















LETTERS TO THE EDITOR

Please submit your letters to the Editor.

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

The true meaning of Christmas

May I please remind us that Christmas is the celebration of the birth of Christ.

The true meaning of Christmas is love, yes – God's love shown to us in sending His Son Jesus to earth. We celebrate Christmas out of gratitude for what God did for us, we remember Jesus' birth by giving each other gifts, worshipping Him and being especially conscious of the poor and less fortunate. Why did God send Jesus? Because He loves us "For God loved the world so much that he gave his only Son ..." (John 3:16a)

Why is Christmas necessary? Because we need a Saviour. God loved His own and provided a way—the only Way—for us to spend eternity with Him, "... everyone who believes in him may not die but have eternal life." (John 3:16b)

He gave His only Son to take our punishment for our sins. He paid the price in full, and we are free from condemnation when we accept that free gift of love. "But God demonstrated His own love for us in this: while we were still sinners, Christ died for us" (Romans 5:8)

As we give thanks for the love, joy and hope in our lives, let us keep the Christ in Christmas, for He is the source and true meaning behind all those wonderful things.

From Connie Smith, Elmvale

EDITORS NOTES

Happy New Year, everyone. This year brings some disturbing and challenging politics near and afar. We have great hopes for a positive change in Global Health, Environmental Sustainability, Technological Innovation, Social and Economic Development and Scientific Exploration.

I hope that our representatives bring strength, wisdom, and success in their efforts to serve our community and not just what brings votes. Let's all be kind to one another and have open minds and clear communication.

This new year know that stress is a killer, so take in the words of my friend, Chris Heath;

"Stop and smell the Flowers.

Taking time to stop and smell the flowers. Getting so caught up in our daily lives we certainly can miss the little things that can help us through our day. Stop, take notice, smell the flowers. Listen to the wind in the trees, to the birds singing... to your favorite song. Step outside of what you think is important at this moment and breath... it's that simple."

Let's all breathe together towards a better community and I will strive to serve you as truth in all areas. Please send me your ideas that you would like to read about.

Here's to a brighter and prosperous 2025 for all.

Beach building bylaw washes ashore to Tiny council

By: Derek Howard, Local Journalism Initiative Reporter, Source: Midland Today.ca. Dec 19, 2024 A special meeting of Tiny Township committee of the whole was held recently to introduce a dynamic beach management draft bylaw, official plan amendment and zoning bylaw amendment for public input.

Beaches within the township have long been a battleground between residents and visitors who yearned to walk unobstructed along the approximate 70-kilometre shoreline of Georgian Bay, and landowners who developed to the edge of the waterline which sometimes caused the beach to be inaccessible by pedestrians.

A rare municipal tool called an interim control bylaw was implemented in 2023 and 2024 as a means to halt new development until a proper bylaw could restore order, with a costly dynamic beach management study initiated. "As part of any interim control bylaw, a requirement under the Planning Act is that a study needs to be done to determine what should occur to rectify the situation or improve the situation upon which that interim control bylaw was based," said MHBC partner Jamie Robinson during the short meeting. "The Planning Act confers existing development rights through nonconforming use provisions within it," said Robinson, "so how do we balance those factors with the dynamic beach processes, the environmental protection requirements, and the flood and erosion hazard?"

Four proposed modifications to the township's official plan included identifying dynamic beach locations, creating frameworks to manage site alteration in those areas as well as zoning bylaw provisions to manage buildings and structures, and establishing criteria to evaluate those zoning bylaw amendment or minor variance applications.

For the zoning bylaw amendment proposed modifications, an overlay zone would be identified, a framework established for enlargement, repair, replacement or renovation of existing non-complying buildings or structures in dynamic beach areas, and setbacks would also be established including retaining walls within the overlay zone. "(The zoning bylaw framework) is the piece that really deals with striking that balance," said Robinson, "between what's existing versus protecting the natural environment."

Finally, the proposed dynamic beach management

bylaw would: recognize and protect the dynamic nature of the beaches, hazard impacts, and their ecological value while being developed; require a permit for all site alteration, building and structures in the management area; and the rules around those permits.

With a deadline of mid-Spring 2025, Robinson noted that it would be important to "get it right" while maintaining efficiency. A staff report listed all relevant documents along with a draft timeline which looked at a public information centre and statutory public meeting for February.

Council approved accepting the draft bylaw for public engagement with staff to report back in April with a final bylaw.

Following the meeting, CAO Robert Lamb called it a complex issue due to there being no blanket policy for the 70 kilometres of shoreline, adding that other municipalities would be looking at Tiny's outcome to implement their own protections and allowances. "It's not a Tiny Township issue; it is an 'anywhere along the Great Lakes St. Lawrence seaway' issue," said Lamb, "and I'm hoping that this (resolution) is the beginning of many to come."

Deputy Mayor Sean Miskimins had lead a beach rights group prior to being elected, and used it as a running platform. "I think it's validating," said Miskimins after being directed by the Ministry of Natural Resources and Forestry to make shoreline alteration management a municipal duty. "We were able to get something done and (with) all of it being rooted in science."

Public works director Tim Leitch said that the bylaw would mean people looking at creative ways to manage their properties while working for the balance which the township was aiming toward. "If there's different opportunities or approaches people want to take," said Leitch regarding permit applications, "then staff and our consultants can review it, through (planning and development director Maryann Hunt)'s group and my group, and obviously through our consultants at MHBC – that we can make sure we review what their needs are and come up with proper solutions for their inquiries."

The dynamic beach initiatives and draft management bylaw reports can be viewed on the agenda page on the Township of Tiny website.

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

Decluttering Reduces Stress

Do you feel stressed, overwhelmed and disorganized? It could be that your work or home environment is too cluttered. Karen Kingston, author of Clear Your Clutter with Feng Shui, suggests that areas of clutter drain our energy.

If there is a mess by the back door, each time you enter you may start thinking how you must do something about it: train the kids better or tidy it regularly. Then you walk into the kitchen, and if there are dishes lying around, cereal boxes left out, newspapers scattered, you begin to feel the weight on your shoulders of all that there is to do.

Boldly, you decide you can tackle all this, so you go to get changed out of your work clothes and cannot find the jeans you are looking for because the closet is in disarray. You also notice the jumble on the bathroom counter, just as you left it as you rushed out in the morning.

Although you were fine when you got home, you are beginning to feel depressed and cranky. At just about this time, a child comes along to complain about what his sister did, and gets his head bitten off! Although some can tolerate it, for many, clutter is stressful. The same is true in the workplace. If you have several projects on the go, spread over your desk, and you must fumble through papers when someone wants information, your stress level goes up.

The thought of getting everything in order can be overwhelming. Kingston suggests starting with one little project at a time—one drawer, one corner of a room. Some who have years of clutter or are downsizing may find the process completely overwhelming.

There are professional organizers who will streamline the process. Your only job will be to decide what to keep, what to throw away, and what to donate. The organizer will take care of getting things where they need to go.

You will notice how uplifting it is to look at a once messy area, and to see everything in its place. It does take time and effort to maintain an uncluttered environment, but the rewards in terms of good feeling and increased positive energy make it well worth it.

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

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Mother Nature delivers 'awesome' Christmas present to local resorts



By: Wayne Doyle, Local Journalism Initiative Reporter, Source: BarrieToday.com, Dec 24, 2024 Local ski resorts got the best Christmas present they could ask for yesterday — about 15 centimetres of fresh snow.

With the children on holidays and many parents taking the rest of the week off, the traffic at Snow Valley, Horseshoe and Mount St. Louis Moonstone is expected to reach a fevered pitch by week's end, with skiers, snowboarders and other winter sport enthusiasts set to take advantage of the excellent conditions. "This is the best day of the year for us here at the resort," said Amber Currie, Horseshoe Resort's director of sales, as Michael Buble's Christmas hits filled the air next to the chalet. "Here it is, Christmas Eve, and we're heading into one of the best holiday seasons I think we've had in the past couple of years at least."

Horseshoe Resort, located about 20 minutes north of Barrie, has the majority of its runs open for both day and night use. The resort also offers cross-country skiing, snowshoeing and snow tubing.

Mount St. Louis Moonstone, about five minutes

north of Horseshoe on Highway 400, has all but one run open for day use.

Snow Valley, which is located about 10 minutes northwest of Barrie, has about half of its runs open. Like Horseshoe, Snow Valley offers snowshoeing and snow tubing in addition to skiing and snowboarding. Horseshoe Resort is the only local resort open on Christmas Day, but all three will be open for business starting at 9 a.m. Thursday.

"It's shaping up to be a good year," said Karen Hoffman, Horseshoe's snow school manager. "Our lessons over Christmas are filling up and we've got lots of kids in camps next week.

"We've been making snow for the past week and we got great natural snow last night, so we're excited," she added.

John Ball, the general manager at Snow Valley, shares that excitement. He says the best part of the recent snowfall was that it hit Toronto.

"One of the keys to a successful year is if you have snow on the ground in the Greater Toronto Area (GTA) as it sparks interest," Ball said early Tuesday morning as the parking lot at Snow Valley continued

to fill up. "When you spark the interest, they're going to come up."

Ball is hoping folks arrive in droves — a definite change from the past couple of years.

"There are peaks and valleys and we're coming out of the adjustment that everyone made in 2021-2022 with COVID," he said. "The numbers are there."

Snowboarders Jay and Brittany Brownless are among them. The Barrie couple bought season passes at Horseshoe Resort.

On Tuesday morning, they were out bright and early, looking to carve up the resort's runs with a pal. "We bought our passes in the summer and we've

been itching to get out since then," said Brittany.

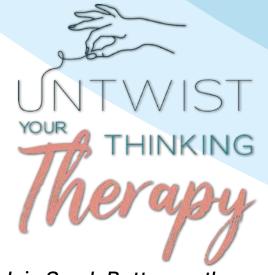
She was hoping the conditions on Tuesday were as

good as, or better, than Monday when she hit the slopes for a few quick runs.
"It was awesome yesterday," Brittany said. "We try

to get out a few times a week and do a little bit of both daytime and night boarding."

"It's been protty rose to be able to elvi in Optorio et

"It's been pretty rare to be able to ski in Ontario at Christmas," Jay said. "This is awesome."



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Craighurst W I December Meeting

CWI gathered in the basement of St John's Church Craighurst for our annual potluck supper. About 30 people attended, both the Women's Institute members and the Boys Institute. (The CBI came about when the husbands felt left out while we met on a Tuesday night, home alone, no one to listen to them)

We welcomed all, made introductions, and tucked in. Great visiting and great food.

After the banquet the Tweedsmuir History Chair gave a little talk on the great train derailment of August 1944, when Ed Handy ran into the CPR train and derailed it. Ed was not hurt, but his model A Ford took a licking. A local wag at the time said "Look at that, the CPR can't buck Henry Ford". The station platform took a licking too. Yes, I said Station.

We had passenger service, a station, a grain elevator, a potato warehouse, and a stockyard, in

wreckage, and talk led to how the "Section House" beside the station had been a Bidwell farm house, with a Bidwell great-grandson right there at the table to tell how his ancestor had sold his farm to the CPR. In 1906 the railroad track building crews, coming from Midhurst, got closer and closer, and were going to appropriate the Bidwell barn. "If you're going to take my barn then you're going to take my farm" declared Tom Bidwell. He sold the whole thing to the railroad and moved to downtown Craighurst.

Next on the agenda was a draw for handmade HH potlid/iphone holders. Only the ladies were eligible. Our two smallest BCI members assisted the President with the draw.

Then the CWI had a brief meeting, made up two baskets for local "shutins", a box for the Food Bank, delegated the deliveries of same, and wished each other, as I do to you, gentle readers, "Merry











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Springwater approves budget with blended 4.06 per cent increase

By: Wayne Doyle, Local Journalism Initiative Reporter, Source: BarrieToday.com, Dec 19, 2024 A motion from Springwater Township Coun. Phil

Fisher passed at Wednesday night's council meeting will save the average Springwater homeowner less than \$20 next year.

Fisher put forth an amendment to the township's budget that would see \$147,330 in proposed policing costs shaved off the municipal tax levy, saving individual taxpayers about \$1.35 per month.

His amendment was passed by a vote of 4-3, with support coming from Deputy Mayor George Cabral and councillors Danielle Alexander and Anita

Fisher's passed amendment resulted in a final municipal tax increase of 5.78 per cent and a final blended tax increase of 4.06 per cent or an annual increase of \$179.44 for a typical single-family detached dwelling with an assessed value of \$497,000.

Without Fisher's amendment, taxpayers would have faced an increase of \$195.62 annually. "Of course, we don't really know what the Ontario Provincial Police (OPP) fees will be in the future, but my rationale is we do know that people need to save money right now," Fisher said. "Given the present economic climate, I think it would be smart to give it back to the taxpayer. "We're not in the business of spending their money or shelving it for further expenses. It's found money at this point and we should be giving it back to the taxpayers," he added.

Fisher's view and his amendment were at odds with the direction the township's senior management recommended. "Without the amendment, the difference would flow through to the surplus at year end; it would impact the 2025 year-end surplus or deficit," said Greg Bedard, the township's director of finance. "Given the discussions regarding the amount of debt that we're taking on, it would be my



recommendation that this surplus would be applied

against any debt.
"That seemed to be agreeable through budget deliberations, therefore reducing the amount of debt that we have to take on and reducing the debt requirements and annual repayment of such." He added that if the township were to reduce the OPP levy based on the full financial relief, it may be looking at a tax increase in the future. "We know it costs \$3 million to police the township in 2025," he said. "Without a change to the OPP billing model, we have to assume it will cost \$3 million or \$3 million-plus the next year to police the township," he added.

Coun. Matt Garwood was against the amendment. He said every year brings increased costs. He doesn't foresee that changing any time soon. "I do have worry with sitting here saying we'll deal with something in the future," Garwood said. "We have sat here for three budget cycles now and each cycle the same issues come up — expenses are rising and therefore those costs are being put on to our residents. "We don't know a lot of what's going to happen next year, but it's almost certain nothing is going to get cheaper," he added. He said he hoped council would be forward thinking and put the township in a better position. "I worry we'll be in the same ... if not a worse position in another 12 months," he said.

Jeff Schmidt, the township's chief administrative officer, echoed Garwood's concerns. "We know policing is \$3 million," he said. "We also know this is a one-time relief of \$432,000 and council can make their decisions about how they want to apply that one-time relief, but we do know policing is \$3 million and it's not likely to get any less," he said. "The decision is yours."

Schmidt went on to say he doesn't think the costs will be any cheaper in the future and putting money aside for future relief is something council should consider. "We've had this conversation through this budget cycle," he said. "The burden is not getting any less next year."

Mayor Jennifer Coughlin was not in favour of Fisher's amendment.

She said saving for tomorrow is financial planning. "I think, by ensuring we do have a reserve, that we have a healthy reserve, that we continue to put money away," she said. "The plan our CFO and CAO brought forward, I think, is good planning, so I will not support this."

Coughlin, Coun. Brad Thompson and Garwood did not support Fisher's amendment. Council passed the budget by unanimous decision.

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Government of Canada invests over \$198,000 in Little Lake Park Accessibility Improvements

Submitted by Town of Midland

(December 23, 2024, Midland, ON) - The Town of Midland gratefully received a contribution from the Government of Canada, through the Federal Economic Development Agency for Southern Ontario (FedDev Ontario), to enhance vital accessibility and safety features at Little Lake Park, supporting 75% of the project costs.

These park improvements allow residents and visitors of all abilities to continue enjoying one of Midland's most beloved green spaces. The project, focusing on compliance under the Accessibility for Ontarians with Disabilities Act (AODA), included detailed design, construction of new ramps, reconstruction of existing amenities, and the addition of a pedestrian-only access recreational pathway. Upgrades were completed in the fall of 2023.

Improvements include:

- Installation of three new paved ramps throughout the park connecting users from the vehicle parking area to the park's amenities and facilities.
- Re-construction of an existing ramp complete with paving and support rails along each side.
- Restoration of an existing pavilion with a new concrete surface that can be accessed by one of the
- Creation of a new point of entry for pedestrians by using the recreational pathway to access the park safely from Yonge Street.

Bill Gordon, Mayor of the Town of Midland: "Everyone in our community deserves to feel welcome and included. These improvements have allowed more people to safely visit and access one of Midland's signature spots, Little Lake Park. We are grateful for the Government of Canada for their continued support by providing much-needed infrastructure funding to municipalities and for assisting Midland to enhance accessibility at Little Lake Park."

Chambers, MPSimcoe "Strengthening access to recreational spaces found in Midland is necessary for residents and visitors alike. This contribution ensures that Little Lake Park, one of Midland's gems, remains a welcoming space for all to enjoy. I welcome the Government of Canada's decision to allocate funding to Simcoe North through the Community Revitalization Fund."

About FedDev Ontario

For 15 years, the Government of Canada, through FedDev Ontario, has worked to advance and diversify the southern Ontario economy through funding opportunities and business services that support innovation, growth and job creation in Canada's most populous region. The Agency has delivered impressive results, which can be seen in southern Ontario businesses that are creating innovative technologies, improving productivity, growing revenues, creating jobs, and in the economic advancement of communities across the region. Learn more about the impacts the Agency is having

Evans lists accomplishments of residents and council for seasons' greetings

By: Derek Howard, Local Journalism Initiative Reporter, Source: MidlandToday.ca, Dec 27, 2024

"As we enter the new year, I want to thank all of our community groups that plan events and provide services for our community - you make Tiny Township a better place for everyone," said Mayor Dave Evans when asked by MidlandToday to provide season's greetings for the residents of his

Evans gave a highlight of accomplishments from 2024, noting the agreement struck between Tiny and its neighbours to allow arrangements for library access memberships.

"I want to thank everyone involved in the success of our 2024 Mayor's Charity Golf Tournament," stated Evans. "We were able to raise \$45,000 for 17 local

"As part of our commitment to inclusivity, the township offered two new recreation programs," said Evans, "and our full array of community events such as the Winter Carnaval d'Hiver, senior symposium, community BBQ, farm crawl and tree lighting

Other highlights of the past year included: the township becoming a World Health Organization Age-Friendly Community as the first in Simcoe County for the recognition; installation of 13 accessible water fill stations at popular municipal parks, facilities, and beaches in Tiny due to an Ontario Trillium Foundation Grant of \$113,700; and pursuit of funding for improvements to the Midland Water and Wastewater Treatment Centre for the township's septage disposal, as a joint delegation with the town at the Association of Municipalities of Ontario conference.

Evans added that the short-term rental licencing program saw continued success, and gave note to the township's first multi-year budget for a two-year operating plan and five-year capital plan.

"We have made significant process on the Township of Tiny Administrative Centre project this year, and are looking forward to creating a community hub space for everyone to enjoy," said Evans.

For 2025, Evans highlighted that: the administrative centre was anticipated for construction to begin in spring; a dynamic beach bylaw would be considered as part of township's commitment to environmental stewardship; active transportation improvements in the Tiny Beaches Road area would begin as part of a multi-year project; the township's first water master plan was scheduled for completion; and council would be advocating for fibre connectivity for all

"On behalf of council and the Township of Tiny," said Evans, "I want to wish everyone a very safe, fun, and happy holidays, and all the best for the new year."

Gordon's seasons greetings to Midland include promise of new year's growth

By: Derek Howard, Local Journalism Initiative Reporter, Source: MidlandToday.ca, Dec 25, 2024 Seasonal greetings from Midland Mayor Bill Gordon included a look at the year past along with good tidings the town hopes to provide for residents in the year ahead.

"I can wish residents 'happy holidays' in the sense that the number one thing we hear about is lack of housing and affordability. Mine and council's objectives is to make life more affordable over the next two years," said Gordon when asked by MidlandToday about the season of gift-giving.

Gordon noted that by having the 2025 budget discussions early in January and having growth in mind, council's holiday season would still be filled with thoughts towards making things better for

"That's what we'll be thinking about over Christmas time as we're with our families, and we want our residents to know that they're in good hands, that we care about their ability to pay their bills, and we're going to do everything we can in our small role as a local municipality to make that easier for them next year.

"Our new year's resolution is affordability," Gordon added.

Also in the beginning of 2025, Gordon noted that several public meetings would be held with land use applications and zoning changes.

"If I had to summarize everything, it's growth," said Gordon. "The community needs to grow; we in southern Ontario by exploring our investment—need more ratepayers to spread around the costs of—celebration you're having over this holiday season profiles, our Southern Ontario Spotlight, and running the town. The province has seen that, the -you can look forward to some really good hard FedDev Ontario's X, Facebook, Instagram and province is mandating it, and they've been giving work by council to try to make life more affordable us staggering sums of money to help facilitate that

Upcoming projects in the new year included utilizing the \$30 million infrastructure grant for water and wastewater projects, which will be seen through construction at the town's wastewater facility as well as along Highway 12 and County

"We're going to redo Yonge Street," said Gordon. "That's a really big deal and it's going to cause a lot of consternation in town because it's an arterial road. We're going to be ripping it up, and putting it back together after."

Council's progress toward Midland Bay Landing and other campaign promises was delayed as unexpected deaths of Deputy Mayor Jack Contin and Coun. Jim Downer were replaced by Coun. Jaz Patel and Eric 'Howie' Major respectively, causing a six-to-nine month pause.

"Losing two council members is unprecedented," said Gordon. "I think the key thing is we're going to hit all of our promises, all of our objectives, everything that we campaigned on doing as a council. We're going to make all that stuff happen over the next year and three-quarters until we go lame duck."

In conclusion, Gordon provided words of comfort for his citizens to tide them through the upcoming

"As you sit back and enjoy holidays with your family - hopefully it's a safe, warm, enjoyable, and peaceful Christmas, Hanukkah, whatever over the next two years."

Severn Sound Environmental Association saddened by the loss of legacy conservationist Ron Reid

Submitted by Severn Sound Environmental Association

Dec. 17, 2024 - Port McNicoll, Ontario - The Severn Sound Environmental Association (SSEA) is deeply saddened to learn of the passing of Ron Reid, a cherished member of the conservation community and a true champion for our environment.

"On behalf of the Board and staff of the SSEA, we extend our sincerest and deepest condolences to Ron's wife Janet, his family, and the entire team of staff and board members who had the privilege of working alongside him" Julie Cayley, SSEA Executive Director.

Ron's legacy is clear in the success of The Couchiching Conservancy. Ron's passion, dedication, and tireless efforts were instrumental in forging a path for generations of conservationists and ecologists. He led the way in breaking down barriers and fostering collaboration, building partnerships and alliances across environmental and conservation organizations, government, non-profits, and municipal sectors alike. His ability to bring people together for a common cause left an indelible mark on everyone he worked with and created lasting change in the conservation landscape. Ron inspired many and his passing is a profound loss for the conservation community.



Fractured council reveals dysfunction during meeting

Township of Springwater CAO Schmitt Resigns

By Brian Belcourt, Reporter, Linda Belcourt, Editor Dec. 30, 2024

A special meeting of council was called to discuss a transition plan after hearing of the resignation of CAO Jeff Schmidt, who announced that he was resigning to accept a position with the city of Barrie. His Linked In profile announced his new role of General Manager of Community and Corporate Services. Jeff Schmidt was committed to the township for over ten years. He was a valuable resource to council and is a huge loss to the township.

In her opening statement, Mayor Coughlin questioned the reasoning for a meeting as it was during the scheduled holiday time off. The Mayor had scheduled a meeting for January 2, 2025 to discuss the transition plan of CAO Schmidt decision to leave the Springwater township. The mayor apologized to staff who were scheduled to be off until January. 2, 2025.

The Special Council Meeting was scheduled for Friday, December 27, 2024 -10:00 a.m. It was requested by petition from the following members: Deputy Mayor Cabral and Councilors Alexander, Moore and Fisher.

The agenda stated the session was closed because of a personal matter about an identifiable individual, including municipal or local board employees; or Labour relations or employee negotiations.

Before Council went into closed session, the infighting within the present council was on full display.

Mayor Coughlin in her opening statement, thanked CAO Schmidt for his contribution to the township. Mayor Coughlin stated, "It is of my opinion that this 1 Copies meeting is untimely and unfounded. The terms in which the CAO has resigned, offer time for proper succession allowing for the best possible transition for Springwater. Abruptly altering the course of this meeting is out of spite either towards me, CAO Schmidt or City of Barrie."

Deputy Mayor George Cabral took issue with the comment, "out of spite", and further added, "This meeting is out of urgency, giving the situation." He continued, "Given the location where the CAO has gone, I think that's what presented the urgency in this particular matter. Had it been in any other location, I likely would not have any concerns whatsoever."

For the next 13 minutes, the council continued their infighting on the need for the

Matt Garwood remarked, "We have spoken consistently about working together and trying to do better. Our residents expect that."

Counc. Matt Garwood also stated, "Regardless of his next destination, it has been a 21 Hitchhiker's desire true pleasure working with CAO Schmidt over the past two years, during which I've witnessed his exceptional leadership and unwavering dedication. Our community is undoubtedly stronger due to Mr. Schmidt's invaluable contributions to Springwater

After Council met behind closed doors for nearly 2 hours discussing the issue of CAO Schmidt decision to move to the City of Barrie. As a result of the meeting the council approved a motion that staff, report back to council on next steps on January

Counc. Thompson stated to the NS Springwater reporter, "The drama the four 35 Pursue counsellors are creating over this is irresponsible and unnecessary".

Know your council and watch:

https://www.springwater.ca/en/township-hall/council-meeting-webcasts.aspx#



Annie's Journal by Annie Warner Donnelly

Hello Everyone. When you read this, it will already be a day in January, 2025. What do you think of this new year so far?

I spoke to my friend, Dalton Amell, a few days before writing this column. He and his wife, Carol, live just outside Cornwall, Ontario. They may visit me in May to help me bring a sense of order to my flowerbeds. During our conversation Dalton asked me a question that began, "What if ...?"

As we embark on our journey into this new year, it seems like a series of questions that begin, "What if ...?" might be a good idea. Maybe this will work better than making resolutions that we have a hard time keeping. Let's give it a go.

What if I could encourage someone who is discouraged? What if I speak kinder words to the people I live with? What if I could forgive the person who hurt me? What if I try to get seven to eight hours sleep each night? What if I drink more water and eat whole foods plant-based? What if I exercise fifteen minutes every Monday to Friday?

What if I go back to school to study for the career I really want?

What if I make a donation to an organization that's doing good things in my community? What if I start to attend events in the community where I live?

What if I believe that God created the heavens and the earth? What if I believe that God hears me when I pray?

What if I believe that the words in the Bible are God's words to us; that they are God's words to me? What if I believe the words I read in 1 John 1:9 - "If we confess our sins God is faithful and just and will forgive us our sins and purify us from all unrighteousness"?

What if I believe that God loves me?

Perhaps you can add your own "What if ...?" questions. In the meantime, blessings from my home to yours today and throughout all this new year! Amen.

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Across

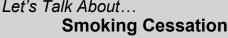
- 5 Aesop character
- 8 Was introduced to
- 11 Animal with a beard
- 12 Neither's partner
- 13 Affirmative at sea
- 14 "What?"
- 15 Double helix material 16 Turn right
- 17 Gave the once-over
- 19 Washing machine action
- 23 License prerequisite, often
- 26 Kooky
- 29 Threatening
- 31 Weather _
- 33 For instance 34 Heroic deed

- 37 Show shock, in a way
- 39 Jello frame
- 42 Cleaning need
- 44 Bounce
- 46 Train track
- 48 It's sold in bags or blocks
- 49 Miner's load
- 50 Big yard, maybe
- 51 Bottom of a river
- 52 Peaked
- 53 Financial aid criterion

Down

- 1 Go gray
- 2 Advantageous position in
- a race
- 3 Uncomplicated
- 4 Guide the course
- 5 Word connector
- 6 Rubbish
- 7 Pitfall
- 8 Attractive items
- 9 Appreciative ability
- 10 Golf start area
- 18 CD part
- 20 ___ all over
- 22 Group migration
- 24 Host
- 25 Check out
- 26 Mistaken
- 27 Buck's mate
- 28 Never seemed to end
- 30 List component
- 32 Landing stat.
- 36 Holy text
- 38 Display
- 40 Tatting
- 41 Desperate
- 42 ____ cage
- 43 One kind of bandage
- 45 White House souvenir
- 47 Started the betting

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With Pharmacist Owners Jenna Lougheed and Carolyn Glover

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Kings Continue to Hold Down Fourth Place Position with Two More Wins

Submitted by Jamie Robillard.

The Penetang Kings continued to solidify their position in fourth place in the Carruthers Division of the Provincial Junior Hockey League with a pair of wins over between December 14th and 20th.

On Saturday December 14th the Kings dropped a narrow 5-3 decision to the Huntsville Otters with the Otters final goal being scored into the vacated Kings net with just 47 seconds remaining in the game as the Kings had pulled their goalie to try and tie the score. Scoring for Penetang were Carter Wilson, Matthew Laframboise and Nicholas Gage. Laframboise was selected as the Kings player of the game with his one goal and one assist effort. Penetang had 41 shots on Huntsville goalkeeper Darlan Willis while Kevin Pearson made 32 saves in the Kings goal.

The Kings then travelled to Huntsville on Tuesday December 17th and turned the tables on the Otters coming out with a shootout 5-4 victory. Camron Hutchinson and Laframboise both scored two goals apiece to pace the Penetang attack. Wyndam Brownlee scored the shootout winner. Landon Simec turned aside 52 shots in the Penetang goal and was named the Kings player of the game. Penetang managed 35 shots on Otter's goaltender Willis.

On Friday December 20th the Kings came out on top with a 5-3 win over neighboring rivals, the Midland Flyers as Wilson, Laframboise, Cole Rumbolt, Brownlee and newly returning former King Lars Derstroff each scores single goals. Rumbolt received player of the game honours for the Kings. Penetang outshot Midland 45 to 20 in the game with Midland goalie Owen Moreau playing a strong game in the net.

The Kings' return to action at the Penetanguishene Memorial Community Centre after their annual Christmas break on Friday January 3rd home contest when they face the Orillia Terriers and then host the league leading Alliston Hornets on Saturday January 4th. Both games are scheduled for 8:00 pm. The Kings follow up the two home contests with another on Friday January 10th against the Innisfil Spartans. Penetang then plays five road games to close out January.

Notes: The Kings had four players named to the North Conference all-star game that was played in Hanover on Saturday December 28th representing the Carruthers Division in the game against the Pollock Division all-stars. Carter Wilson, Cole Rumbolt, Max Geere and Landon Simec suited up in the contest.

The Kings Program and Yearbook is printed and will be mailed out to Penetanguishene residents in early January now that Canada has returned to full operations. Programs can also be picked up at Kings

As of December 23rd, the Alliston Hornets lead the division standings with 26 wins for 52 points followed by Orillia with 45 points, Stayner with 40 points and Penetang with 28 points in 27 games. Innisfil is fifth with 21 points followed by Huntsville with 20, Midland 13 and Muskoka 5 points respectively. Alliston continues as the only undefeated team in the 63 team PJHL.



Tuesday December 17 @ Huntsville Player of the Game - Landon Simec



Saturday December 14 vs. Huntsville Friday December 20 vs. Midland Player of the Game - Matthew Laframboise





Jo Knows Nutrition by Joanne Nijhuis

POLENTA WITH MUSHROOM SAUCE COMFORT MEETS NUTRITION



Polenta, an Italian dish made with cornmeal is a versatile alternative to mashed potatoes, pasta or rice in so many recipes. Paired with a rich and savoury mushroom sauce, this meatless meal satisfies without compromise and offers up loads of fibre and wholesome nutrients. Whether you are cooking for one or feeding a crowd, this dish makes healthy eating an easy choice.

DID YOU KNOW?

Cornmeal is a good source of gut-loving insoluble fibre, vitamin C, important B vitamins and minerals such as zinc, magnesium copper, manganese and iron. Mushrooms, a nutritious and satisfying alternative to meat are loaded with vitamins and minerals including B vitamins, potassium, magnesium and zinc. Considered a nutritional powerhouse, mushrooms are known to support your immune system which is of extra benefit during flu season.

INGREDIENTS

Polenta

3 cups (750 ml) water or vegetable broth

1 cup (250 ml) cornmeal

1 teaspoon (5 ml) dried oregano

½ cup (125 ml) grated parmesan or ¼ cup (63 ml)

nutritional yeast, optional

1 tablespoon (15 ml) olive oil

½ teaspoon (1.25 ml) salt

Mushroom Sauce

1-2 tablespoons (15-30 ml) olive oil

1 small onion, minced

2 cloves garlic, minced or ¼ teaspoon (1.25 ml) garlic powder

1-pound (454 grams) mushrooms, white or cremini, sliced

½ cup (125 ml) Marsala wine, white wine or vegetable broth

½ cup (125 ml) sour cream or Greek yogurt, milk or plant-based

1 teaspoon (5 ml) dried oregano, optional

½ teaspoon (1.25 ml) salt

¼ teaspoon (1.25 ml) freshly ground pepper

½ - 1 cup (125–250 ml) freshly grated parmesan or

¼ - ½ cup (63–125 ml) nutritional yeast Fresh parsley, chives or green onions for garnish

INSTRUCTIONS

1. To prepare the polenta, bring the water or vegetable broth to a boil in a large pot. Slowly whisk

in the cornmeal. Reduce the heat to low and stir regularly for 20-25 minutes.

- 2. Stir in the oregano, parmesan or nutritional yeast, olive oil and salt. Keep the polenta warm on low heat until ready to serve.
- 3. To prepare the mushroom sauce, heat olive oil in a large frying pan over medium heat. Add the onion, and garlic and sauté until softened.
- 4. Add the mushrooms and wine or broth and sauté until the mushrooms are tender and slightly browned.
- 5. Reduce the heat and stir in the sour cream or yogurt, oregano, salt, and pepper.
- 6. Serve the polenta with the mushroom sauce on top. Garnish with freshly grated parmesan cheese or nutritional yeast and fresh parsley, chives or green onions, if desired.

ENJOY!

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

Georgian Shores Seniors Club Raises Funds

By Helmut Paddags, Dec. 20, 2024

Volunteers from Georgian Shores Seniors Club helped raise funds for The Place in Balm Beach by baking treats and cooking main dishes for the Christmas season. Members appreciated being able to stock up on ready made dishes for the busy holidays. Members also enjoyed a nourishing soup and sandwich lunch









Angels with Backpacks

Dianne Paddags, Dec. 20, 2024

A dedicated group of women have been very busy packing backpacks for the homeless people in North Simcoe. This year they have packed over 147, which were distributed by outreach workers from Chigamik. Each pack costs about \$150. Donations to this worthy cause can be made through GoFundMe, Angels With Backpacks.





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Town of Midland releases Draft 2025 Budget

Submitted by Town of Midland

(December 17, 2024, Midland ON) The Town of Midland Draft 2025 Budget was released to the public and is available on the Town's website. The proposed budget provides a balanced approach that supports the best value of services delivered to residents and businesses, as well as ensuring financial responsibility and promoting sustainable growth.

"The annual draft budget is one of the most important tools for shaping our Town's future," said Mayor Bill Gordon. "Council is committed to carefully reviewing this comprehensive document, which includes the preliminary recommendations prepared by staff. The annual draft budget process is a key opportunity for the community to get involved - learn about the Draft 2025 Budget, share your feedback, ask questions, and join us on January 15, 2025 at the Draft Budget Public Meeting. In late January, Council and staff will come together to finalize the 2025 Budget."

Highlights of the Draft 2025 Budget include:

• Water and Wastewater Servicing: With an investment of over \$30 million from the Province's Housing-Enabling Water System Fund (HEWSF) the Town will complete significant upgrades to our water and wastewater systems supporting Midland's continued

• County Road 93 Secondary Plan Expansion: This \$30 million infrastructure grant has attracted significant development interest. This project will establish a land use policy framework in the form of a Secondary Plan that will unlock land for development.

• Existing Infrastructure Revitalization: Investing in the continued renewal and reconstruction of existing infrastructure is vital to the sustainability of the community. Road resurfacing project on Angela Schmidt Foster Road, as well as major road reconstruction work on Yonge and Ellen Street.

• Harbour and Pete Pettersen Park Boat Launch Dock Replacement: The docks at the Harbour and Pete Pettersen Park are planned for replacement. New docks will improve access and enhance safety for residents and visitors who use these services.

 Supporting local organizations and boards: Through funding, in-kind services, or other means of support, the Town invests directly back into the community.

Proposed rates include:

• The Town's base budget increase is 5.68% (including the requests from Agencies, Boards and Commissions). o This increase allows the Town to maintain service levels, address OPP costs and invest in critical infrastructure. This positions the community for future growth, ensuring current and future residents continue to enjoy Midland's high quality of services.

• With Council's strategic priorities in mind, Council and staff have put forward several new investment and service recommendations for Council's careful consideration during budget deliberations. These requests equate to another 0.75%.

• If all service recommendations are adopted, the Town rate of 6.43%, is expected to blend down to a rate of 5.32%, when the impact of the County and Board of Education are considered. \$7.30 per month per \$100,000 of residential property assessment.

• 2% increase in Water Rate = \$0.76 increase per month for a typical user.

o This increase supports the critical infrastructure necessary to deliver clean, safe drinking water.

• 4% increase in Wastewater Rate = \$1.68 increase per month for a typical user.

o This increase supports the critical infrastructure necessary to effectively treat wastewater before it is discharged in Georgian Bay.

Town Staff look forward to receiving input from Council and the community over the six-week budget review period. Comments or questions can be e-mailed to budget@midland.ca.

The 2025 Budget process will continue in January

2025 on the following schedule:

• December 16, 2024, to January 15, 2025 - Budget Review and Public Q&A Period. Questions can be submitted to budget@midland.ca.

• January 15, 2025 - Budget Public Meeting. • January 28 to 30, 2025 - Council/Staff Budget Deliberations/Approval and Agencies, Boards and Commission Presentations.

The Town of Midland Draft 2025 Budget is available on the Town's website at midland.ca/budget2025

Huronia Transition Homes Receives \$50,000 Donation from Bertram Construction, Following \$100,000 Contribution Earlier This Year



Midland, ON-Huronia Transition Homes (HTH) is thrilled to announce that they have received a \$50,000 donation from Bertram Construction, which follows the company's generous \$100,000 donation made earlier this year. This continued support underscores Bertram Construction's unwavering commitment to enhancing the lives of those in need and helping to build stronger communities.

With a long history of community giving, Bertram Construction has demonstrated a dedication to supporting local organizations that provide vital services to individuals and families in crisis. This latest donation will directly support HTH's mission to offer emergency shelter, advocacy, and critical resources to women and children escaping violence and abuse.

"We are incredibly grateful to Bertram Construction for their continued generosity and commitment to our cause," said Haily MacDonald, Executive Director of Huronia Transition Homes. "This donation will make a tremendous difference in the lives of the women and children we serve, ensuring they have access to the support they need to rebuild their lives in safety and dignity."

In addition to the emergency shelter services HTH provides, the \$50,000 donation will go toward expanding Operation Grow, an innovative social enterprise that is centered around a hydroponic vertical farm and focuses on empowering women facing the challenges poverty and trauma. The impact of this contribution is immeasurable and will help HTH continue to be a lifeline for individuals facing some of the most difficult challenges in their

"HTH is an organization we've been proud to support for a number of years now," said Lisa Bertram, president of Bertram Construction. "The team at HTH is comprised of forward-thinking and proactive people who are incredible advocates for women who've been subjected to gender-based violence and provide such comprehensive support as they work to break the cycle of violence. As a community, we're really fortunate to have this organization providing support to those who need it. It's a big endeavor and one that we're proud to support in any way that we can."

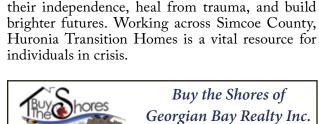
The \$150,000 total donation from Bertram Construction in 2024 exemplifies their commitment to building stronger, more resilient communities. Their partnership with Huronia Transition Homes reflects a shared vision of supporting individuals and families in need, fostering safety, and creating lasting change.

About Huronia Transition Homes

Huronia Transition Homes is a non-profit organization that provides emergency shelter, support services, and advocacy to women and



children who are fleeing violence and abuse. HTH offers a comprehensive range of programs and wrap-around supports to help survivors regain their independence, heal from trauma, and build

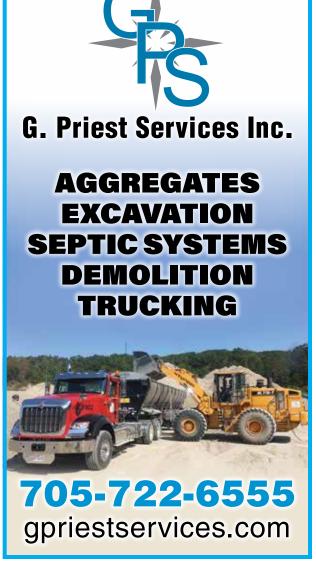


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New Year's Message from MPP Jill Dunlop: A Year of Growth and Looking Ahead

As we step into 2025, I want to extend my warmest wishes to all of you in our wonderful community. I hope the new year has already brought you moments of joy, peace, and time spent with those you hold dear. It's a time to reflect on what we've accomplished together and look forward to all the opportunities ahead.

Looking ahead, we're focused on making significant improvements for our community in 2025. One of my top priorities this year is enhancing winter maintenance services. As the winter months continue, we're committed to ensuring that our roads and pathways are safe and accessible for all. Upgrading winter maintenance services means faster response times, better road conditions, and a safer environment for everyone to enjoy.

Additionally, I'm excited to share that Ontario is expanding access to dementia care in our communities. We're working to connect more individuals and families to the care and support they need, closer to home. Whether it's through improved services or new programs, this is an important step forward for those affected by

dementia and their loved ones. We are committed to providing better support and resources to ensure that everyone can age with dignity and respect.

While we're focused on these critical initiatives, I also encourage you to take part in the many activities and events that bring us together as a community. One event that I'm particularly excited about is the Family Day Free Skate and Swim on February 17th. Swimming will take place from 11am to 12:30pm at the Midland YMCA and skating will be from 12pm to 1:50pm at Orillia Rotary Place and it's completely free to participate.

Here's to a wonderful 2025—filled with growth, progress, and new opportunities. Together, we'll continue to build a community that is stronger, more connected, and better for everyone. I look forward to seeing you around and wish you and your loved ones all the best in the months ahead! Warmest regards,

Jill Dunlop MPP for Simcoe North.

JILL DUNLOP, MPP, Simcoe North/Nord MPP Dunlop Hosts Free Skate Day in Simcoe North - January 2nd

December 18, 2024

MPP - Simcoe North/Nord

Simcoe North, ON – Jill Dunlop, MPP for Simcoe North, is thrilled to announce a Free Skate Day for residents of Simcoe North on January 2nd, 2025. This event provides an exciting opportunity for families and individuals of all ages to enjoy the season's outdoor activities, including ice skating, a cherished Canadian tradition.

"We are so fortunate to have access to so many outdoor activities in Simcoe North," said MPP Dunlop. "Winter in our region is the perfect time for families to get outdoors and enjoy all that this season has to offer—from skating and snowmobiling to hiking our beautiful trails and skiing. I'm excited to be able to bring the community together for a day of fun on the ice, and to celebrate everything that makes Simcoe North such a special place to live and visit."

The Free Skate Day will take place on January 2nd, 2025, with the following skating sessions across the region:

- Penetanguishene Memorial Community Centre: 10:00 AM 11:00 AM
- Rotary Place, Orillia: 10:45 AM 12:35 PM
- North Simcoe Sports and Recreation Centre, Midland: 11:30 AM – 12:30 PM



- Coldwater Community Centre: 1:00 PM 2:20 PM
- Tay Community Rink: 3:00 PM 4:00 PM

This initiative encourages local families and residents to get outdoors and enjoy winter in Simcoe North. In addition to ice skating, the region offers a variety of winter activities, including snowmobiling on designated trails, skiing, and hiking through picturesque, snow-covered landscapes.

"Whether you're gliding across the ice, skiing down a hill, or enjoying the quiet of a winter hike, there's

something for everyone this winter in Simcoe North," added MPP Dunlop. "Let's make the most of this season and get out there to enjoy the beauty and excitement that winter brings to our region."

Residents are encouraged to dress warmly, wear proper winter attire and bring their own skates, although rental options may be available at some locations. Please contact the appropriate facility for skate rental options.

Aqua Fit for Seniors 55+

A low-impact, water-based exercise class designed to promote physical fitness, mobility, and overall well-being for older adults. This class offers a safe and supportive environment where individuals can engage in gentle activities that improve balance, strength, flexibility, and cardiovascular health. Whether you're looking to stay active, recover from injury, or connect with others, Aqua Fit is a refreshing way to enhance your quality of life.

Location: Waypoint Centre for Mental Health Care Fee: FREE - Registration Required *

Free registration thanks to funding provided by Simcoe County

*Penetanguishene resident registration opens: January 2 at 8:30 AM

*Non-resident registration opens: January 9 at 8:30 AM

Register at Town Hall (10 Robert Street West) Monday - Friday, 8:30 - 4:30 PM Register online anytime, www.TOP.recdesk.com

Contact: Recreation Supervisor 705-549-7453, mbailey@penetanguishene.ca

Saturdays 2:00 - 3:00 PM

Session #1: Jan 18 - Feb 22 Session #2: March 1 - May 5

OR

Tuesdays 7:30 - 8:30 PM

Session #1: Jan 14 - Feb 18 Session #2: Feb 25 - April 15

View details & Register







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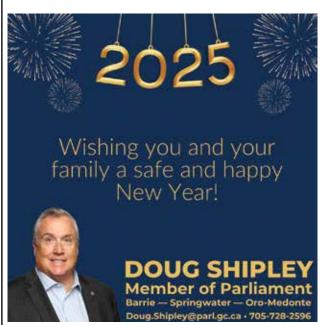


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Dear Neighbour,

As 2024 comes to end, I would like to express that it is my honour to act as the voice of Barrie-Springwater-Oro-Medonte (BSOM) on Parliament Hill.

This past year, my Conservative colleagues and I fought hard in the House of Commons to hold the government to account over policies such as the carbon tax, the high cost of housing and groceries, and the shocking increases in violent crimes in our communities.

As many of you know, I introduced my very own Private Member's Bill in 2024, Bill C-389, which aims to take the federal tax off Automatic External Defibrillators. Bill C-389 has received widespread support from my parliamentary colleagues and members of our community and I look forward to seeing it come up for debate in the House.

Despite challenging economic times, my staff and I have remained focused on helping community members, their families, and local businesses navigate challenges and celebrate their successes.

In 2024, my staff assisted with over 900 passport applications and responded to thousands of inquiries related to federal matters, including telephone, email, and in person visitors.

I was also pleased to receive so many responses to my paper newsletters and e-newsletters. In 2024, I received 1,800 responses to my e-newsletters and thousands of responses to my paper newsletter surveys. I am excited to see what the new year will bring for those in our community and across Canada. I look

forward to continuing to serve you in 2025, with the support of my team. Remember, we are here to help. From my family to yours, I wish you a happy, healthy, and prosperous new year.

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



Submitted by Office of JILL DUNLOP, MPP, Simcoe North/Nord, December 20, 2024

MPP Jill Dunlop announces \$60,000 investment in Mariposa Folk Festival in Orillia will create jobs and boost local economy

ORILLIA – The Ontario government is supporting the growth and sustainability of cultural tourism, creating jobs, and boosting the local economy in the City of Orillia. Jill Dunlop, MPP for Simcoe North, announced today that Mariposa Folk Festival will

Ontario Supporting Cultural Tourism in Simcoe North

receive \$60,000.00 in funding through the Ontario Cultural Attractions Fund (OCAF).

"Our government understands the power of cultural events like the Mariposa Folk Festival to drive tourism, create jobs, and foster a strong sense of community. This funding is a testament to the value of arts and culture in Ontario and its role in supporting our economy. The festival brings thousands of visitors to Orillia each year, boosting local businesses, supporting local talent, and enriching the cultural fabric of our region. We are proud to support the continued growth of this iconic event."

Jill Dunlop, MPP for Simcoe North

The Ontario government, through OCAF, is supporting Mariposa Folk Festival to develop, promote and present the 65th Anniversary of the Mariposa Folk Festival with special programming taking place July 4th - 6th, 2025 at Tudhope Park on the shores of Lake Couchiching in Orillia.

The anniversary Festival will include over 60 acts appearing on 11 stages, plus camping for over 1000 attendees, food vendors, artisans' village, community village, Artists' Studio Point, and Children's Folk Play

Today's funding announcement is part of the government's overall investment of \$6 million into OCAF projects across the province over the next three years.

"Cultural tourism events across Ontario enrich the lives of residents and visitors alike by providing unique experiences that showcase the best that local communities have to offer," said Stan Cho, Minister of Tourism, Culture and Gaming. "The investments that our government is making in and through OCAF will help to bring these exceptional events to life, while boosting the local economy, attracting visitors and enabling patrons of all ages to experience distinct programming that will create lifelong memories."

Addressing Growth Pressures in Simcoe County

Statement provided by Simcoe County Warden Basil

Midhurst/December 17, 2024 – The County of Simcoe agrees with certain aspects of the recent Hemson Joint Land Needs Analysis, but some questions and concerns remain about various assumptions and findings in the study. These include some of the study's conclusions and findings, particularly how they are being interpreted and perceived by some. As many area municipalities are prepared and able to accommodate the growth and employment needs in the region, we remain concerned about the potential impacts on the already planned developments, investments, and designated employment areas across the region, including the provincially recognized employment areas along Highway 400 in proximity to the City of Barrie.

The study highlights that Barrie's long-term employment area land supply appears adequate to meet the City's demand to 2051. In addition, many of the surrounding Townships and Towns have approved employment lands available for investment opportunities. The risk of losing or impacting these existing growth and employment opportunities which support balanced community growth and vision within the region has the potential for negative consequences. These include the loss of investments and planning already made by area municipalities and their development partners, as well as impacts to area taxpayers.

Regarding residential land needs, the study does suggest that as a result of the residential development

in the City occurring at a lower density than was envisioned in the City's Official Plan, more land may now be required to accommodate further residential growth than the City of Barrie had previously planned for based on these increased growth projections.

As we prepare to work together on further considerations and next steps, the County and our partners should continue to evaluate whether accelerated home construction is appropriately achieved by continuing low-density development in our largest urban centre. The best way to achieve ambitious housing targets in larger urban centres is through development of higher-density, multi-story builds, best suited in our established urban areas. From a planning perspective, all partners should look objectively at the best locations to grow and consider appropriate built form so our environmental and agricultural resources can best be protected while prudently investing in future needs, and more sustainable infrastructure.

For many years Simcoe County, its local municipalities, and the separated cities of Barrie and Orillia have worked collaboratively together and succeeded together as a region. In the midst of formal discussion and process with the Province and the Provincial Development Facilitator, we are surprised and frankly disappointed by the last minute significant request for lands contrary to the findings, as well as the subsequent communications and positioning at this early point in the process without the benefit of collaboration and understanding by the partners and further evaluation by Hemson consulting, the expert

retained by all partners to assess such information. It wasn't that long ago that significant lands in Innisfil, which were provided by the previous

Liberal Provincial government without due process or reasonable compensation, were to meet the City's long-term needs. The County supports all our municipalities and their plans and abilities to accommodate good growth, including Barrie's role in the region as a larger urban centre to provide housing. However, history should not repeat itself and good planning and built form must prevail over more urban sprawl.

Until such time as the outstanding questions and concerns surrounding the Hemson Report's projections, assumptions and findings, and any individual motivations are further discussed and appropriately resolved through discussion and due process, the County feels it is inappropriate to speculate outcomes based on desire.

To be clear, we remain committed as always to working with the province and all our municipal partners in the region, including the City of Barrie, to develop good solutions that benefit all our taxpayers while appropriately accommodating growth and infrastructure in the region in a sustainable and prudent manner. We disagree with poor politics or individual agendas driving outcomes. Instead, we look forward to working together towards developing clear and collaborative visions for the future, that benefit all our communities.





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Ron Frankcom Memorial Curling Bonspiel

Curling League finished their first schedule playoffs on Monday Dec. 23rd.

Team Madore and Team Don were in the finals competing for the Ron Frankcom Memorial Trophy. The championship game came down the last shot in the 8th end.

In the 8th, Team Don held a two-point lead but Team Madore had the hammer. Skip Dave Don drew to the four-foot against two Team

The Waterside Retirement Lodge Senior Madore rocks to sit one but skip Russ Madore played a hit on the shot rock to score three to win the trophy.

> In the Consolation final, Team Johnstone led by one point with the hammer against Team Scott. Skip Bill Scott put the pressure on skip Allan Johnstone laying three with one shot to come. Johnstone was able to come into the house with perfect weight to hit the shot rock right on the nose to lay one and win the game.

Two well played games in front of 30+ players that had not made it to the ice on the final day. All the players sat down to a Christmas luncheon after the games.

The league would like to thank are sponsor, Waterside Retirement Lodge for their support. Our second schedule will start on Friday Jan. 3rd, 2025 with 11 teams competing for the Waterside Retirement Lodge Trophy.



Ron Frankcom Memorial Senior Runner-ups 2024: Second Larry McMann, Vice Bryan Pullen, Lead Glen Ritchie and Skip Dave Don. Coach Kevin Murphy seated.





By Russ and Dawna Madore, Dec. 18, 2024 The Elmvale Pharmasave Men's Tuesday Night League completed it's fall schedule with the winning team including Russ Madore, Brent Ziliotto, Wayne Young and Cecil Gratrix.



Ron Frankcom Memorial Senior Champions 2024: Skip Russ Madore, Second Brent Ziliotto, Lead Bruce Lloyd and Vice Case Bouius.

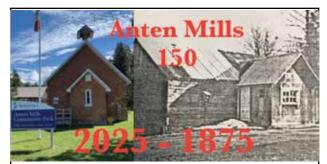


Ron Frankcom Memorial Senior Consolation Runner-ups 2024: Vice Paul Lambie, Second Bob Corbett, Skip Bill Scott and Lead Les Trace.









What's in a name like Anten Mills?

By Brian Keyes.

"A community, however, is defined by it's people and their shared history, not by municipal boundaries "Heather Smeding, A history of Vespra Township. Anten Mills is an non-incorporated village in Springwater Township on the Townline (boundary) of the former townships of Vespra and Flos, prior to amalgamation in 1994. The village can be roughly described as extending from Rainbow Valley Road in the north to Hendrie Road in the south and from Nursery Road in the east to Golf Course Road in the west. It would be contrary to my opening statement to exclude anyone beyond these 'boundaries'.

The name of Anten Mills originates from two of its earliest residents, Charles Anderson and James Tennant. At that time in the mid 1800s, the main industries were Forestry and Farming. The first was necessary to continue the latter. Anderson & Tennant established a sawmill in the gully behind what has recently been known as the 'Fry Guy' on Horseshoe Valley Rd (Townline). In order to maintain a mill pond to power the sawmill, the men harnessed water from a spring/well nearby. This water was not only piped from the spring/well to the sawmill but to buildings which were built in the area such as houses, barns, the church and the school. The village name then was created by taking the first parts of each man's name An (Anderson) & Ten (Tennant) combined with their Mill business to form Anten Mills.

Not only did Anderson and Tennant give the village it's name, they provided employment to early settlers who were getting established in this new country.Local farmers were able to bring lumber from the farms they were clearing to sell and/or process at the Anderson/Tennant Mill.

The men were philanthropic as it has been understood by residents during these years that Mr. Anderson donated the land for the Methodist Church (currently Pentecostal Church of Emmanuel) and more importantly the Anderson/Tennant Mill supplied the lumber to build the church in 1879.

The first school in Anten Mills was established in 1875. The school building was a converted driving shed from the Mill. Again, we see the influence of Anderson/Tennant on the early settlement. The current Anten Mills Community Centre is the school building that was built in 1892 to replace the first school. The opening of the school in 1875 has established the timeline for the 150 year anniversary celebrations in 2025.

Anten Mills is often associated with the name Hendrie. Next time we will explore the origin and significance of the name Hendrie.

Anten Mills

by Dennis Gannon

Welcome to 2025! When the clock turned to midnight on January 1, 2000, the world was worried that computers would fail and that there would be a world of turmoil. Fortunately nothing happened and we welcomed a new century that has seen unprecedented change. Here's to another 25 years without the human challenges that many are facing.

2024 was a good year for our community. The Anten Mills Community Recreation Association along with the wonderful volunteers provided the village with some fantastic fun. During the early months, attempts were made to have a skating rink. Unfortunately the season was very short due to the unseasonable weather that we had. Come Easter two very successful events occurred. The Easter Eggstravaganza started off with the Bunny Run with over 100 participants. Then the Easter fun continued with the Easter Egg Hunt and other activities. In May and June youth pickup ball was fun on the diamond. In July and August outdoor movie nights were held. With the end of the school year an ice cream social night had a good turnout. The August night had the Springwater Fire and Emergency Services volunteer firefighters come with some water fun before the movie. A great fall day in September brought many to the park and the pavilion as the Anten Mills Autumn Crafters and Artisans Fair along with the first Chili cook off was held. Then in October another two days of fun were had. First was the Witches Walk and music night. While it was a bit soggy, the participants and a fun evening. On the Sunday, it was the young sters' chance to have Halloween fun. December of course was our Christmas in the Village weekend. With the support of our volunteer firefighters, Santa Claus made an appearance on both the Saturday night and the Sunday afternoon as we had our Tree Lighting and Santa Claus parade. Both events had great community support with donations to the food bank and even a fresh snowfall to make it more spectacular. Another event that has continued for many years is the Thursday evening euchre. This is a fun group that meets at 7 throughout the year with the exception of the summer. They are always looking for new players. Through the suggestion of a community member, January was the start of a group that meets regularly on Tuesday afternoons and has given greatly to the community at large. The Knotty Knitters through their work have made donations supporting the Elmvale and District Food Bank, Victoria Village and other organizations. Regularly there are upwards of twenty knitters who get together for a couple of hours of social fun. All of these events were all possible through the contributions of the people of the community. Whether they donated their time or offered support in other ways, these events could not be held without the generosity provided. A huge thank you goes out to all and we hope that we can count on you in the future.

The year 2025 should see the return of many of these events and one new one. In the fall a group got together to discuss how we can celebrate a milestone for the community. 150 years ago, in 1875, Anten Mills became a true community with the establishment of a school. To celebrate this milestone a one day event is





being planned for Saturday, September 13. While still in the planning stages, this will be a special celebration that you won't want to miss. A request was made to Springwater Council to refurbish the school bell and some interior improvements at the community centre and hopefully we will see them come to fruition. A logo will become part of our communications and starting with this edition of the paper, Brian Keyes will bring us interesting insights about how we came about and what has happened over the last 150 years. It will be something to look forward to.

On a more somber note our community mourns as two longtime members passed away in the past several weeks. Our thoughts and prayers go out to the family of Pat (Patricia) Orr a resident of 50 years who still has family in the village. Pat's funeral was this past Saturday. Living a remarkable life of 100 years, Art Cox also passed away. Art's family has an incredible history with the village which we will read more about in coming editions. While Art moved to Barrie's number of years ago, he and his family are still part of this community. Art's funeral is on Friday, January 3. Our sympathies are extended to both Pat and Art's families. May they Rest in Peace.

That's it for this week. May 2025 bring you blessings and prosperity and be filled with joy! THANKS for READING, BE WELL and STAY SAFE.





Bearbells

by Leslie Noonan

December 7/24

December 22/24

The Christmas season is upon us, with all the hustle and bustle that it brings. Between having Covid and the busy days of last minute shopping, I had not gone far in my outdoor time and I was feeling it. I had overindulged in the literal mounds of goodies left at work by staff and patients, and was wishing for some fresh vegetables and fresh air.

The Mr. B was feeling the same, as we had not been able to take him for more than a short walk around the block, certainly not interesting enough for a beagle hound with a nose for new scents. We jumped in the car and made our way to Waubaushene for a walk along the Tay Trail.

I would have liked to go back trails and snowshoeing, but that is a very bad idea when you have a beagle on a long leash, zig zagging back and forth in front of your feet and twisting the leash around your legs. I also have to take shorter routes with the Mr. as he is a sensitive soul from Texas with delicate paws that are susceptible to the cold. I had tried nice booties for him, with no success, as he would stand with

legs splayed trying to kick off the booties with a mournful look on his face. If I tried to force him outside with those on I would end up with a beagle on his back and all four paws in the air encased in pretty red boots.

The Tay Trail has many places to park. In town, the trail is generally plowed and easy to manage. The farther from town you go the less used the trail is, and many sections are rarely traversed in the winter and are great for skiing or snowshoeing.

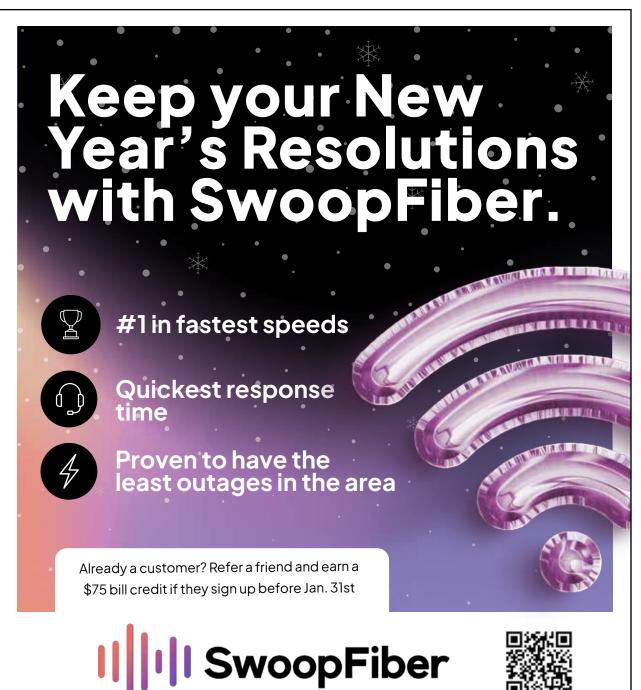
We started at the Waubaushene beach and headed west along the snowy trail. Other walkers had been out here before me and the trail was narrow but snow packed. The Mr. was in his glory, happily snuffling the squirrel and rabbit tracks, nose to the ground and tail in the air. I had not been out here lately and loved the stump art projects that are found along the trail. Lighthouses, fish, and other art work stand atop old stumps with a QR code that walkers can use to learn more about this project. I also enjoyed the view out and over the bay, though I cringed at the ice huts and sledders so close to open water. Every year someone



is lost through the ice, and I sincerely hope that this year is different. I don't go on the ice myself but a coworker lost her husband only a few short years ago, leaving behind a family lost without their husband and father. Be safe out there.

As the Mr. and I headed back, I found myself thinking about the upcoming Christmas morning, that I would be spending with my work family and the patients at the hospital. I don't mind working Christmas, as the day is usually quiet (a bad word in health care language as it usually means your day will be anything but) and we enjoy spending time with each other and our patients. So many of us in health care spend the day with others and not our own families, and can suffer from the same exhaustion and depression that afflicts others. There is no day off for health care workers, so give a brief thought for them on Christmas when you are home with your families. I wish each of you Happy Holidays and the best in the New Year.







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Progress Continues on GBGH MRI Addition

Hospital (GBGH) is making great progress on the addition to its existing building, which will house the much-anticipated Magnetic Resonance Imaging (MRI) machine. This expansion represents a significant milestone in advancing healthcare services for the communities GBGH serves.

"As we near the end of 2024, it is incredible to reflect on the progress we've made throughout the year," says Matthew Lawson, GBGB President and CEO. "With equipment arrival expected early in the New Year, we are excited to begin operating the MRI suite and scanning our first patient in early 2025."

Construction progress has steadily continued, with several key milestones achieved. The lower level's exterior brickwork is now 100% complete, and the upper level's exterior insulation has been finalized. Siding for the upper level is currently being fabricated and will be installed soon. The MRI room's radiofrequency shielding has been installed and thoroughly tested, with an alarm system in place to monitor its integrity. All window frames have been installed, and framing throughout the building is fully complete. Drywall installation has started on both the upper and lower levels, shaping the interior spaces. Additionally, a new entrance connecting the addition to the existing building has been opened. To support Phase 2 of construction, which includes expanding the waiting room and creating a new hallway, the Diagnostic Imaging waiting area has been temporarily relocated.

The GBGH Foundation is closer than ever to completing the \$4-million fundraising campaign for an MRI, thanks to a match gift from FDC Foundation. This private family foundation will match all donations to the MRI Fund up to a total of \$550,000. Since April 2023, businesses, organizations, and individuals have raised more than \$3 million to bring MRI technology to GBGH. This latest match gift is expected to be the final push, with fundraising efforts anticipated to conclude by the end of January 2025.

"Our community has been so supportive of the MRI campaign, and we are so grateful to every person who

'Shouldn't take that for granted': Rawson trumpets community bond

By: Derek Howard, Local Journalism Initiative Reporter, Source: MidlandToday.ca, Dec 23, 2024 Mayor Doug Rawson had encouraging words for the residents of Penetanguishene to keep in their hearts and minds over the holiday season.

In speaking with MidlandToday regarding holiday well-wishes, Rawson emphasized that his town came together as a community over the past year and a half, and acknowledged the people first and

"I always tell people everywhere I go that our community is the best," said Rawson, adding for our neighbours – I think we always put community shouldn't take that for granted," said Rawson.

December 19, 2024 - Georgian Bay General has invested in this project to date," says Jen Russell, Director of Communications and Engagement, GBGH Foundation. "FDC Foundation's generous match gift means that all donations to the MRI Fund going forward will have double the impact. We are almost there, and we hope everyone will join a donation, please visit: https://gbghf.ca/currentus in achieving the funding goal for this important

project."

For monthly time-lapse videos showcasing construction progress, visit: https://www.youtube. com/watch?v=Y4tD_HC0Ja0

To learn more about the MRI project or to make



GBGH staff recently did a walk-through of the new MRI addition (L-R) Aly Wang, GBGH Project Manager, Angela Puddicombe, GBGH Facilities Supervisor, Leesa Schoenmaker, GBGH Project Manager, Chris Wirsching, GBGH Facilities Electrician and Matthew Lawson, GBGH President and CEO. -30-Contact: Derek Desroches Communications Specialist 705-526-1300 ext 5016 desrochesd@gbgh.on.ca About GBGH: Georgian Bay General Hospital (GBGH) is a 113-bed acute care community hospital located in Midland, Ontario. The hospital offers emergency, ambulatory, acute, intensive and complex continuing care, as well as imaging, dialysis, obstetrical and rehabilitation services. GBGH serves the areas of Midland, Penetanguishene, Christian Island as well as Tay, Tiny, Springwater and Georgian Bay Townships. GBGH is also proud to be a partner in the North Simcoe Ontario Health Team - a collaboration of four local health service providers (Centre de santé communautaire CHIGAMIK Community Health Centre and the North Simcoe Family Health Team) working to deliver better, faster and more coordinated patient-centered care to our community.

clarity, "it's a community of communities".

"Whether it's the hockey group or the pickleball group or the church group. Seniors that get together, or youth or school. It's a community of community, but I think everybody has everybody's back."

Rawson drew reference to the collapse of a structure on Main Street in 2023 where no one was seriously injured, the months that followed the incident, and the impact it had on the community.

"When I'm talking to residents," Rawson noted, "they said 'that person came to my aid' and 'that person came and gave me shelter, food, a shirt,' something. And I think this community always comes through to help people in time of need.

"I think whether you think about that or you think about things like our arena, or our complexities with first. We don't get personal on the issues."

Calling his members of council "a well-functioning group that honestly puts the community's interests at heart", Rawson also took time to praise municipal staff for their efforts in keeping the town running.

Finally, Rawson shared his seasonal greetings for

"However people celebrate the holidays, whatever it is that's special to you, or (the) tradition: hold on to those. Lean on people.

"Also, if you can help someone, whatever that is - whether it's a phone call, a conversation, participating in the food bank - do what you can to help somebody. I'm appreciative and supportive of where we live and what we have, and I think we

Penetang council to look at Culture Alliance fallout, paper ballots

By: Derek Howard, Local Journalism Initiative Reporter, Source: MidlandToday.ca, Dec 23, 2024

Referral items from Penetanguishene council are meant to direct staff for reports, and some finance and corporate service items were noted in the recent committee of the whole meeting.

An item which remained on the list for a future agenda was regarding paper ballots as a consideration for the 2026 municipal election in Penetanguishene, with a report anticipated for the first quarter of 2025.

Two other items listed on the section were requested to be removed by Mayor Doug Rawson, who explained his reasoning for the committee's consideration.

A report on a non-resident fee review update had been requested by Rawson in October of 2023.

"I think we've had a lot of discussions about nonresident fees and the like," said Rawson in the recent meeting. "We did add to our budget this year to look to a third party to help us through this process.

"I think this one doesn't provide enough depth and clarity for staff, and I think they're kind of hung up

on the report process, and I think that budget item we talked about will help that process."

Rawson's recommendation to remove the referral item until further clarity could be obtained was approved.

His second item was a request by Coun. Doug Leroux in July of 2024 to have staff explore options for warming/cooling centres, including policies, support and resources; a report to council was projected to be ready for year-end.

Rawson requested its removal as well, noting he had spoken with CAO Jeff Lees and fire chief Richard Renaud, and the consensus was that further data would be brought back to council pertaining to warming/cooling centres; the removal request was also approved by the committee.

Culture Alliance representative Coun. Bonita Desroches noted the announcements of Midland and Tay Township councils to leave the program in the near future.

"I would like to add this as a referral item so that

we can gather some information," said Desroches, "and maybe decide what we will do as a town, moving forward with culture."

Another addition was made by Coun. George Vadeboncoeur, who addressed an electronic sign installed earlier in the year as per staff recommendations from a list of locations.

"I'd like to see a program developed that could be implemented over several years through the capital budget for the implementation of electronic signs at various locations around town," requested Vadeboncoeur.

Amendments to the referral item list become ratified at the following regular meeting of council, with an anticipated timeframe provided by staff.

Meetings of Penetanguishene council are held on the second Wednesday of each month, and can be watched live on Rogers TV cable 53 when available, or on the Rogers TV website.

Archives of council meetings are located on the Town of Penetanguishene YouTube channel.

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

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

MONDAY

Midland Jam

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

Elmvale Seniors Drop In Monday's

10 am - 12 noon

Elmvale Library. Call Lynn for info, 705.322.3309

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

Georgian Shores Seniors Club

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

Askennonia Seniors Centre

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

TUESDAY

Elmvale Legion

Tuesdays at 1 pm Table Shuffleboard, Cost \$1

Palace Tavern Elmvale BINGO

Every Tuesday night

Midland Rotary proceeds 6:30 pm to 7:30 pm Barrie Rotary proceeds 8 pm to 9:30 pm

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

Georgian Shores Seniors Club

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

Askennonia Seniors Centre

Badminton, 1pm-3pm 1:30 Circle of Friends, 1:30pm-2:30pm

Probus Club of Simcoe North

Penetang Legion, Poyntz St., Penetaguishene Monthly meeting for fun & fellowship every second Tuesday. Mary Grise (705)526-6349 marygrise0@ gmail.com

WEDNESDAY

Bay Shore Seniors Club

LifeStyles - 9:00 - 10:30 am **Bridge** – 12:30 – 4:00 p.m.

Access Art - 1:00 - 4:00 p.m Indoor Pickleball - 4:00 - 6:00 pm

Georgian Shores Seniors Club

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

Askennonia Seniors Centre

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

THURSDAY

Jam Night Elmvale Palace

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

Probus Club of Simcoe North Meetings monthly 2nd Thurs. 10 a.m

For women & men in retirement or semi-retirement. Penetang Legion, 2 Poyntz St. Mary Grise 705-526-6349 marygrise0@gmail.com

Coffee Party

Last Thursday of the month 9:30 - 11a.m.

Elmvale Presbyterian Church All Welcome, Cost: \$3

Bay Shore Seniors' Club

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

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

Let's Do Lunch \$5:

Elmvale Presbyterian Church

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

<u> Connecting Together - Fellowship with Others</u>

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

FRIDAY

Bay Shore Seniors' Club

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

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

Askennonia Seniors Centre

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

SATURDAY

Elmvale Legion Saturday at 5 pm

Meat Darts- \$\frac{1}{2}10.00 for 3 games

3 prizes per game and a meat draw prize after \$1.00 a ticket (\$25.00 value)

SUNDAY

Bay Shore Seniors' Club

Indoor Pickleball 2:00 - 3:30 pm

Good Vibes

First Sunday 2-5 from 2 to 5 p.m.

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

MONDAY to FRIDAY

S.M.A.R.T Exercise Program with V.O.N.

Mon 9:30-10:30am

1724 Mosley St - Hall 1A Recplex gym Wed & Fri 1:00 - 2:00 pm 44 River Road West Re/Max Room (Stars Årena)

Low Impact Gentle Fitness Program

VON SMART Program

Adults 55+ FREE

Mon. 9am @ Springwater Room (arena) Wed. 9am @ Elmvale Community Hall

Fri. 11am @ Elmvale Community hall Also available – pole walking at Heritage Park on Wednesdays 9:15am

Times and locations all subject to change.

Bring good support (running) shoes and water

Call 705-355-2200 to register or walk ins

North Simcoe Bridge and Games Club Brooklea Golf and Country Club

Mon. 12:45pm: Duplicate Bridge, Tues 6:45pm: Social Bridge, Wed., 12:45pm Duplicate Bridge, Thur. 12:45pm Duplicate Bridge, Fri. 12pm: Bid Euchre. Contact Gail Chapman @ 705-361-9222 or northsimcoebridge@gmail.com.

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

Special Events - One Time

The Free Skate Day

January 2nd, 2025, hosted by Jill Dunlop, MPP

10:00 AM - 11:00 AM

Penetanguishene Memorial Community Centre:

10:45 AM – 12:35 PM Rotary Place, Orillia

Midland: 11:30 AM – 12:30 PM

North Simcoe Sports and Recreation Centre,

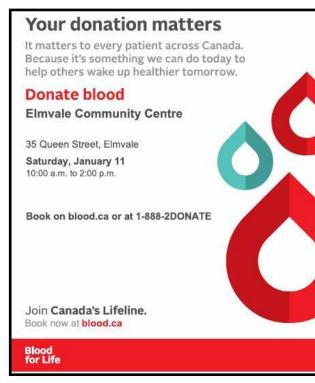
1:00 PM - 2:20 PM Coldwater Community Centre

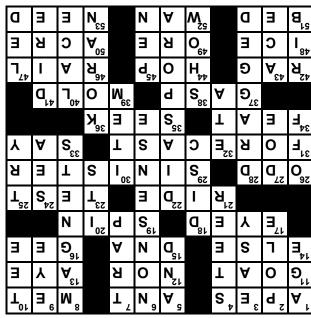
3:00 PM - 4:00 PM Tay Community Rink

Tim Hicks at Wasaga Stars Arena Feb. 7, 2025

Tickets are on sale now through Ticketmaster and at wbse.ca. Prices range from \$80 to \$125 (plus fees and taxes).

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





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Happy New Year, dad!

Dec. 30, 2024

How were the holidays? Is your house full of new stuff? Kids running and playing in joyful merriment? Wrapping paper, dishes, and laundry piling up while you and yours relax on the couch? The theme of Christmas at our house this year was laundry. Just before Christmas our dryer stopped drying. As we relaxed on the couch together we gazed at the blazing fireplace...through drying racks filled with hanging trackpants and pillow cases.

For a few weeks there have been some other-worldly squeaks coming from the laundry room. I knew what they were. We've been down this road before. The boys and I changed the pins and rollers in the dryer a few months ago. I was shocked to hear that after only a couple months the squeaks returned! The bearings in the rollers were on their way out. Maybe it's because we do laundry for 12 people around here. Maybe it's because they just don't make things like they used to. We bought parts on Amazon. We bought parts from repairmen. We bought parts from local appliance stores. The parts just don't seem to

I have a conflicting mindset with appliances. Do you fix it, pay a guy to fix it, or buy a new appliance? I'll fix the problem once. I may even fix the same problem twice. But after that it's just hard to get motivated. The time and money required to do the work and buy the parts adds up. This time, it's time to replace the dryer...but we haven't yet.

It's too cold to use the clothesline outside. But if we set up a clothesline in the house...now that would be super awesome and festive. We didn't set up a clothesline. The boys did go out to the shed and rummaged around in the camping supplies for some drying racks. All through the holiday season there were many little elves scampering around our house but they weren't making toys. They were hanging up Christmas decorations. Peculiar decorations like t-shirts and underwear. Clothes were drying on every available surface. In our house this was the night before Christmas: "The stockings were hung by the chimney with care. In hopes that they'd dry in the holiday air...and even more stockings hung on the rack just over there."

I thought Santa might deliver a new dryer for Christmas but it looks like there was no room in the sled. The good news is that Boxing Day sales are on so we hope to score a good deal on a new dryer any day now.

Dad, I hope 2025 brings you many good things. I hope it brings us a good dryer. It's about time for a date night with my cute wife and nothing says romance like strolling through the appliance aisles. How about you start the new year by taking your wife somewhere special, too? Maybe we'll see you in the dryer section! Time flies! Make every moment count! Even the broken appliance ones.

AUCTION NOTICES



Upcoming Auctions

- The Olympic Coach Collection Auction Guelph (Jan 5-9)
- Churchill Estates Moving Auction Campbellville (Jan 19 23)
- Bryant Moving Sale Guelph (Jan 26 30)
- The Estate of Fred Walker Orangeville (New Year)
- Murray Hobbs Moving Auction Maple (New Year) Winter Estate Jewellery - Guelph (New Year)

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NOTICE

Flos Agricultural Society **Annual General Meeting**

Tues. Jan 21, 2025 Our Lady of Lourdes Church, Elmvale

Dinner at 6:30 pm, \$25 per person Tickets avail by calling Ariel @ 705-322-1975

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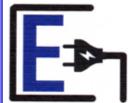
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Oro-Medonte airport lands \$93M investment for Ornge Air expansion



Attorney General Doug Downey, who is also the MPP for Barrie-Springwater-Oro-Medonte, joined Sylvia Jones, Ontario's deputy premier and minister of health at a press conference at Lake Simcoe Regional Airport Tuesday to announce the expansion of Ornge Air Ambulance.

Wayne Doyle, Local Journalism Initiative Reporter

By: Wayne Doyle, Local Journalism Initiative Reporter, Source: BarrieToday.com, Dec 17, 2024

The Ontario government is spending \$93 million to expand the Ornge Air Ambulance fleet, help it hire 102 new front-line staff and build a hangar at the Lake Simcoe Regional Airport.

During a press conference at the airport between Barrie and Orillia Tuesday morning, Sylvia Jones, Ontario's deputy premier and minister of health, said the investment is proof the Ontario government is making progress to support faster, improved access to the critical care Ontario residents need.

"This investment will expand the Ornge Air Ambulance fleet with the addition of two new larger, high-speed, fixed-wing aircraft which can complete double the number of long distance patient transports compared to our current smaller aircraft," Jones said.

"The new larger, faster aircraft will ensure Ornge Air Ambulance service can connect more patients to urgent care, especially those living in rural and remote communities."

Jones said Tuesday's announcement builds on the provincial government's previous \$118-million commitment to expand Ornge's fixed-wing fleet with four additional planes and replacement of their existing eight fixed-wing fleet.

"We are exceptionally excited by this," said Dr. Homer Tien, president and chief executive officer of Ornge. "Around this time last year we were in Sudbury to announce the renewal and expansion of our fixed wing fleet.

"Today's announcement is a continuation of that, another significant step toward enhancing air ambulance and critical care transport services for the patients of Ontario," he added.

According to Tien, Ornge will be purchasing two Pilatus PC-24 jets, described as light business jets,

produced by Pilatus Aircraft of Switzerland.

He said the first one will be delivered in December, 2027 and the second one is scheduled for delivery a short time later, in early 2028.

Delivery of the jets, he added, should occur about three months after the hangar is built.

Tien said the Lake Simcoe Regional Airport will become Ornge's 15th base of operation in the province. He said the location is well suited to Ornge's future plans.

"Our Simcoe County base will be unique in our system," he said. "It will be the base of operations for what we're calling our special mission aircraft, which will enhance our fixed wing capability in Ontario even further and allow us to deliver on our mandate of health equity in Ontario."

Tien said there were two key benefits to locating the 'special mission aircraft' at Lake Simcoe Regional Airport — space and location.

"I think Oro-Medonte has the benefit of having a lot of space for our teams, our aircraft and for maintenance," Tien said. "A lot of these patients are being transported to tertiary care centres in the GTA — the location is perfect.

"We can get to the GTA, drop off the patients and then come back to our hangar space here with the full ability to do maintenance and so forth."

Tien said the new jets are more versatile than what the service is currently using, affording the organization the opportunity to expand the PC-24's usage.

"We will be able to move supplies to the North and help with evacuations," he said.

Additionally, he said, the new aircraft will support the ultra-long distance transportation of patients, allowing the northern fleet to stay in their base regions for shorter haul transports.

Severn Sound Environmental Association saddened by the loss of legacy conservationist Ron Reid

By SSEA, Dec. 17, 2024

Port McNicoll, Ontario – The Severn Sound Environmental Association (SSEA) is deeply saddened to learn of the passing of Ron Reid, a cherished member of the conservation community and a true champion for our environment.

"On behalf of the Board and staff of the SSEA, we extend our sincerest and deepest condolences to Ron's wife Janet, his family, and the entire team of staff and board members who had the privilege of working alongside him" Julie Cayley, SSEA Executive Director.

Ron's legacy is clear in the success of The Couchiching

Conservancy. Ron's passion, dedication, and tireless efforts were instrumental in forging a path for generations of conservationists and ecologists. He led the way in breaking down barriers and fostering collaboration, building partnerships and alliances across environmental and conservation organizations, government, non-profits, and municipal sectors alike. His ability to bring people together for a common cause left an indelible mark on everyone he worked with and created lasting change in the conservation landscape. Ron inspired many and his passing is a profound loss for the conservation community.

EVENTS Branch 68 Leaion Penetanguishene LOGO CONTEST EATE A LOGO TO HONOUR THE 100TH' ANNIVERSARY OF PENETANGUISHENE LEGION THE CONTEST IS OPEN TO EVERYONE 1ST PRIZE \$500.00 PLUS 2 TICKETS TO THE GALA DINNER Entry Deadline is February 15, 2025

TIMELY WARNING ABOUT OAK WILT DISEASE

Brought to you by Simcoe County Master Gardeners The Canadian food Inspection Agency is sharing a friendly reminder to nurseries, garden centres, homeowners, and tree professionals:

PLEASE DO NOT PRUNE OAK TREES FROM APRIL UNTIL DECEMBER.

Oak trees, of any size, especially oaks are susceptible to a pathogen causes Oak Wilt (Bretziella fagacearum), transmitted by sap beetles. This invasive fungal infection is so serious that red oaks can die within 2 to 12 months.



WHAT TO LOOK FOR?

- Discoloured and wilted leaves, starting at the top of the tree.
- Discoloration begins at leaf tip and moves inward to the base.
- Premature leaf-drop mid to late summer.
- Black sooty stains form at the base of trees.
- · White, grey, or black fungal mats forming just under the bark.
- Bark will smell fruity.
- · Cracking tree bark as fungal spore mats push bark and large branches outward

WHAT TO DO?

- Prune in winter (Dec-March) when trees are
- Paint over any wounds that occur during this high-risk time.
- Use local firewood.
- Remove and burn infested trees and stumps.
- Break root connections with nearby oak trees.
- Report any infected trees to the Canadian Food Inspection Agency

OakWiltReportingOntarioletrissementduchene@inspection.gc.ca.

Oak wilt disease was first found in Canada in 2023, and unfortunately identified near us, in the Barrie area and Springwater Township.

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COX, William Alvin



Passed away peacefully at the Villa Care Centre Bill Cox in Midland. of Midland, formerly of Elmvale in his 76th year. Dear father of Jodi, Ben, and Shannon. Loving Grandfather of Kaleb, Brennah, Deklan, Hannah,

Dustin, Rylan, Rowan, and Kinsley. Brother of Don Cox, Ed Cox, Betty Cook, and the late Doug

A memorial service will be held at the Lynn-Stone Funeral Home in Elmvale on Sunday, January 5, 2025 at 11 am, visitation starting at 10 am.

If desired memorial donations may be made in Bill's memory to the MS Society.

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



LAFRENIERE, Shirley Ann

With heavy hearts announce the passing of Shirley Ann Lafreniere on Monday, December 2nd, 2024 in the comfort of her home surrounded by her loving family. Now reunited with her beloved husband Raymond

Lafreniere and her daughter Suzette. Loving mother to Jennifer. Cherished grandmother to Bailey (Shelby), Ethan (Jennifer), Tyler and Emily (Stefan). Dear great grandmother to Alayna and Katareena and Emerson. Shirley will be missed by her close friends Lois Beausoleil and Vivian Robitaille.

Shirley will be missed by all extended family and friends. Cremation arrangements entrusted to Penetanguishene Funeral Home. A celebration of life will be held on Saturday February 1st, 2025 from 1 – 4 p.m at the Penetanguishene Legion (114-2 Poyntz St. Penetanguishene, ON. L9M



ROBITAILLE, Andrew

With heavy hearts we announce the passing of Andrew (Andre') Robitaille on Sunday December 15th, 2024. Beloved husband of 68 years to Ruth. Loving father to Leonard (Kathy), Elaine (Reiner), Laurence (Tami) and Wayne (Cheryl). Cherished

grandfather to Michelle (Dan), Marsha (Jeremiah), Blaise (Marilyn), Pierce (Courtney), Alex, Nadine, Eric (Kaitlyn), Robin (Anna), Adam (Samantha). Great grandfather to Soren, Orian, Madeline, Joseph, John Wayne, Jacob and Wyatt. Predeceased by his parents Eugene and Adelaide, and siblings Damien, Cicile, Victorie, Exilda, Urgele, Cena, Gilbert, Lionel, Leger and Louis.

Family visitation took place Saturday December 28th, 2024 at the Penetanguishene Funeral Home from 9 – 10 o'clock. An open funeral mass began at 10:30 a.m. at St. Ann's Church. Reception to follow at Knights of Columbus Hall. If desired, donations in memory of Andrew may be made to St. Ann's Church or Georgian Bay General Hospital.

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OBITUARIES

Andy passed away Tuesday December 24th, 2024 with family by his side (Donna and

ZUIDEMA, Andy

"I can't change the direction of the Wind but I can adjust my sails to always reach my destination"

Goodbye sweet Andy thank you for 30 years of memories, love and laughter. Loved husband of Donna, stepfather to Kelly (Ryan), Kim (Trevor) and Jeff (Amy). Pake (Frisian for Grandpa) to his Sweet Anna and Grace (aka Donald Duck) Thomas and Andrew. Brother to sister Pia (Bob). Uncle to Rob (Tony), Scott (Sarah) and Jeffrey. Great Uncle to Zoey and Hayden. As the son of an immigrant father (who immigrated with his wife Grace, Andy and Pia in 1954 from the Netherlands) Bauke died at a young age of 44. Andy, at just 17 left school to work full time (Fabulous Formals where he later became plant manager) to take care of his mother and young sister. Those early 1950's of the past century were hard times for his family. Andy adjusted his sails many times in his life but he never lost site of the direction he wanted to go. Andy's biggest adjustment was his rapidly changing life after being diagnosed with frontal lobe dementia, he struggled to hold on to who he was a difficult challenge that he didn't have a choice in but to navigate with dignity. Andy you were a friend to many through your many years of sailing, curling and working at Bayport Marina, and Wye Heritage (Doral) in Midland. You will always be remembered and held close by those who loved you, your warm beautiful smile and that larger than life personality... especially when you sailed with John and Stuart (the 3 Musketeers). I can't even begin to name the friends from the past and present afraid to miss even just one.

Friends are invited to a visitation on Friday January 3rd, 2025 at Nicholls Funeral Home (330) Midland Ave. Midland, ON. L4R 3K7) from 11 a.m. until time of chapel service starting at 12 o'clock. A time of refreshments and fellowship will be held after the service.

Andy a quote you loved:

"I'm not afraid of Storms for I'm learning to SAIL MY SHIP to its FINAL SAFE HARBOUR" Sail on Andy with much Love from all WHO **LOVE YOU**

HEACOCK, John Howard

It is with great sadness that we announce the passing of John Howard Heacock of Elmvale in his 75th year at Georgian Bay General Hospital in Midland on Sunday, December 22, 2024. Beloved husband of Terri Heacock (nee Podolski) for 46

years. Much loved father of Kevin (partner Jade) and Aaron (spouse Annie). Proud and loving grandfather of Attley and Addison. Survived by brother Chuck Heacock and pre-deceased by brother Ross Heacock (survived by Becky), father William Howard Heacock and mother Isabel Heacock. Brother-in-law of the late Rik Podolski and Patty McNeal.

John was born in Collingwood, Ont. and raised in Elmvale from a young age and decided to raise his family there in 1980. He had many part-time jobs in Elmvale as a young man including working as a dishwasher at the Red Rooster Restaurant but he was by far the most passionate about his time working on the Beardsall Farm. John was an active member of the local community and was proud of being from Elmvale. He was a longstanding member of the Royal Canadian Legion Branch 262 and an active member of the Elmvale Wildnerness Club which participated in many community events in the spring and fall.

John participated in many bonspiels at the Elmvale Curling Club and represented the club in other towns around Ontario. He inspired his sons to throw little rocks at a young age as well. John loved playing euchre with local friends but his biggest passion was golfing. He achieved two holes-in-one in his lifetime (but not before his wife Terri achieved her first). John, along with Michael Stone, organized group golfing trips to South Carolina and Florida for over 20 years with their close friends.

John was called to the bar in 1979. He opened his law practice in Elmvale, with his wife Terri, in 1980 and continued to practice his chosen specialties of Real Estate and Estate Planning until his retirement in 2018. John was known for being meticulous in his work, for caring very deeply for the community members that he served and working with families for multiple generations. He regularly provided advice and guidance to young families as if they were part of his own.

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

Memorial donations in John's memory may be made to the Canadian Cancer Society or the Elmvale Legion.

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

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Salon Funéraire Penetanguishene Funeral Home



OBITUARIES



BELL, Sharon Elaine (nee Downer)

May 11, 1947 to December 11, 2024

Passed away at Georgian Bay General Hospital after a lengthy illness in her 78th year. She met the illness with tremendous strength, courage,

and an unrelenting willpower to see things through. Sharon was predeceased by her husband Ron Bell, and predeceased by her sister Marg Green, and leaves her son Brad and wife Anja, brother Lyn and wife Nancy Downer and a whole host of nieces and nephews and great nieces and nephews. Sharon was the loved middle child of Marg and Wilf Downer, born at Wasaga Beach, attended Byng School in Stayner and then Stayner Collegiate Institute and on to Nursing School to become a Registered Nursing Assistant. After a number of years in the medical field Sharon turned her sights on becoming a legal secretary and after a successful career branches out to be part owner of Home Hardware in Elmvale with her husband Ron and son Brad. She continued to work after retirement doing accounting for Norman's Garden Gallery.

Sharon and Ron also had a penchant for building homes, one after another until they finally retired fully and spent their remaining years overlooking the Penetanguishene Harbour; a busy and active view outside their front window that both loved to watch evolve.

They greatly enjoyed travel in their retirement years, particularly as Winter Texans and many trips to Mackinac Island to enjoy the experienced of horse drawn vehicles only – a relaxing throwback to a quieter time.

Sharon and Ron had a wonderful marriage of 54 years and were an item early on as noted in a comment in Sharon's high school yearbook, "Special interest, Ron".

Sharon had an ability and desire for organizing family get togethers – always planning ahead to make the visits memorable and fun.

She was generous to a fault – always helping out and making donations on a daily basis. So committed to helping that she kept a jar of toonies present at all times. She often said she just couldn't bear to walk past a Salvation Army Kettle or a Poppy Box Fund without donating. Sometimes many times a day depending on how many she passed in her travels that day.

Sharon also held opinions on most subjects and was always willing to share them. You didn't have to ask what she was thinking – she would tell you. Some people may call it blunt – but family members who share the same trait like to refer to it as "being refreshingly candid".

Sharon was a wonderful daughter, wife, mother, sister, and valued friend to people of all walks of life. A good friend is typically someone whom you enjoy spending time with, and they may also increase your self-esteem when you're around them. With a good friend you may laugh, have fun, feel connected, and generally enjoy each other's company. The Downer family is of Irish descent and the family crest is "winged hands of friendship". So the final works go to the Irish saying: "Friendship is a golden chain, the links are friends so dear. And like a rare and precious jewel, it's treasured more each year."

The family offers heartfelt thanks to the medical staff at Georgian Bay General Hospital and Bayshore Health for their care – providing a great comfort to Sharon. Those seeking a way to remember Sharon are asked to consider a donation to the Georgian Bay General Hospital in Midland.

Memorial condolences may be made to www.leclaircremationcentre.com.



ORR, Patricia

It is with great sorrow that Cindy, Bonnie, Ann Marie and Joey announce the peaceful passing of their Mom, Patricia Orr on Saturday December 21st 2024 at RVH in Barrie at the age of 81.

Patricia started her teaching

career at the age of 17. She was dedicated to her career and taught over 40 years. She continued to volunteer in her daughters' classrooms. She loved her students and was very proud to be a teacher at SMCDSB. She spent many years at Our Lady of Lourdes and St. John Vianney in Barrie. Her love of teaching inspired her daughters to become teachers and now her granddaughter and grandson. Pat developed great friendships through her teaching career. Those friendships continued after Retirement. She enjoyed going to plays, enjoying lunch and long chats.

Patricia (Pat) always put her family first. Pat had 4 children, 12 grandchildren and 5 great grandchildren. With a loving, quiet strength she inspired and encouraged everyone along their journeys. She was always available for early pick ups from school, sleep overs, appointments, dog walking and made effort to go to games, recitals, plays and graduations.

Pat moved to Anten Mills, 50 years ago. She was a proud resident and made it a very special Home. All family and friends were always welcome. She hosted all family celebrations-Christmas, New Years, Thanksgiving, Easter and Birthdays. She had the best Halloween decorations and Easter Egg Hunts. She prepared delicious meals where we made special memories, including putting in a float for the Anten Mills' Christmas parade. She loved her dogs, Mo, Maya and recently Coco. She enjoyed walking Coco to the park and chatting to neighbours along the way. Anten Mills will not be the same without her.

Pat will be lovingly remembered by her children, grandchildren and great grandchildren; Cindy & (Scott) Graham, Nick & (Kelly), Nadia & (Rob) Spence, Chris & (Riley), Curtis & (Daniella), Bonnie Orr & (Grant), Taylor and Kiera, Ann Marie Orr, Keegan and Kylie, Joey Orr, Abigail, Mackenzie, Nate and Liam.

She will also be missed by her great grandchildren, Hunter, Eddy, Ella, Graham and Walker.

She is predeceased by her cherished sister Marjorie Loftus (Bernard). Aunt Patsy will be forever missed by Margaret Ann, Bill, Brian, Stephen and Sharon and her brother Bill McGill (Sally) and their children. Aunt Pat will be missed by Dan McLaren and Dave Gustavson.

Friends are invited to join the family at the Lynn-Stone Funeral Home in Elmvale on Fri. Dec. 27th from 2-4 and 7-9. A Funeral Mass will be held at Our Lady of Lourdes Church in Elmvale on Saturday Dec. 28th at 11:30 am.

Charitable donations in honour of Patricia can be made to the Parkinsons Foundation or the Heart and Stroke Foundation. To leave a message of condolence on Patricia's memorial page please visit our website. As Mom would always say it's not good bye it is see you later.

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Midland Legion Robert Burns Celebration

Saturday February 1st—Doors open at 6:30pm

The event will feature a Haggis meal, cash bar, door prize, raffles and more. The Midland Legion is located at 196 Queen St in Midland and tickets can be purchased at the Legion. Tickets only \$20. Call **(705) 526-7512**



INDOOR WALKING TRACK

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

The Town of Penetanguishene has different senior programs this winter to keep you active and social. Walk indoors and upstairs in the large hall at the Penetanguishene Memorial Community Centre.

Visit www.penetanguishene.ca or call (705) 549-7453



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The Club has so many great winter activities like table tennis, chair yoga, line dancing, euchre, billiards, camera club and more!

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- Seniors Zumba
 - Chair Yoga
- Low Impact Cardio
- Full Body Strength Classes

Visit www.tay.ca/register or call Tay Township at (705) 534-7248



FEEDING OUR BONES

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

South Georgian Bay Community Health Centre has lots of great programs like "Feeding Our Bones". Discover key nutrients for strong bones, their best food sources, and when supplements might be needed. This interactive session includes reviewing your personal one-day journal and comparing it to age-specific calcium and protein recommendations. Visit www.southgeorgianbaychc.ca or call (705) 422-1078



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