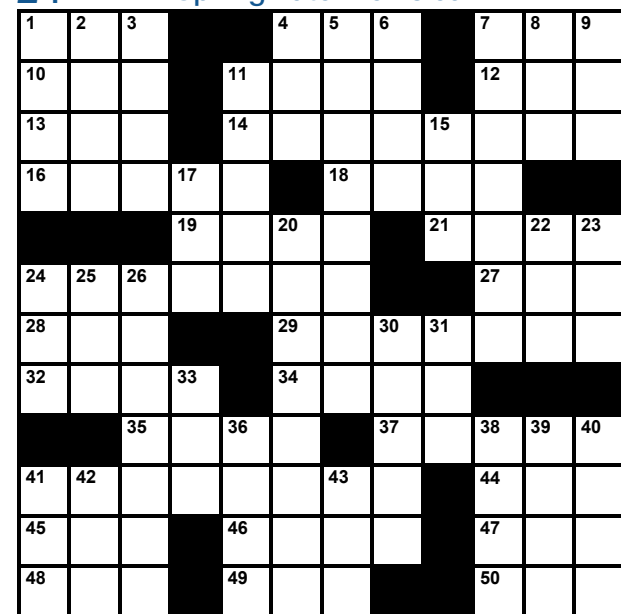
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 11 Prepare for takeoff
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 13 Enjoy a smorgasbord
 14 John Cabot was one
 16 Play making
 18 Like good hamburger meat
 19 Repeat
 21 Assign stars to
 24 Way away
 27 Period in time
 28 Prior to this moment
 29 Make like new
 32 Sans ice
 34 Concept
 35 Huck Finn's conveyance
 37 Member of a cast of thousands

Down

1 Watched closely
 2 Kind of beer
 3 Computer food
 4 Car wash option
 5 Found new lands
 6 Roofer's purchase
 7 Transport to Oz
 8 "Who ___ You": 1978 album by The Who
 9 Respectively
 11 Train
 15 Manual boat mover
 17 Joined
 20 Legacy
 22 Pothole-filling stuff, often
 23 Survey closely
 24 Cooler
 25 What counting candles may reveal
 26 The ___ 20s
 30 Apple trees, once
 31 Campaign promise topic
 33 Beach bum's hue
 36 Ensign
 38 Tea-pot carrier
 39 Daytona 500, et al
 40 Army members
 41 "The Godfather" crowd, with "the"
 42 Bedazzle
 43 Sandra Bullock movie "The ___"

OBITUARIES



LAMB, Viola Florence

It is with profound sadness we announce the passing of Viola (Mother Lamb) after a short illness at the Barrie Manor at the age of 105. She was the beloved wife of the late Lawrence (Bill), and pre-deceased by her daughter Suzanne (Jim) and son Beverley. Grandmother of Dale (Terry), Lisa and Trina (Keston). Great grandmother of Jayvian and Freiga.

Viola enjoyed her life of many years. She did farming, factory work, and was a maid on the lake boat on Georgian Bay. Viola also did a lot of traveling from cruises to camping. She is now at rest with all her family and siblings. She will be missed by her close friends, Vivian MacDonald and Joan Pero and many more.

A visitation will be held at the Lynn-Stone Funeral Home in Elmvalle from 11 am - 12 pm on Thursday, May 7, 2026. Funeral service in the funeral home chapel at 12 pm.

Interment Waverley Anglican Cemetery.

In memorial donations may be made to Hospice Simcoe or the charity of your choice

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

OBITUARIES

Burton Parsons



Burton Allan Parsons (known as Burt) passed away in his 91st year on April 20, 2026. Son, father, husband and friend. Predeceased by his wife Bonney, parents Vera and Allan Parsons, and brother Jack Parsons. He is survived by his daughters Donna (Bill) Coughlin and Darlene (Dan) Noble and his grandchildren Kelsey, Tyler (Camille) and Ian.

Burt was born in Toronto on September 18, 1935. In his teen years Burt was in the air force reserve where his love of flying was born. Burt started his career as

an installer for Bell Canada and worked on the mid Canada line before he was married. Through coworkers at Bell, he met the love of his life, Bonney, and they were married on March 7, 1959. Their two daughters arrived quickly. Over his career at Bell, Burt was promoted through management ending his career as a vice president. Burt was transferred several times during his career and the family spent time in Toronto, Montreal, Ottawa and St. John's Newfoundland while the girls were growing up and after the girls had left home, Burt and Bonney lived in Chantilly, Virginia before Burt retired.

Burt enjoyed life and had many passions including skiing, sailing, windsurfing, golfing and flying planes. He was a wonderful supportive father, encouraging his girls in their endeavours. The girls' friends were always welcome at Bonney and Burt's home and at the cottage and Burt was the parent that could be counted on to drive the girls and their friends to activities and adventures.

Burt was always up for travel and adventure. The family enjoyed vacations in Disney World, a bareboat sailing adventure in the Bahamas, fun in Jamaica, skiing in the Laurentians and after the girls left home, trips to Mexico, the Channel Islands, Mexico and Florida.

In his younger years Burt spent time at Balm Beach where his family rented a cottage. This started a life long passion for spending summers at the beach and Burt and Bonney eventually retired to Balm Beach, renovating the cottage into their year round home.

Once retired, Burt worked at the local airport and became very active in the flying community and participated in the Young eagles flying program, sharing his love of flying with young people. He was also very active in the golf community at Brooklea golf course and enjoyed The Place at Balm Beach and Probus. The grandchildren came to visit every summer for 2-3 weeks and the tradition of growing up at Balm Beach continued. Many happy winters were spent in Florida in the "tin shack" at a trailer park where family members and friends also wintered.

The family would like the thank all the caregivers who provided home care for Burt allowing him to stay in his home for as long as he did and all the staff at Tiffin Chartwell, Bayshore nursing and Paramed who cared for Burt while he was living at Tiffin.

A special thanks to Hospice Huronia and all of the staff at Tomkins House where Burt spent the final days of his life with his daughters, son in law and granddog. And most importantly, a huge thank you to Dr. Gannon and her team for the many years of care, kindness and attention they gave to Burt.

Burt has been cremated. There will be a private family celebration of life at a later date. If desired donations made to Hospice Huronia, Tomkins House would be appreciated by the family.

Arrangements entrusted to Nicholls Funeral Home - 330 Midland Avenue, Midland, Ontario L4R 3K7



Djoerd (George) Strampel

It is with deep sorrow and deeper love that we share the passing of Djoerd (George) Strampel. George passed away peacefully at his home, after a courageous battle with cancer, in his 75th year, on May 1st, 2026.

He is lovingly remembered by his wife of 52 years Alie Strampel. Cherished father of Jeremy (George) his wife Cindy and Elizabeth and her husband Chris. Treasured grandfather of Nick, Ben, Jake, Clara (Simon) and Kate. Predeceased by his son Peter Strampel (1996). George is survived by his siblings Tacke Strampel, Margie Noordegraaf (Strampel) and John Peter Strampel. He is also remembered by many nieces, nephews, cousins, volunteer groups and the farming community. George was predeceased by his parents Jelte and Aaltje Strampel, brother Walter Strampel and his sister Tineke Radder (nee Strampel).

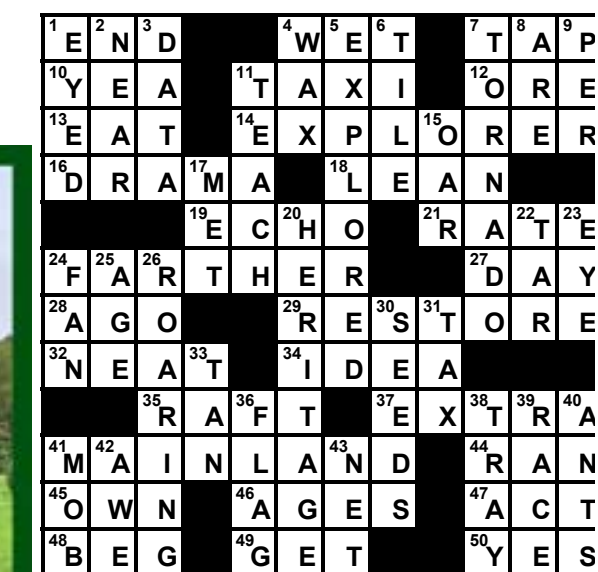
George loved his farm life and the life it provided. He was an avid outdoorsman and enjoyed kayaking, nothing brought him greater joy than being on the water. He was very active in his church, his community, including Clearview Community Theatre, Salvation Army, always willing to give a helping hand.

George was a man of deep faith and will be deeply missed by all who knew and loved him. His memory will live on in the hearts of his family and friends.

Rest in Peace George, now in the hands of the Lord.

The family will receive visitors at the Collingwood Christian Reformed Church, 7642 Poplar Sideroad, Collingwood, on Friday May 8th from 11:30a.m. to 1:30p.m., where a Service of Remembrance will be held at 2p.m. If desired, a donation to Make A Wish Foundation would be appreciated. To sign George's Book of Memories, please visit www.chattersonfuneralhome.com

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OBITUARIES



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RITCHIE, John Ronald



Passed away peacefully at Hospice Huronia in Penetanguishene on Saturday, April 18, 2026. John Ritchie of Elmvale in his 77th year. Son of the late Lloyd and Patsy Ritchie. Brother of Marty, Nicky and the late Bill, Dan, and Pat. John will be missed by his sisters-in-law, Theresa and Kaela, and his nephews, Regan, Justin, Daniel, Jordan and Noah. John will be missed by his many family and friends.

A Celebration of Life will be held at the Elmvale Legion on Sunday, May 24, 2026 from 2-4 pm.

Memorial donations in John's memory may be made to Hospice Huronia or the Elmvale and District Food Bank.

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



Mary Lynne Atkinson

With great sadness, we announce that Mary Lynne Atkinson, an extraordinary woman, passed away unexpectedly. A loving sister, aunt, bonus mom, grandmother, and great-aunt, Mary Lynne was deeply devoted to her family and known for hosting large joyful gatherings. She will be dearly missed by siblings Margaret, Maureen, Russell Atkinson and Linda Flemington, her many nieces, extended family members and dear friends. Mary Lynne was a respected teacher and principal in the Simcoe Muskoka Catholic District School Board, educational consultant, talented artist, avid golfer and gardener with a passion for travel. Her presence in Midhurst will be greatly missed by all who knew her. She is now at peace with her beloved Howie (Dr. Howard Krieger). Details of her Celebration of Life at the Barrie Country Club will be shared soon.

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Grace Priest



Passed away peacefully at Extencicare Tri-Town in Haileybury on Sunday, April 12, 2026. Beloved wife of the late Fred Priest. Loving mother to Michelle Caron (Glenn). Adored by her grandchildren Dante and Carter (Celia) Caron. Stepmom to Cathie Vezeau (the late Frank), Randy, the late James, and Bonni Cripps (Karl). Grace will be missed by her step-grandchildren Kristyl Priest, Tanya Heckhaus (Mik), Sandra Vezeau (Sean), Colton Priest (Jamie), Robert Cripps (Shae), Nicole Priest (Coran), Shelby Priest as well as her great-grandson Connor Heckhaus. Grace is survived by her brother Daniel Fleming (Christine) as well as her sister-in-law Sharon Pelletier, who was her closest friend until her final days.

A longtime employee of Albarrie Canada for over 30 years, Grace also volunteered with Canadian Mental Health and the Georgian Bay Steam Show. Grace was an avid walker, cross-country skier, and generally loved the outdoors — especially winter.

She will be remembered for her kindness, love of Elvis Presley, and her good nature and sense of humour.

Our most sincere thanks goes to the staff at Extencicare Tri-Town and Dr. Don Davies for giving her the best care possible in her final years.

Mrs. Priest's final care has been entrusted to the Buffam Leveille funeral home. A celebration of life will take place on Sunday May 31st from 1 – 4 pm at Elmvale Lion's Club 1979 7th Concession FLOS West Elmvale.

Condolences and tributes may be shared at www.buffamleveille.com

Obituary notices can be placed in the paper at a custom cost of size.

Please submit your notices to the Editor. Email: info@springwaternews.ca or drop off at office. Contact information is on the bottom of page 1.

Full name, phone number and address must be supplied.

OBITUARIES



Shirley Anne Loretta Robertson (nee Culham)

September 16, 1936 - April 23, 2026

It is with great sadness that the family announces the passing of Shirley Anne Loretta Robertson (nee Culham) in her 90th year. Shirley was predeceased by her beloved parents, Winnifred and Melville Culham, and her devoted husband, Ed Robertson. She was the cherished mother of four boys and is survived by her sons: Darrin, Dean (Tina), Doug (Lysa), and Donnie (Jennifer), all of Elmvale.

Family was the center of Shirley's world. She was immensely proud of her grandchildren—Kelsie (Jeff), Jeremy, Ian, Sophie, Abbey, Nathan, and Cameron—and treasured every moment spent with them. She was also blessed with two great-grandchildren, K.C. and Owen.

In her younger years, Shirley was known for her vibrant spirit and many talents. She was a dedicated member of the Central United Church Glee Club and a champion bowler at the Minesing Bowling Lanes. As a busy mother on the farm, she worked side-by-side with Ed, assisting with chores while ensuring there were always warm meals on the table for her family.

Shirley was a woman of deep kindness and community spirit whose legacy will live on through the many lives she touched in the Elmvale and Minesing area. She was an active member of the Crossland Women's Institute and the United Church in Elmvale. Many in the community will remember her as a part of the Crossland Caterers, where she helped provide delicious food for countless local functions. Her smile, laughter, and kind heart, along with her legendary pies and cheesecakes, will be missed by all who had the pleasure of knowing her.

The family extends their sincere gratitude to the staff at the Sara Vista Nursing Home in Elmvale for the care and compassion they provided to Shirley over the past nine years.

Friends and family may call at the Lynn-Stone Funeral Home on Sunday, April 26th from 2:00 pm - 4:00 pm.

The funeral will take place on Monday, April 27th at St. John's United Church at 1:00 pm. There will be a visitation at the church from 12:00 pm until 12:45 pm.

A reception will follow the funeral in the church hall. Shirley will be deeply missed and forever remembered.

Donations may be made to St. John's United Church or the Elmvale Food Bank.

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



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Freida Joan Carson
March 2 1926 – April 20, 2026

Freida Joan Carson (nee Langman) passed into the presence of her Lord and Saviour on April 20, 2026 in her 101st year. Predeceased by her husband, Clarence Carson, and daughter, Valerie Carson, she is lovingly remembered by daughters Elinor (Robert) Riegler and Louise Carson; also by her grandson, Stephen (Heather) Riegler.

Joan was born and raised on a farm near Elmvale, ON. She had a love for music and studied piano and singing. She became a music teacher of students in her family home. Because of her love of God, her focus was in the churches she attended as pianist, organist, choir leader, and a member of the United Church Womens group. Her marriage to Clarence brought her to the Anten Mills, ON area. Besides raising her three daughters, she helped on the farm - milking cows, and helping with the field work. She kept a large vegetable garden and was a wonderful cook.

Joan was an easy-going person. She was hospitable, and kind-hearted. She knew how to serve. Joan was a 'team player', always ready to move a project forward by volunteering her time and effort.

Most mornings, throughout her life, Joan could be found reading her Bible, and praying for family, friends, and missionaries. She regularly listened to Bible teaching programs on the radio.

Joan spent her final years at Sara Vista Long Term Care in Elmvale. She received excellent care and kindness from the staff. The family extend our sincere gratitude for their service to Joan.

In lieu of flowers, donations may be made to the Canadian Bible Society- 10 Carnforth Rd., North York, ON M4A 2S4 Phone: 416-701-1761 Web site: <https://biblesociety.ca/ways-to-give>

Visitation: At Lynn-Stone Funeral Home, 15 Yonge St. S., Elmvale, ON

On Friday April 24, 2026 from 7:00 -9:00 pm

Funeral Service: At Lynn-Stone Funeral Home, 15 Yonge St. S., Elmvale ON

On Saturday April 25, 2026 at 1:00 pm

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

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