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June/July 2021



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*photo by Deb Halbot*



# Paediatric Oncology Nurse wins 2021 OSMH Nightingale Award

—submitted

Registered Nurse, Amanda Gaudet has been awarded the 2021 Orillia Soldiers' Memorial Hospital (OSMH) Nurses Alumnae Nightingale Award. A nurse at OSMH for the past five years in the Paediatric Outpatient Clinics, Gaudet was notified of her award during the hospital's weekly staff Zoom town hall meeting.

Gaudet was nominated by three different families, all of whom have children who see Gaudet for chemotherapy treatments through the Pediatric Oncology Group of Ontario (POGO) a service offered at OSMH through POGO and SickKids Hospital.

"It is such a great honour to receive this award. It means even more to have multiple families nominate me. Reading what they wrote in their nominations truly touched me," said Gaudet.

Here are some excerpts from the nominations:

*"Amanda has always been nothing short of amazing to all families that enter at some of the most difficult times. She's kind, caring, supportive and gentle. She has helped saved my son's life many times and she is one person I will be forever grateful to have met."*

*"She offers support to both me and my daughter and I couldn't be happier with the care we receive from Amanda. She treats us as a whole, never missing a chance to make our days better."*

The final nomination spoke about how Gaudet came in on Christmas Day when the POGO clinic is usually closed to provide chemotherapy for a paediatric patient so they did not have to drive down to Sick Kids in Toronto on Christmas Day.

Jill Colin, OSMH's Chief Nursing Executive, presented the

award to Gaudet one on one due to Covid-19 restrictions putting a halt to the usual ceremony. "Amanda's nominations truly speak to her amazing dedication to patients and families, she has truly changed their lives for the better in the very difficult times these families go through," Colin said.

Along with Gaudet, eight other nurses at OSMH were nominated for the award by community members.

The OSMH Nurses Alumnae Nightingale Award recognizes a nurse at OSMH whose work has positively affected the lives of patients. It is named after nursing pioneer Florence Nightingale whose lasting contribution was her role in founding the modern nursing profession. Her legacy is one of compassion, commitment to patient care and thoughtful nursing leadership.



Amanda Gaudet, RN in OSMH's Paediatric Outpatient POGO clinic is the 2021 recipient of the OSMH Nightingale award.

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**Next Edition: LATE SUMMER!**  
**August/September 2021**  
**AD & COPY DEADLINE: July 19<sup>th</sup>**  
**PUBLISHED ONLINE: August 4<sup>th</sup>**

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photo by Candy Potter

## Simcoe North Summer by Anna Proctor

At last, our long-awaited summer is upon us!  
But what it will be like, is up to all of us.

This pandemic has kicked us again and again, but we are still here, resilient, trying, and looking forward to this most beautiful season in the place we call home.

Let's follow the public health guidelines, get vaccinated, and stay safe so we can have the summer we have all been waiting for. Local businesses need us to behave, get the numbers down,

and get vaccinated so they can open. Local musicians, creatives, events, restaurants, patios, golf courses, amenities....they all want to get open, get performing, have customers, and make some money.

We have a chance to have a good summer if we just stay safe a little while longer. We are so close to the finish line, let's stay the course.

Have a wonderful Simcoe North summer!

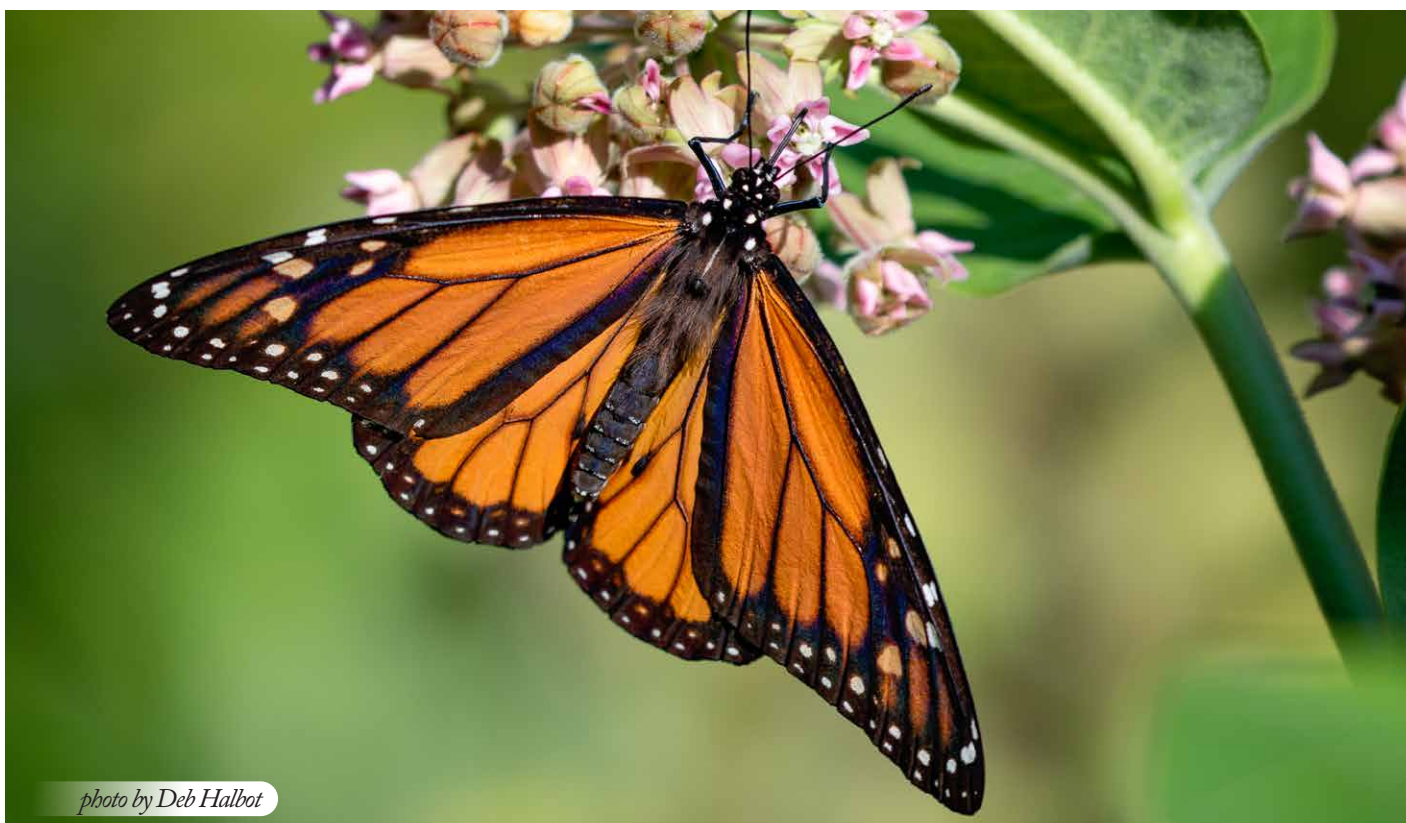


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**HAPPY READING!**

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## How do I get my vaccine?

If you live in the Simcoe Muskoka District Health Unit, you may be eligible for a COVID-19 vaccine.  
[www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org)

## Book a vaccine:

1. Visit the Provincial Booking Site to find out if you are eligible for a vaccine.
2. If you are eligible, register for your first and second dose at the same time.
3. If you have already received one dose, and need to book a second, visit the Provincial Booking Site or call 1-833-943-3900

## What vaccine can I get?

Vaccine distribution is based on federal availability, however the following vaccines have been approved for use in Ontario:

- Pfizer-BioNTech – approved on December 9, 2020
- Moderna – approved on December 23, 2020
- AstraZeneca – approved on February 26, 2021
- Janssen (Johnson & Johnson) – approved on March 5, 2021

## Questions?

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705-726-5538



[covid-19.ontario.ca/book-vaccine](http://covid-19.ontario.ca/book-vaccine)



# Horseshoe Valley Kaleidoscope

by Valerie Thornton

We are very fortunate living here in Oro-Medonte that we have great hiking and biking trails, including the numerous Simcoe forests, Copeland Forest, the rail trail and numerous accesses to the lakes, plus of course the streets of our communities, where we may wander admiring the individual gardens and even 'bump' into a neighbour or two, at a distance of course. So important for everyone's mental health and wellbeing to be able to be outside in the fresh air enjoying the healing that nature offers. What wonderful displays of trilliums we have been able to walk through and enjoy this spring! And now we leap into summer as everything bursts into life.

Many locals have missed the opening of the golf courses; the season is short anyway so it will be even shorter this year. The ever-popular LON (Ladies of the Night) group will be operating at three locations this year, Horseshoe (Thursdays), Braestone (Thursdays) and Settler's Ghost (Tuesdays). This group plays in the late afternoon for nine holes (4:30 pm) and is a less structured/competitive group. A ladies' section is also available for 9 holes at Horseshoe on Tuesday mornings.

Ann McGee is also looking forward to restarting the ABC Group once we get out

of Covid-19. I am looking forward to this group as it is different every month and you can participate when you see an activity that interests you.

The paragraph below is very important for the residents of Zone 1 (those living in the older, original sections of Horseshoe Valley, including Cathedral Pines, Pineridge, Maplecrest, Beechwood, Country Club, Birch Grove, and the Valley Chalets, High Vista and Copeland House), who were informed at Christmas in 2019 that they would be charged \$9,802 for connection to the Zone 2 Municipal drinking water. This amount was reduced to \$7,107.30 after the Focus group (later Task Force) residents pointed out many factors showing that this was unreasonable.

Two bulletins have recently been sent out to Zone 1 residents regarding the Integration Plan,

updating the history of the Task Force and the complex story of our water systems in Horseshoe Valley from the early days dating back to the 1960s. A 268-page report showed that the Zone 1 water system was municipal (given multiple By-Laws, Water Agreements, etc.). The Task Force began the process of incorporation (a lengthy process during Covid-19 and the fact that it was non-profit) and has now become the Oro-Medonte Property Owner's Association (OMPOA); there were only two choices offered by the Ministry regarding the name and OMPOA was the most obvious choice.

Since March 2020 over 500,000 pages of public record data have been examined and all documents suggest that the system is municipal, in the Task Force's opinion. "OMPOA in conjunction with all affected residents in

Horseshoe Valley, will work hard to defend the rights of water users in Horseshoe Valley and Oro-Medonte."

If you are in Zone 1 and did not receive these two bulletins (you may have moved to the area in the last year, or somehow not been on the list) please email me at [vmt4141@gmail.com](mailto:vmt4141@gmail.com) and I will pass your information to the group and make sure that you receive the information.

Don't forget even if you have had your vaccinations (hopefully two) to still be careful and adhere to certain guidelines as new variants arise. Have a great summer!

*"We are not in politics to ignore people's worries; we are in politics to deal with them."*  
—Margaret Thatcher

## This Year's Charlee's Run a Record Breaker

—submitted

THANK YOU! THANK YOU! THANK YOU!

You have helped us achieve the most successful Charlee's Run event to date.

Today, we exceeded our goal and raised \$115,000. That's enough to purchase two Panda Bedded Warmers with Resuscitation Units for Soldiers' Obstetrics Department, with funds left over to be put toward a third. We are completely overwhelmed by the outcome of today! This brings the total amount raised by Charlee's Run for our community's youngest patients to \$300,000 in just five years.

Thank you to everyone who ran or walked today in memory or honour of a loved one. Thank you to all of you who made a donation to help us reach our fundraising goal. Thank you to everyone who donated silent auction items. Thank you to all those who purchased 50/50 tickets. And lastly, a HUGE thank you to our sponsors who supported this event even as it went virtual yet again. We are so grateful to everyone who contributed to making today the incredible success that it is.

Before we sign off, we would like to offer a big congratulations and THANK YOU to Charlee's Run supporter, Elana Weber, the winner of Soldiers' 50/50 \$8,015 Grand Prize Draw! Charlee's Run champions a cause close to her heart and she and her family have generously made a donation back to the run.

For anyone who would like to make a final donation to push us one step closer to purchasing a third Panda Warmer, you can still do so at [CharleesRun.com](http://CharleesRun.com).

We are so blown away by this incredible community and can't thank each of you enough for making today the outstanding success that it has been. We look forward to next year's event where we hope to be together in person once again!



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## Sustainable Simcoe North by Anna Proctor

### Project Drawdown is the world's leading resource for Climate Solutions.

Their mission "is to help the world reach "Drawdown"—the point in the future when levels of greenhouse gases in the atmosphere stop climbing and start to steadily decline, thereby stopping catastrophic climate change — as quickly, safely, and equitably as possible." ([www.drawdown.org](http://www.drawdown.org)).

PD works towards this goal by engaging scientists, individuals, governments and businesses to work towards this very important goal. Education and action are key. Here are a couple of endeavours happening right now, that you can get involved in.

Climate solutions have powerful new private-sector champions. After launching Drawdown Labs last October, Project Drawdown is proud to welcome five new partners to round out its pioneering group of private sector climate leaders.

This consortium of 14 organizations spans nearly every industry, using their resources, influence, employees, community members, and customers to help the world reach drawdown. Netflix, General Mills, LinkedIn, Aspiration, and Residential & Dining Enterprises (R&DE) Stanford Dining join Drawdown Labs to challenge status-quo private sector leadership for faster, safer, and more equitable climate action at unprecedented scale. Meet the rest of the dream team here [www.drawdown.org/programs/drawdown-labs](http://www.drawdown.org/programs/drawdown-labs).

Our 14 partners:

- Have science-based, independently-verified greenhouse gas emissions reduction targets aligned with 1.5C;
- Are committed to driving climate solutions within and outside business operations to accelerate decarbonization of the global economy;
- Have the ambition to go beyond being "Paris compliant" to proactively help the world achieve drawdown, quickly, safely and equitably—and lead shifts that align their broader industry with this goal; and
- Are not engaged in lobbying against climate change or climate science.

### New Video Course:

Climate Solutions 101—presented by Project Drawdown—is 100% free, full of hope, and streaming today. Filled with the latest need-to-know science and fascinating insights from global leaders in climate policy, research, investment, and beyond, this video series is the world's first major educational effort focused solely on solutions. This course, presented in a six-part video series along with in-depth conversations, combines our trusted resources with the expertise of inspiring thought leaders from around the world. Enjoy a brain-shift toward a brighter climate reality—and spread the word. To watch, [www.drawdown.org/climate-solutions-101](http://www.drawdown.org/climate-solutions-101).

Please, participate, educate, share, and be inspired today. The future depends on it.

## CLIMATE SOLUTIONS 101 PRESENTED BY PROJECT DRAWDOWN

WATCH THE TRAILER



*Wishing you all  
a safe and happy  
Canada Day!*



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## Digressions by D'reen by Doreen Uren Simmons

Well now...what a gorgeous Day In May to be alive, let alone writing a column! Windows and doors are open, 22 degrees, sun warm and sweet, gentle breeze, garden watered and blooming, and partner is asleep in the backyard on the chaise lounge. Who Could Ask For Anything More? (to be sung!)

I think it was the longest, slowest spring on record, but suddenly it's summer! It took me at least a week to realize that I could actually sit on the deck in the sun, gaze at the greenery, and do nothing! I wonder if that's because we spent this Covid winter trying to keep as busy as possible to avoid...trouble. Now we've BBQ'd and weeded, watered and weeded, laid sod and weeded, relaxed...and weeded.

It really does feel as though the plants are reaching ardently and quickly for the long-sought sun. The flowering trees were spectacular this month. Long slow spring? Dunno, but this week we saw lilacs and forsythia side by side, for the first time ever in my memory. I

guess the reward is that we can open our eyes, rub them and relish the joy and beauty we've waited so long for. Lucky us!

And speaking of luck...vaccines seem to be rolling out much faster and hopefully hesitancy is low. There seem to be finally some smart moves by politicians catching up to the scientists (?) and just maybe the light at the end of the proverbial tunnel is a bit brighter and closer. Might we even be able to relearn how to entertain and be entertaining ourselves? When two friends came to the garden this week, I had tea and gelato and offered them neither. Sigh. I'd like to claim being out-of-practise instead of rudeness or old age.

Okay people. It has been fun to write a cheerful column for a change and I hope it finds you in a similar super mood. In a general state of charity, I was even thinking of a birthday present for Mr. Ford and wondering about...golf lessons. Whadya think? Love and sunshine to you all.



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## A Memoir by local author Maureen Rooney

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For more information contact Maureen at Labs4mo@gmail.com



## Local Business Gets SNAPPED Up

—submitted

Al Truistic's Beer Bread Bakery recently received notice that it has been awarded a grant through the Sustainable New Agri-food Products & Productivity Program (SNAPP), administered in partnership with the Sault Sainte Marie Innovation Centre, Rural AgriInnovation Network, Northern Ontario Farm innovation Alliance and the NorthWestern Ontario Innovation Centre.

This grant is to bring new frozen dough products to their Craft Beer Bread product line. They currently have Do It Yourself Craft Beer Bread kits in a few Ontario brewers and small retail shops. This grant comes on the heels of the grant they received from the Muskoka Small Business Centre's Starter Company Plus Program, which involved rewriting their business plan and was key for both grants.

The pandemic made the timing of this rethink to the ways they do business particularly timely. Al Truistic's Beer Bread Bakery had begun working on the frozen doughs and connecting with local brewers to further develop a



variety of signature frozen doughs that can help brewers diversify revenues. These grants will allow it to expand and improve its manufacturing operations to bring these specialty bread doughs to consumers within a few months.

There are future plans to establish other facilities in the north to allow the doughs to be produced closer to where they will be purchased, create employment in the communities where the facilities are established and to allow controlled growth.

Al Truistic's Beer Bread Bakery is a Social Enterprise whose goals are twofold: one, to help fund Ontario Parents Advocating for Children with Cancer (OPACC) whose focus is on supporting parents, caregivers, families and friends of children diagnosed with cancer. The second goal is to provide employment opportunities for adult survivors of a childhood cancer who may have barriers to employment because of their disease or its treatment.

"We're so grateful to these organisations for believing in the work we're doing. We look forward to working with brewers and communities we live and work in," says owner Dave Munro. "Rewriting the business plan was a lot of hard work but the plan developed is solid so it was well worth the effort. It certainly helped in getting the grant and support from the SNAPP program." For more information, or to discuss investment opportunities, [www.altruisticsbeerbreadbakery.ca](http://www.altruisticsbeerbreadbakery.ca).

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## Camp Dining Comes to Oro-Medonte

by Chef Jenn Alton

It was the end of October 2019 when the kitchen at Youth Leadership Camps of Canada, YLCC, on Moon Point Drive in Oro Medonte, was closed and packed up at the end

of the season, as had been done for more than 20 years.

Little did anyone know that a worldwide pandemic would strike, closing camp for both

the 2020 and 2021 seasons.

As the saying goes, necessity is the mother of invention, so, in an effort to keep things alive at YLCC the camp kitchen has pivoted from providing daily meals for 300 campers to a curbside take-out of meals to local residents.

Open for pick up Thursday to Sunday, Camp Dining, has been eagerly embraced by local residents.

Chef Jennifer Alton, affectionately known at camp as Miss Jenn, and her team are providing an exciting and diverse menu focusing on homemade meals.

All bakery and bread items are made in house, including a vat of pies, cakes and cookies. In true camp style, Camp Dining is offering items to also meet dietary needs, with a variety of gluten-free options.

Chef Jenn has been inspired by her West Indian roots and has a number of Caribbean options which have become signature items at Camp Dining. Jerk chicken, in house made coco bread, rice and peas and Jamaican patties are a staple with locals now.

Every weekend a take-out meal special is offered for \$15.

Although we are currently under a stay-at-home order, the camp is planning to expand to an outdoor dining experience, once things open up in the province. Camp Dining will be here all summer long and into the fall, to make your weekends more delicious.

"The support and enthusiasm for Camp Dining has been overwhelming and is greatly



appreciated during these difficult times," says the chef.

Follow @Campdining and @Chefnorth2south on Instagram and Facebook or call Miss Jenn at 705-305-7742 for more information.





Thanks to Nadeen Morano of Severn for submitting this photo

## Millennial Perspectives by Laura Proctor

Let me begin by asking: have you gotten your vaccine yet? If you're sick of lockdown, this is our safe way out. If you have questions about the vaccine, talk to your doctor for advice. Book a phone appointment to talk to them right now. There's no time like the present if we all want things to improve as quickly as possible.

This may be the earliest in the year that my partner and I have set up our air conditioner: May 18<sup>th</sup>. We spent a couple nights in disbelief that our apartment was so warm in mid-May, and then we caved and hauled it out of the closet. We always forget how much time and effort it takes to unearth it, remove the sliding windowpanes, jam the air conditioner into the window, and then try to remember how some of the windowpanes should go back in. There it will remain until September.

I didn't grow up with air conditioning, and in fact many of my summer memories involve being extremely hot and figuring out ways to lessen that and have fun. All my summer memories involve my three lifelong best friends as well. Emily (my sister), Sarah, and Tasmine. We grew up in three houses (almost) in a row, and spent many weekdays, most weekends, and every summer together.

Summer for us meant endless outside time, and as I said, creative ways to cool off. Aiming the sprinkler at the swing set so that we swung right into a fan of cold water; emptying our outdoor toy box, filling it up with the hose and then sitting in it; going swimming in Lake Simcoe down the road once, twice, or sometimes three times a day; walking to the general store to get ice cream or popsicles. Summer always reminds me of these memories, and of the four of us.

Being kids in an extremely small town (a village) meant getting creative with our entertainment generally. We rode our bikes everywhere and maintained a semi-elaborate fort in the woods behind our houses, even when mean older boys would vandalize it. We had picnics on the flat roof of my family's sunroom (sorry to the other parents if you didn't know this), with my mom telling us 30 times beforehand to be VERY CAREFUL. We started a Bathroom Club, which meant sitting in a bathroom and chatting, with a very official Bathroom Club sign on the door. We styled Barbies, played endless imagination games, and

tried for hours to get a solid badminton rally, even when dusk fell, and the bats started flying overhead.

Maybe this happens to you as well. When the seasons change it can bring on a nostalgia for previous autumns, winters, springs or summers. The ones that really meant something to you. Some of the happiest moments of my life have been hot summer days with my three best friends.

This nostalgia might be even stronger for us right now, as summer makes us dream of when we could travel and spend time with family and friends. Something I see in these memories I've described is an enormous sense of freedom. Besides missing the people I love, it's also that freedom of mind that I miss. Going to see anyone we want, cottaging with family, not having this heavy pandemic weight on our shoulders.

But there's hope in the air. We need to, most importantly, get vaccinated (why wait?!) and keep being cautious. The payoff will be lower and lower case counts and a better summer. The sooner we get vaccinated, the sooner we can hug our family and friends tight. The sooner we can shed this weight of worry. When all this ends, I'm going to feel like a kid again.





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# Lakehead University Announces 2021 Honorary Degree and Civitas Award Recipients —submitted

On Saturday, June 5, one of Canada's hockey legends and Hockey Hall of Fame member Darryl Sittler will receive a Doctor of Humane Letters during Lakehead University's Orillia campus virtual convocation ceremonies.

"This year's honorary degree recipient may be best known for his career on the ice, but it is the meaningful impact Darryl continues to make on the world outside of hockey that Lakehead University is pleased to recognize," explained President and Vice-Chancellor Dr. Moira McPherson.

"A dedicated volunteer with a number of charitable causes, including Special Olympics Canada and Colon Cancer Canada, Darryl has been an avid supporter of postsecondary education and our University since 2009."

Lakehead University will also honour Elder Trish Monague with the 2021 Civitas Award.

"Convocation is a time to celebrate our graduands as well as those in our community who have helped our students be successful," said Dr. Dean Jobin-Bevans, Principal of the Orillia

campus. "Trish has helped to create a culturally supportive community on the Orillia campus through her counselling informed by traditional wisdom and teaching. We are extremely fortunate to have her as part of our campus team."

Approximately 2,600 students will graduate during faculty convocation ceremonies being held from June 7 to 11. Graduates from the class of 2020 are also invited to attend.

## Trish Monague 2021 Civitas Award



Trish Monague ("Cedar Woman") is from Beausoleil First Nation, a mother of four children and grandmother to six grandchildren.

Trish began her relationship with the spirit at the age of three and uses her gift as a cultural teacher and traditional healer. She has been clean and sober and walking the Anishnawbe Miikan for 30 years.

For 15 years she worked as an addiction's counsellor with the Beausoleil Family Health Centre. Currently, she is the Heritage and Cultural Coordinator for Beausoleil First Nation.

For the last three years, Trish has shared her time, wisdom, and teachings with Lakehead Orillia students, faculty and staff as a visiting Elder and traditional healer. Her guidance has led to the spiritual growth of various departments resulting in improved supports and accessibility for Indigenous students and community members who visit.

Trish has shared sacred teachings and traditional medicines with students who are looking for clarity and direction for their education, career and life path. She has led ceremonies on campus to ensure the campus is a positive and safe learning space for all. Through her open approach to teaching, she has also contributed to the personal and professional development

of staff and faculty who attend her teachings.

Trish is a member of the Lakehead University Elders Council and acts as an Elder-in-Residence. She also provides Indigenous spiritual support for end-of-life care for local hospitals.

## Darryl Sittler

Honorary Degree – Doctor of Humane Letters



Darryl Sittler was drafted eighth overall by the Maple Leafs in 1970, and by 1975 he had been named Captain, but it was in the year 1976, that he would leave his mark on history. On February 7, at Maple Leaf Gardens, Darryl would accomplish a feat that had never been achieved before, and has not been equaled since, scoring six goals and recording four assists, for an NHL record ten points in one game. Later that season, while facing the Philadelphia Flyers in the playoffs, Darryl scored five goals in a single game, matching another NHL record that still stands. Five months later at the Montreal Forum, he would score the Canada Cup winning goal, in overtime vs. Czechoslovakia.

In 1982, Darryl would play his final game with the Maple Leafs, having become the team's all-time leading scorer, and seven years later he was inducted into the Hockey Hall of Fame. In 2003, he became just the tenth player to have his number raised to the rafters of Scotiabank Arena. Prior to the start of the 2014/15 season, Darryl was immortalized with a bronze statue on Legends Row. During the 16/17 season, both the Maple Leafs and the NHL announced their one hundred greatest players of all-time: Darryl made both lists.

Darryl's contributions to our community have been equally impactful. An official ambassador for the Maple Leafs since 1991, he has been recognized for his work supporting such causes as Have a Heart for Down Syndrome, Special Olympics Canada and Colon Cancer Canada. He even laced up for a portion of the Marathon of Hope with Terry Fox. For his dedication, Darryl has been honoured with the Sovereign Medal for Volunteers, Queen Elizabeth's Diamond Jubilee Medal, and a star on Canada's Walk of Fame.

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David J. Isaac - Manager

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photo by Deb Halbot

## Gardening with Gail by Gail McLroy

Oh the joys of summer, Great Lakes to swim in, camping adventures and waiting patiently for things to get back to normal. June and July in Oro-Medonte always present a memorable summer and it's a wonderful time in our gardens. A time we can sit back and enjoy all of the planning and plants from the weeks before. For flower gardens, watering daily, sometimes twice, is necessary especially for any annual plants that you have planted. Most benefit from deadheading and best to do this prior to watering while the plant is still dry.

In our area we can still plant peas, carrots.....radishes, spinach; most of these require 30 to 40 days to mature, so a fall harvest will happen. It's a good idea to know the first average frost date so that you can plant accordingly. Some cool season vegetables work well when planted mid summer.... a great time for a second sow. I plant many of the above in mid May, harvest and sow again for a second harvest. We can successfully plant root crops and more greens from late June until mid August.

Basil doesn't survive frost, cauliflower will handle a light frost, collard greens are the hardiest of all and will handle down to 20 degrees F.



I learned something new this week and wanted to share with you. Horsetail is a plant, (native) invasive but not a weed: who knew?! The green wispy leaves above ground are used by naturopaths in some practices for fluid retention, kidney and bladder stones, urinary track infections. It should be noted if taken for long term it could be unsafe so check with your naturopath before taking. I have been pulling it out for years not knowing it can also be beneficial. I should also mention its easily spotted in our gardens because we think it should be pulled out! Some people plant different varieties!

Another wonderful thing about June and July is there are less critters flying and buzzing around our heads. So, in closing, water, water and sit back and enjoy the results of all your hard work. Have a terrific summer.

Gail and Bentley



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## Mentorship Matters

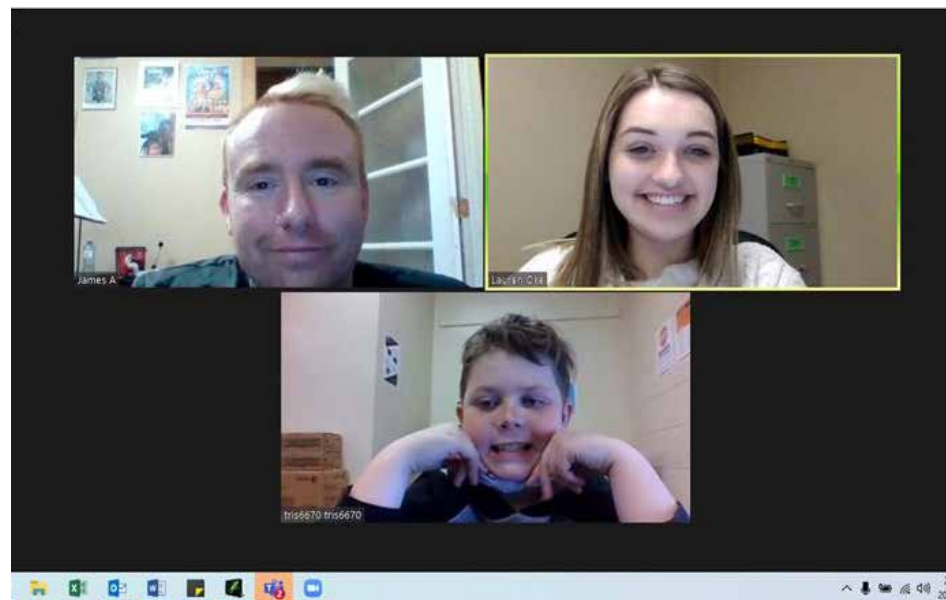
—submitted

In late 2020, Big Brothers Big Sisters of Orillia and District (BBBSOD) received a \$38,500 Resilient Communities Fund grant from the Ontario Trillium Foundation (OTF) to help reimagine and adapt the delivery of its Community-Based and In-School Mentoring programs amidst COVID-19. Thanks to OTF's grant, BBBSOD was able to add another fully-funded Mentoring Coordinator, Lauren Oke, to its team for the duration of six months. Lauren has specialized in virtual program development and delivery.

In September 2020, BBBSOD was facing challenges with regard to staffing. It was equipped with just one Mentoring Coordinator who was managing their matches, placement students, and trying to develop new programs.

"Mentorship is our passion," said Miranda Chaffey, Executive Director. "Not only for our In-School and Community-Based Matches, but also for our placement students. If one thing has been made clear to me throughout the pandemic, it's that children and youth are the most resilient among us. This grant allowed us to provide them the support they need through this time."

In only three short months, BBBSOD has successfully moved all programming to a virtual format, including the supervi-



sion of their placement students.

"The focus of my role, with the help of our placement students, was to create manuals and practices for virtual programming that will be sustainable over time, and can be adjusted as we proceed to monitor matches," said Lauren Oke, Mentoring Coordinator. "Working with the matches has shown me just how possible it is to foster an amazing mentoring relationship virtually, the connection and support is still there, and that is what's most important to us."

BBBSOD provides free direct service to children and youth who are seeking a

positive mentoring relationship. If you are interested in learning more about BBBSOD's programming, please contact [lauren.oke@bigbrothersbigsisters.ca](mailto:lauren.oke@bigbrothersbigsisters.ca).

OTF introduced the one-time Resilient Communities Fund to help nonprofits recover and rebuild due to the impacts of the pandemic and to continue meeting the needs of their communities. The Ontario Trillium Foundation is an agency of the Government of Ontario, and one of Canada's leading granting foundations. OTF awarded \$115 million to 644 projects last year to build healthy and vibrant communities in Ontario.



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## Life Stories

by Sandy Falcon

It is currently the eve of my 41st birthday! I have to admit, I did not see myself where I am today. I have recently reanalyzed my life and where my paths have led me. I have learned a few things in the process of this thing called "Life".

First, there is no "right way" or "wrong way" to live life. In my opinion, we are all trying to make the best choices with the options we have. I remember for the longest time I believed wholeheartedly that I was living life "wrong". The only reason I thought that was because I was conditioned to believe that the "right" way of living and fulfilling my life was to follow an order that everyone else was following.

That order looked something like this: go to school, stay in school, graduate, go to college/university, get a great corporate job, get married, buy a house and car, have kids, retire, pay for kids post-secondary school. This order of events was the invisible template I always tried to stay aligned with, and I couldn't understand why I was so unhappy. I tried so hard to do the "right" things and felt so miserable when I failed at achieving those milestones.

First of all, I took an extra year to graduate high school, then I went to a "vocational" college and I felt like I had cheated myself from the college route, I got pregnant before I got married and then that marriage was big a mistake and ended in divorce. (Side note: I only

got married because I was trying to align with the "right" life milestones).

I didn't get a corporate job, I got married again, had two more children, and got divorced, again! At this point I was trying to achieve the married, house, car milestone and that did not work either. By the time my second divorce happened, I was 31 with three children, on social assistance, unemployed, living in a lower income community and I was at the lowest point of my existence. In my mind, I was a failure, I had failed to meet the mark on any of these life milestones that signified greatness; I was depressed and alone, trying to be a good mom and be someone in the eyes of society.

But, by my 33rd birthday after two years of rebuilding, I had a full-time job in a successful law firm, I was no longer on social assistance, I was in love and making life-altering decisions to move back to Simcoe County from Toronto. Upon my return to Simcoe I went back to school at the age of 35. So, what I have learned is that there is no "right" way of living life. Only, your way, period. Be kind to yourself and throw away the "template" that says this is the "Right" way.

The second thing I have learned is that your job title does not equal success or happiness. Don't get caught up in the labels. I have two degrees and am one year away from my Master's. You know what I figured out after six years of school? I love to write and I'm gonna keep writing, like this. Conversationally, story telling, and real-life experience writing. I do not like to write academically, I have

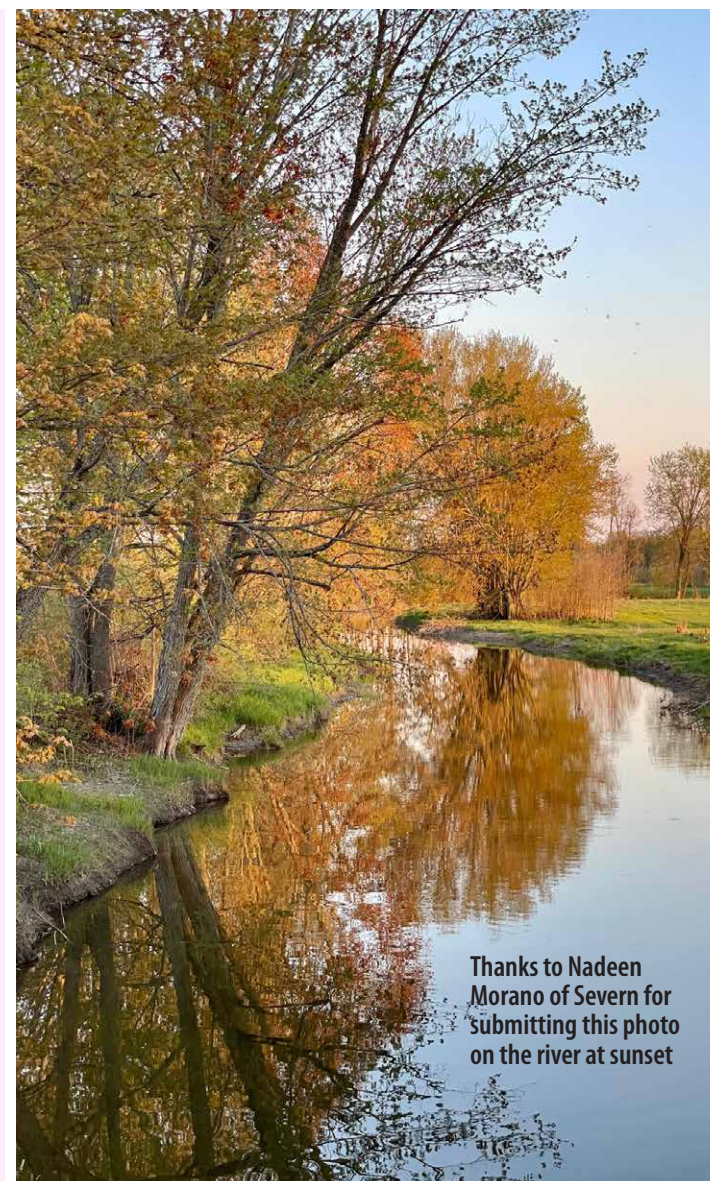
had six years almost seven, of learning that style and it has served me in many different ways, but I will write the way my soul dictates. I will have fancy labels and titles but I am the most proud to be known and called a "Writer" and "Mom".

The third thing I have learned, is that failures lead to success. I heard that on a podcast the other day. This rings true on many levels. You may not always get what you wanted but you sure as heck will learn something from that experience. Remember that because it will serve you when you try again. Don't stop trying!

Fourth, do what makes you happy. You want to freelance? Do it! You want to start a podcast? Do it! Don't let your mind tell you otherwise. Listen to what your soul is telling you. Stop drowning out your true authentic voice with your head. You want to apply for school, but you think you're too old? Apply! Go back. I have four kids and was 35, I had all the "reasons" to avoid this path but I listened to my heart and I am so damn happy I did!

Fifth and final lesson, you are amazing no matter what you did or didn't do. You are capable of doing all things. You are strong, resilient and you are exactly where you need to be. Don't get stuck, don't look back, keep moving up and forward. You got this!

Happy 41st birthday to this ex-addict, two time divorcee, mother of four, mature student, with a BA and MA, turned happy writer!



Thanks to Nadeen Morano of Severn for submitting this photo on the river at sunset



# Outdoor Life!

Sponsored by Mount St. Louis Moonstone

The snow might be gone, but it is easy to stay in shape for skiing and riding in North Simcoe.

Backpacking/Trail Running in Copeland Forest: It is where I love to be when I can't be on the slopes. Copeland Forest offers what is arguably the best trail running in Ontario.

Mountain Biking at Hardwood Hills or Horseshoe Valley: It is the closest you can get to feeling like you are skiing in the summer. It requires short bursts of intensity, much like skiing and snowboarding.

Paddle Boarding on Lake Simcoe or Lake Couchiching or the Coldwater River: Another great core workout. Paddle boarding is great for staying cool and catching rays (while staying fit). Now that is what summers are all about!

Do not get too busy with summer to forget to buy your 2021/22 Podium Pass! The Winter Savings Ski & Snowboard Summer Sale Starts June 1st at Mount St. Louis Moonstone!

**Special Renewal Rate for Returning Podium Pass Holders only offered in June!**

<https://mountstlouis.com/podium-pass-rates>

**Enjoy the outdoors every day in our beautiful area!**

This month's column was written by

**Ruby Huter,**  
*Bernese Mountain Dog mascot MSLM*



**MOUNT ST. LOUIS  
MOONSTONE**

## Oro-Medonte Horticultural Society News

by Val Gillespie

### Conserving Water in our Gardens

With the extremes of climate change, precipitation patterns have become less predictable, and summers are often hotter and drier. Most gardeners are now finding their lawns and gardens parched during the summer months. For country-dwellers, draining your well to water the lawn doesn't make sense and for those in the city, watering lawns and gardens can become extremely expensive, wasteful and run-off can overload municipal sewer systems and increase pollution in nearby rivers and lakes. The time has come to change the way we garden.

Maintaining a lush green lawn throughout the summer is a thing of the past. Grass is very resilient and even without water for a few weeks, it will go into a dormant state and revive



when water is available again. Some tips to help your lawn survive are:

- mow your lawn less often-only when it gets to 3-4 inches in length
- set your mower high so you're only cutting off the top 1/3 of the blade
- leave the clippings on the lawn to provide mulch
- don't over-fertilize
- reduce the amount of turf you have by planting native plants in place of lawn
- use drought-resistant grasses when seeding new lawns

To conserve water in your flower gardens, use native plants which are used to surviving in this climate with little or no care. Wherever possible, replace your water-loving herbaceous perennials. Generally, plants that have small, thick, glossy, fuzzy or silver-grey leaves tend to be more drought tolerant. Some other plants that do well with limited water are: pansies, lavender, rosemary, black-eyed Susans, cornflowers, yuccas, verbena, baby's breath, lilacs and evergreen shrubs. To reduce the amount of supplemental water you apply to your garden, some other things you can do are:

- mulch around plants - should be several inches thick-press the mulch down around the drip line of plants to form a depression and prevent run-off
- remove weeds
- know the water requirements of your plants and group plants together based on their requirements
- add organic matter to your soil to increase water retention
- where possible, gardens should be on level ground to prevent run-off
- in very dry or hilly areas, try a scree/gravel garden

A good idea to reduce the amount of watering we do is to use a rain gauge. That way, you know how much water nature has provided and only supplement when absolutely necessary. If

you must water, here are some tips to reduce the amount you use:

- use a soaker hose, drip irrigation or a sprinkler wand and apply water at the root level
- water before 9 am to prevent evaporation which is a major cause of water loss
- use a rain barrel
- use low water pressure in the hose to prevent run-off
- water longer but less often
- for shrubs, water the root zone only, i.e. 1-3 times the width
- for perennials, water the width of the canopy

As conscientious and innovative gardeners, we can still have beautiful gardens without wasting one of our most precious commodities - water.

The next meeting of the Oro-Medonte Horticultural Society is June 28<sup>th</sup>, 7 pm via Zoom. Contact [info.omhs@gmail.com](mailto:info.omhs@gmail.com) for more information or go to [oromedontehorticulturalsociety.ca](http://oromedontehorticulturalsociety.ca).





### COVID-19 Impacts to the Township



The Township of Oro-Medonte continues to respond to the evolving COVID-19 public health crisis.

To protect the health & safety of the community, Council and staff, at this time, the Township has suspended in-person customer service by appointment, and all Township facilities are currently closed to the public.

Residents are encouraged to utilize electronic means for Township related business - **staff continue to be available to provide customer service by phone or e-mail.**

There are a number of temporary adjustments that impact the Township's services and programs. For the most up-to-date information, please follow the Township's social channels and dedicated COVID-19 web page by visiting [oro-medonte.ca/Pages/Covid-19-Information.aspx](http://oro-medonte.ca/Pages/Covid-19-Information.aspx).

As a reminder, please continue to follow the advice and direction from public health experts. To stay informed about information provided by the Simcoe Muskoka District Health Unit, please visit [simcoemuskokahealth.org/Topics/COVID-19](http://simcoemuskokahealth.org/Topics/COVID-19)

**Please note: The COVID-19 public health crisis is a fluid situation and information is subject to change.**



### Council Meeting Schedule

Regularly scheduled electronic Meetings of Council/Committee for the months of June, 2021 and July, 2021 will take place on the following dates:

#### Council Meetings:

- Wednesday, June 9<sup>th</sup> – 10:00 a.m. Public Session
- Wednesday, June 23<sup>rd</sup> – 10:00 a.m. Public Session
- Wednesday, July 14<sup>th</sup> – 10:00 a.m. Public Session

#### Development Services Committee Meetings:

- Development Services Committee - Wednesday, June 2<sup>nd</sup> - 5:30 p.m.
- Development Services Committee – Thursday, July 15<sup>th</sup> – 5:30 p.m.

All meeting times are subject to change and Special Meetings of Council may also be called on an as needed basis. For a complete schedule of 2021/2022 Council meetings, please visit the Council Portal available through our website.

Please note: During the COVID-19 public health crisis, members of the public are welcome to view Special Council and Development Services Meetings via **livestream** on the Township's YouTube channel.

### Public Participation in Electronic Meetings

The Township of Oro-Medonte has amended its Procedural By-law to allow for electronic participation at Council meetings during a declared emergency. Protocols have been established to advise how to participate in the public portions of these meetings. Please visit [oro-medonte.ca/Pages/Public-Participation.aspx](http://oro-medonte.ca/Pages/Public-Participation.aspx) for more information, including how to participate in Open Forum or request a deputation/presentation.

### Live Streaming

Township of Oro-Medonte Council meetings are live streamed. To view meetings live, visit [oro-medonte.ca](http://oro-medonte.ca) and click on "Council Portal." Please subscribe to our YouTube channel; Township of Oro-Medonte.

### Citizen and Senior of the Year Awards

Special virtual presentations will highlight the Wednesday, June 23<sup>rd</sup> Council meeting, with recognition and presentation of the 2021 Oro-Medonte Citizen of the Year Award to John Crawford, and the Ontario Senior of the Year Award to Sheila Craig.

The Township thanks and greatly appreciates John and Shelia for their many years of outstanding contributions to the community, and extends its congratulations for being selected by Council and the Citizen/Senior of the Year Advisory Group as this year's winners.

### Ward Boundary Review



The Township of Oro-Medonte has retained Watson & Associates Economists Ltd. in association with Dr. Robert J. Williams to conduct a comprehensive and independent Council Composition and Ward Boundary Review. The purpose of the ward boundary review is to identify fair and equitable electoral ward boundaries for the 2022 municipal election and beyond.

The next series of virtual public consultation sessions are scheduled for:

- Tuesday, June 8<sup>th</sup> at 7:00 p.m.; and
- Thursday, June 10<sup>th</sup> at 3:00 p.m. and 7:00 p.m.

Next steps include:

- The preliminary options report with data on the 2030 population figures by ward is being prepared for release in June, 2021.
- Recommendation report to Council for consideration July, 2021.

For updated information including how to participate in virtual public consultation sessions, please visit [oro-medonte.ca/wbr](http://oro-medonte.ca/wbr).

### 2021 Resident Parking Permits



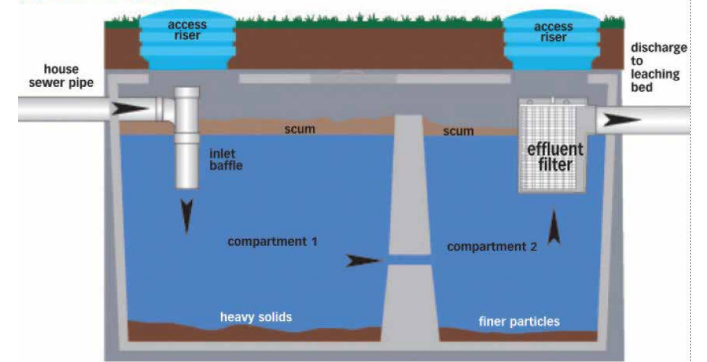
Seasonal parking permits are required annually from May 1<sup>st</sup> to October 31<sup>st</sup>. At this time, full seasonal parking permits will be issued to Oro-Medonte residents only.

Township residents/property owners who obtained parking permits in 2020 will be receiving two (2) parking permits by regular mail to the address on file for the 2021 season. If you received a parking permit in 2020 and maintain the same address, you don't need to do anything else.

Township residents/property owners who did **not** obtain parking permits in 2020 may obtain their 2021 parking permits by visiting [Permit Parking - Oro Medonte \(oro-medonte.ca\)](http://oro-medonte.ca)

### Septic Maintenance Program

#### Parts Of The Septic Tank



As required by the Ontario Building Code and Building Code Act, the Township continues to administer the provincially legislated Septic Maintenance Program in recurring 5-year cycles. As various cycles either end or restart, communication will be provided to all affected property owners. The program includes requirements from both the municipality and property owners to gain compliance.

Township Inspectors will continue to conduct inspections in 2021. Township staff will be following strict COVID-19 health and safety protocols during the public health crisis. If you see an Inspector on your property, we ask that you do not approach them directly and respect physical distancing.

For more information on Septic systems visit [Mandatory On-Site Sewage Maintenance Inspections - Oro Medonte \(oro-medonte.ca\)](http://oro-medonte.ca) or contact a representative from the Building Division by calling 705-487-2171.

### Open Air Burning

An Open Air Burning Permit By-law (By-law No. 2019-046) has been established for the purpose of enabling and regulating open air fires throughout the Township. With the By-law in place, a Burn Permit is required for open air fires in Oro-Medonte. There is currently no cost to obtain an Open Air Burning Permit which is valid until December 31<sup>st</sup> of the calendar year it was obtained in. To obtain your Burn Permit, please visit: [Burn Permits - Township of Oro-Medonte](http://oro-medonte.ca). To learn more information, including a list of frequently asked questions, please visit: [Open Air Burning - Oro Medonte \(oro-medonte.ca\)](http://oro-medonte.ca).

### 2021 Property Tax and Water Bill Due Date

#### Property Taxes

Property taxes are calculated annually by applying Council's approved tax rates to property assessment values as provided by the Municipal Property Assessment Corporation (MPAC). Tax rates include Township, County, and education taxes. Payment for property taxes is due in four installments on **the last business day** of February, April, July, and September respectively. To avoid interest charges, payment of the third property tax installment of 2021 must be made no later than **Friday, July 30<sup>th</sup>**.

#### Water Bills

Water usage is billed quarterly with payment due dates falling on the last business day of February, May, August and November. The first quarterly payment for 2021 usage must be made no later than **Friday, May 31<sup>st</sup>**.

#### Pre-Authorized Payment Program (PAPP)

Residents can enroll in pre-authorized payment programs to pay their property taxes and/or water bills. This voluntary program authorizes your financial institution to automatically withdraw payments from your bank account and forward payment to the Township. For more please visit [oro-medonte.ca](http://oro-medonte.ca) or contact the Finance Department.

### Upcoming Office Closures

The Township Administration Centre will be closed on **Thursday, July 1<sup>st</sup>** in recognition of Canada Day. Regular business hours will resume at **8:30 a.m. on Friday, July 2<sup>nd</sup>**.



### Support for the Business Community During COVID-19

We're in this together



Oro-Medonte Economic Development staff continues to work with our partners including the County of Simcoe and regional partners to provide business resources during COVID-19. For a list of available resources and government support, please visit [oro-medonte.ca/OroMedonteStrong](http://oro-medonte.ca/OroMedonteStrong)

Now more than ever, we need to support our local businesses. Visit the website to find a list of businesses that are operating and providing services. As well, you will find success stories about businesses that have pivoted their operations during COVID-19. We encourage the community to come together and share #OroMedonteStrong stories.

### Please Support Local Business



Suggested ways of how you can help local businesses and still follow guidelines for physical distancing:

- When possible, buy local
- Look for local farm gate sales, buy from local producers
- Purchase from local businesses online
- Order local meals for curbside takeout or delivery
- Write positive reviews of businesses you have visited
- Share messages about local businesses through social media
- Share the businesses social posts through your social media channels
- Purchase gift certificates now that you can use later

### Fireworks



The Township of Oro-Medonte regulates the sale and discharge of fireworks. A permit is required to set off fireworks. Please submit your request by e-mailing [MunicipalLaw@oro-medonte.ca](mailto:MunicipalLaw@oro-medonte.ca). A permit is not required when setting Consumer Fireworks off on Victoria Day, Canada Day, New Year's Eve, and New Year's Day. Consumer fireworks being set off on any day of the year shall only be set off between dusk and 11:00 p.m. **Any person wishing to discharge display fireworks must obtain a permit and hold a valid certificate issued by the Explosives Regulatory Division of Natural Resources Canada prior to setting off such fireworks.**

### Gypsy Moth Information



Gypsy Moth larvae (caterpillars) feed on the foliage of over 300 host plant species, mainly hardwood trees. Some of their preferred hosts are oak, maple, birch and aspen, alder and pine, depending on the region. The larvae chew holes in vegetation or consume entire leaves.

Understanding the gypsy moth's lifecycle is important for managing its spread and outbreaks.

To learn more please see:

- Severn Sound Environmental Association Gypsy Moth Factsheet - [bit.ly/3gOEbCL](http://bit.ly/3gOEbCL)
- Severn Sound Environmental Association YouTube Video on Gypsy Moth Life Cycle and Management Options - [bit.ly/3gOEy07](http://bit.ly/3gOEy07)
- Severn Sound Environmental Association Instructional Video on Removing Egg Masses - [bit.ly/2Qy723v](http://bit.ly/2Qy723v)

## Timely Topics

by Oro-Medonte Mayor and Council

### Internet Connectivity in Oro-Medonte

In 2020, the Township formed an Internet Connectivity Task Force consisting of community volunteers with a range of expertise including internet technology; members of Council, the Mayor, and Township staff.

Taking an advocacy role, the Task Force works with Internet Service Providers and various levels of government, with a goal of providing better broadband opportunities for Oro-Medonte, while keeping the region top of mind and a high priority.

The need for internet connectivity has become more prevalent in the last year than ever before and has evolved into a basic requirement for residents and businesses to function in day-to-day life.

The importance of internet connectivity has been recognized by all levels of government as critical infrastructure for business transactions, educational requirements, personal needs, and entertainment. Federal and Provincial governments have allocated significant funding to enable service providers to enhance opportunities for connectivity.

In December 2020, Southwestern Integrated Fibre Technology (SWIFT) announced \$41.1 Million in broadband upgrades in Simcoe County, including Oro-Medonte. The SWIFT website includes a map of expansion areas, and a list of communities in the Township that will be serviced: Edgar, Dalston, Craighurst, Horseshoe Valley, Sugar Bush, Coulson, Moonstone, and Hillsdale. This project in Oro-Medonte was awarded to Bell Canada, and started in spring 2021, with a goal of project completion targeted for June 2022.

Rogers made an announcement within the same timeframe as SWIFT's announcement, regarding a planned network expansion along Horseshoe Valley Road, representing a \$10 million investment. Rogers will expand existing fibre optic to connect 57.5 km of underserved roads, servicing more than 2,900 homes and businesses. Construction has begun.

Through a survey, Task Force members are actively collecting data to better understand available current internet broadband services and connections and identify connectivity gaps. All Oro-Medonte residents and businesses are encouraged to participate in the survey by visiting: [bit.ly/3ufo840](http://bit.ly/3ufo840).

Township staff are working closely with the University of Guelph Regional & Rural

Broadband Program (R2B2). The R2B2 program analyzes survey data and internet performance tests collected through the Canadian Internet Registration Authority (CIRA). The purpose of this project is to highlight key findings, and to examine which areas have the lowest quality of service, and highest need for broadband support. The outcome will provide a benchmark for quality of service in Oro-Medonte. Additionally, future broadband improvements can be assessed in comparison to the pre-improvement period. To view recent broadband data analysis, please see: [bit.ly/3fDp9NM](http://bit.ly/3fDp9NM).

The Task Force and staff are in discussions with other municipalities to learn more about potential opportunities. The Township also advocates and supports all Internet Service Providers to pursue available funding application opportunities. It is important to note eligible applicants must have the ability to design, build and run broadband infrastructure.

To stay-up-to-date and view details regarding Connect Oro-Medonte including participating in the survey (noted above), information regarding internet service providers, and all information pertaining to the Internet Connectivity Task Force, please visit [oro-medonte.ca/connectoromedonte](http://oro-medonte.ca/connectoromedonte).





# The Toddler Tourist: Exploring Hidden Gems in Our Own Backyard

by Hillary Handy

## The Barn Quilt Trail

Spring has faded into summer and we are here for it! Pandemic living has shown us many ups and downs these last few months. You don't need me to rehash it for you, but as a parent, it has brought forth even greater challenges when trying to plan stimulating and enriching opportunities outside our home...while we're supposed to be at home.

One activity in our community that we have discovered is best suited for ALL weather, and all seasons, including those seasons of life when we are staying at home. I present to you the Barn Quilt Trail. Ever heard of this before? It is an artistic initiative by the County of Simcoe and the Simcoe County Federation of Agriculture whereby 8x8 squares, inspired by quilting designs, are installed on local barns.

This local project was inspired by the 150th Anniversary of Canada's Confederation. You have probably driven by many and thought how nice they look on their own. But they are part of a greater art installation. Pieces were designed and created by local artists, various community groups (like residents at Trillium Manor) and some of the barn owners themselves. It was an awesome community engagement effort, all done by volunteers! You can view the interactive map on the Experience Simcoe County website which highlights the locations very easily. There are 155 in total across the County, many of which reside in the beautiful farm country of North Simcoe.



outing can double as a history lesson, in the greater context of Canadian history, or smaller scale with local history facts posted on each of the barns on the interactive map. Some farms will have items for sale on site, so you are also able to support local and throw in a lesson about finances and economics while you're at it.

and whatever local goods you purchase at some of the sites. In my book, this is a huge win and boasts many positive outcomes for such a simple, low-risk activity that can be done whenever!

So, while the weather and this current pandemic climate we find ourselves in is changing daily, this activity can be done anytime and in any weather. Let us know what you and your family think of it!

The best part of this activity is that it is FREE! The only cost incurred would be gas

*Anna's  
Editing  
& Writing  
Services*

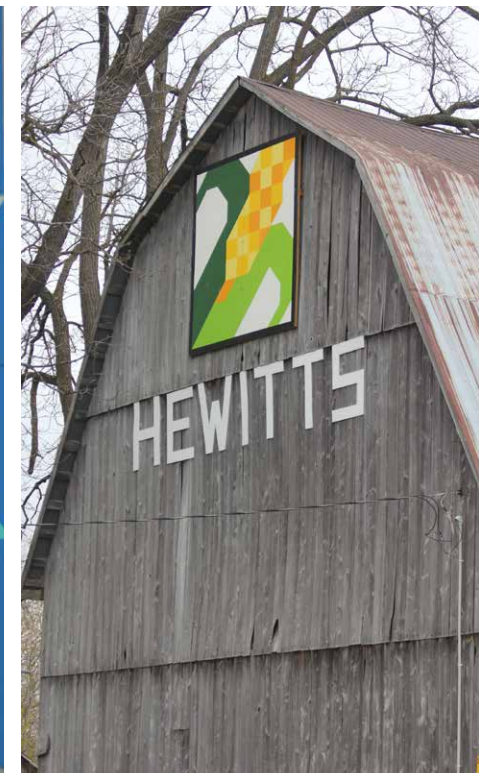
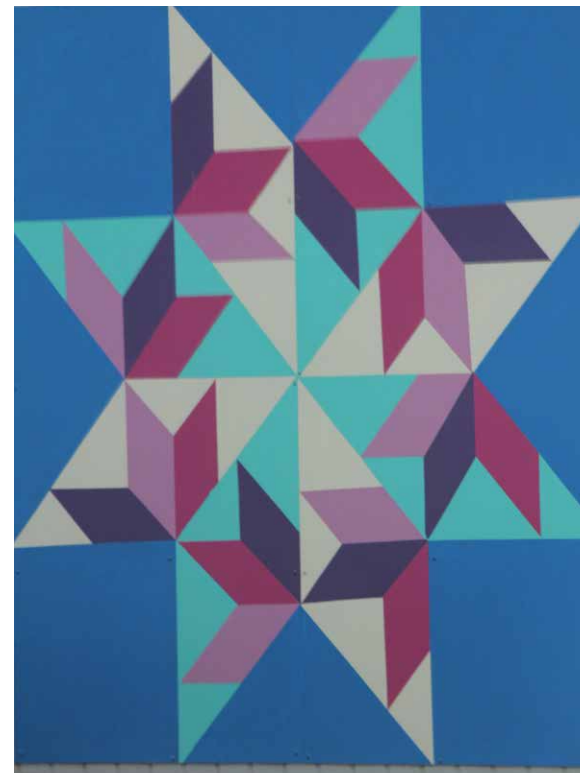
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We have been able to do this activity when driving home from the grocery store, while filling time on a rainy day, and while travelling to our next adventure. All you need is a keen eye and a vehicle. Pack snacks to make the drive more enjoyable and to stretch out the activity. Print off the map or make a list of the locations and check them off as you find them- whether in one trip, or many! Turn it into a game of I-Spy as well, to engage children to notice the different colours and shapes.

Some locations are on busier roads, like Highway 12. But others are more secluded, so it's easy to pull off and even get out to get a better look. Please be mindful of the farmer's private property. They don't mind you viewing from the road, but you shouldn't wander on their lawns or over their fields to get closer.

One that is easily accessible for wandering with toddlers is at Hewitt's Farm. You can get pretty close and then even pop by the Market to pick-up a few local goods! Another barn square that is great to explore up close is at the Coldwater Canadiana Heritage Museum. Sometimes it is difficult for children, especially toddlers, to understand the concept of a car trip if there is no destination or reward at the end of the commute. By incorporating these trips into your regularly scheduled outings, it can make the ongoing scavenger hunt more fun!

For older children, this family

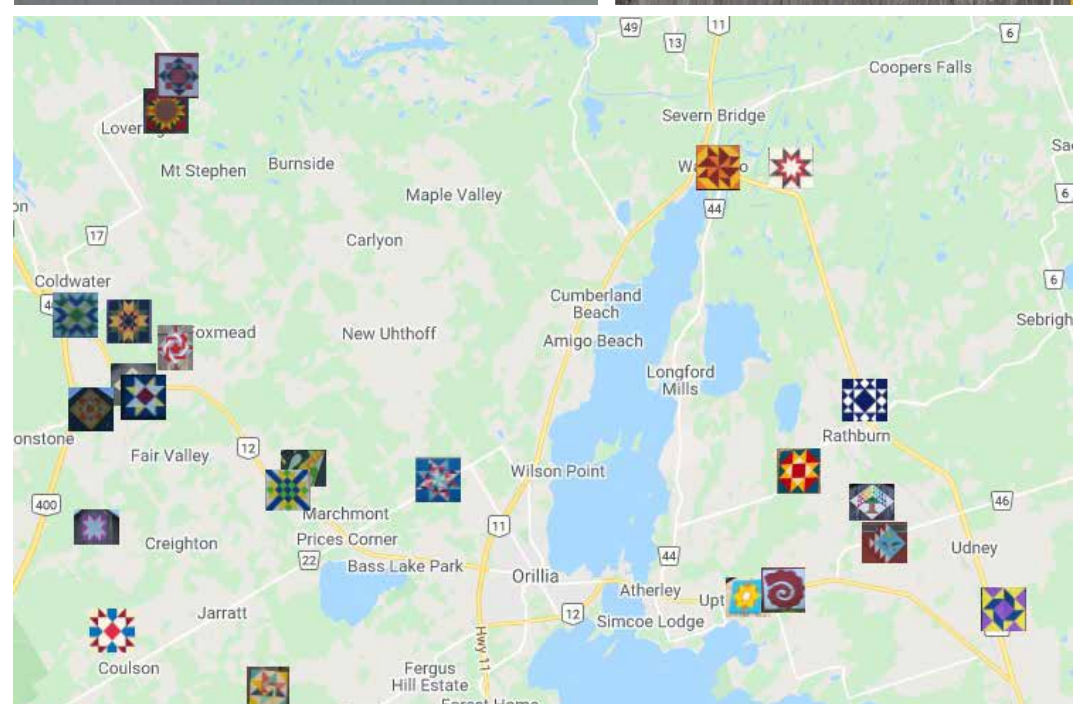


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# Welcome to Cottage Country?

By Joan Mizzi-Fry, member of the board of directors of Rama Legacy Alliance

What is one of northern Ontario's fastest growing 'cottage' industries?

It's not what you may think...

It's been a dream of mine to be a contestant on the game show, Jeopardy! I would exchange light banter about being Canadian with Sudbury-born host Alex Trebek. He might ask me how I like my Timmys and where to get the best poutine and so forth: secret code stuff fellow Canadians everywhere could appreciate. The game finally commences, and the categories are revealed including, "Canada's Playground". When it's my turn, I of course pick that category for \$100 with the answer is question: "This is one of northern Ontario's fast growing cottage industries." In this dream I guess: "What is bird house building?"

But alas, the correct answer is: "What is aggregate mining?" In my dream fantasy I lost \$100, and unfortunately the reality is, aggregate mining is on the increase in cottage country.

Well-managed, aggregate mining is necessary; however, does it belong within 80 meters of a residential community? As far back as July 1984, a citizens' group representing the Floral Park community located in Ramara Township north of Orillia, has been challenging a local quarry too close to our neighbourhood. Back then, the quarry company was applying to increase the annual extraction amount from 15,000 tonnes per year, to 100,000 tonnes per year. Over the years, this number has crept up to 300,000 tonnes per year, accompanied by the increased issues that potentially threaten local water, health and safety, and the environment.

Several years ago, Township received from an aggregate mining company, a new application to expand the existing quarry and blast a new quarry next door, approximately 240 meters from a designated waterfront community.

A major milestone in our fight was reached on July 22, 2019 when Ramara Council voted 5-2 not to approve the aggregate company's rezoning application that would've paved the way for the new quarry.

Not pleased with the Council's vote, the aggregate company submitted an appeal to this decision, forcing the issue to be heard at the Local Planning Appeal Tribunal (LPAT), formerly the Ontario Municipal Board (OMB). The quarry company is entitled to submit an appeal. At LPAT, all recognized parties, including Ramara Township and local citizens, will have an opportunity to present evidence to support the Council's decision. Want to know more about LPAT? Please visit: [www.OLT.GOV.ON.CA](http://www.OLT.GOV.ON.CA).

Ramara Council's overwhelming vote supports the citizens of Ramara who effectively presented their concerns in writing and at two standing room only public meetings. When the news of the appeal reached Ramara Mayor, Basil Clarke, he was quoted in local media as saying to the aggregate company: You mined the rock you said you were to mine. We've honoured that deal. Goodbye. There's no reason why they can't move farther north. There's no shortage of granite. I'm really hoping the province and LPAT will see the wisdom in that.\*\* Supporting the Township's position is Ramara Legacy Alliance ([www.ramaralegacyalliance.com](http://www.ramaralegacyalliance.com)), a local organization coordinating efforts along with the Township in preparation for LPAT.

However, Ramara Township is not alone here. Numerous con-



cerned citizens groups throughout Ontario are facing applications for pits and quarries, the LPAT hearings where many of these fights end up, or the enduring consequences of pit operations. "It is unfortunate but true," said Bryan Smith, President of Gravel Watch Ontario, "that community after community has to endure essentially the same fight and the costly LPAT process when clearer legislation and regulation in the province could be enacted".

According to Mark Dorfman, a well-respected planner with more than 45 years' experience, it's important citizens step up and share their experiences at LPAT.

"I always believe that the people who live within the community, they're the ones that understand their own community. The people who live there, can and particularly if they already have experience with, let's say, a gravel pit or quarry or whatever they can explain to the tribunal, what the issues are, in other words let the people who live in the community describe the community character. Talk about the stability of the community, the diversity of the community. You can discuss the impacts of the traffic, dust, or whatever, even if there is no quarry there, there's still traffic and there still issues, and so how the community works is really what should be explained by the people".

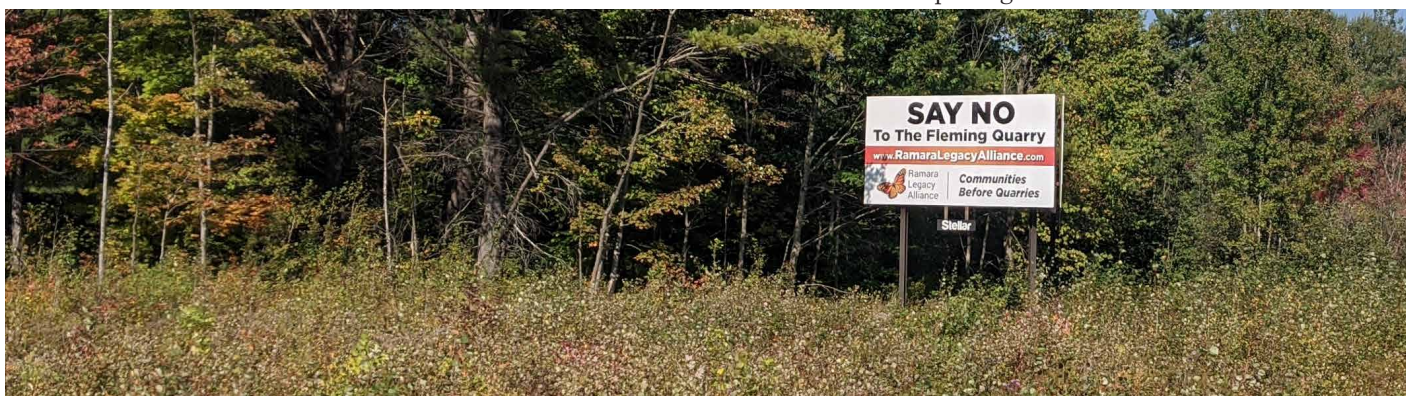
Wise and profound words from Mr. Dorfman. It is communities like Floral Park who are the backbone of stable, sustainable growth in cottage country. Long before the pandemic began to surge, more cottagers were becoming full time residents. Whether full time or seasonal, property taxes are the same and account for 64.9% of Ramara Township's revenues. Whereas Ramara's nine pits and fourteen quarries contribute approximately 1%\*\*.

This may look like a David vs Goliath scenario; however, the good news is citizens play an integral role in standing up for their community. With the support of qualified experts, the municipality and enlightened provincial agencies; citizens sharing their experiences creates a cocktail of best defences.

According to the aggregate company, if they win at LPAT, they could be extracting granite for another 76 years in this location so close to the lake. So, long after the pandemic is a distant memory, communities like Ramara may have to endure decades of living with potentially damaging side effects to the environment including the designated waterfront. If another quarry is permitted to develop, perhaps this community's legacy could be in jeopardy?

\*Orillia Matters, July 27, 2019

\*\* Ramara Township Budget 2019



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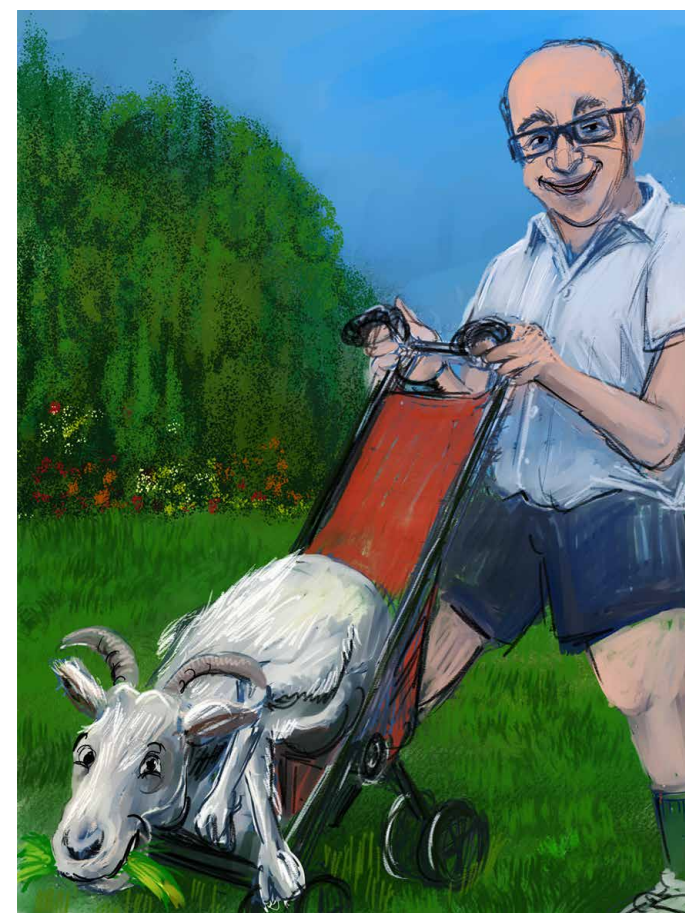
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## Ask Risha by Risha Yorke

As a Business and Success coach, I answer questions about business and your own personal path to success. Send your questions in to [rissha@yorkemotivational.com](mailto:rissha@yorkemotivational.com).

I'm feeling overwhelmed. As a woman, in this pandemic, I feel like I'm carrying more than my fair share. The mental load of the day to day, work, kids, planning Covid-safe shopping, errands, chores. All this without my usual support system. It's too much. Help! —Anonymous

I see you. I am you.

I'm not going to pretend we are exactly alike, I don't know your life. However, women are having a shared experience that, I'm hoping, will unite us all in making some big changes going forward.

It is not lost on me that I run a business that specializes in elevating women and forwarding women's equality while over 100,000 women have left the workforce since March 2020. I'm not going to minimize it. Women have absolutely taken on more than their fair share, I would argue, for decades, but we are seeing the reality of the issue amplified as a result of Covid-19.

I'm going to give you a couple tips on what has helped me. I still struggle. I still feel sad. It's important to feel the feelings. You don't need to normalize this. I hope that what I share helps you, if only a tiny amount.

**Triage.** Take stock of what's on your to-do list and start crossing stuff off. Some things just aren't that important, no matter how much you tell yourself that they are. What can you just let go?

**Take the easy way.** I started going on dinner strike. I call it, "fend-for-yourself night". We eat whatever, unplanned. A recent client said to me, "Sometimes done is better than perfect," and it's going to be my pandemic mantra. Nothing is going to be perfect right now, so stop trying to get there.

**Pause, don't quit.** I can only work for a couple hours a week. I do my best to be entirely present, but I'm not going to lie, I was interrupted four times writing this column (emails, client calls, kids having night terrors). I will keep moving forward, even if it's in inches. Mostly because I LOVE my job and it recharges me. Do your best, not your actual best, your pandemic best...they are different.

**Practice mindfulness.** Doing small things with purpose help me clear my mind. Enjoy your tea using all five senses. Have five minutes to yourself and listen to your breath and heartbeat. Sit outside somewhere quiet and think about the things you are grateful for. This resets your mindset and puts you in a more grounded place.

**Talk to a professional.** I cannot overstate the benefits of therapy. If you can afford it, do it. If you can't, look into local mental health programs or groups. Having the ability to talk uncensored to someone who can be completely objective is a gift. There has been a ton of online programs pop up over this last year.

**Connect with other women.** We understand. We are feeling this too. We can be here for each other. There is still community to be had, six feet apart, virtually, by phone, online, over video. Find and build yours.

**Ask for the support you want and need.** You deserve it. You'll be surprised, people will come through.

You have the strength of the generations of women who came before you in your DNA. Recognize that and give yourself some credit. When this is all over, we are all in need of some serious recharging, refocusing and revolution.

## New Book: History with an Edge, by Local Judge Peter H. Howden —submitted

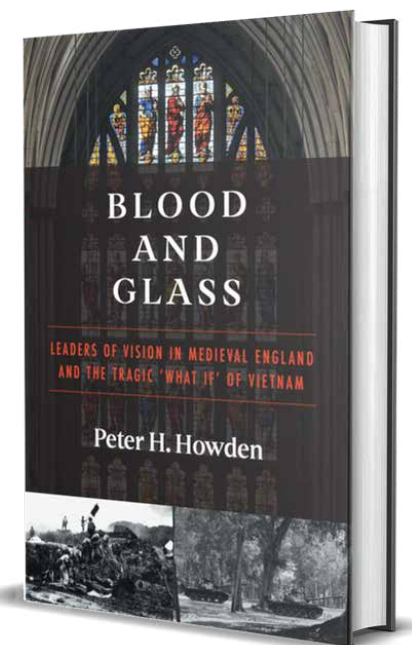
HENRY V TO JOHN F. KENNEDY: Unlikely Visionaries, JFK's Decision to Withdraw or to Fight in Vietnam, and the Lessons of History

On the cusp of change from the dark ages in England and in another era of great change in 1960s America, five leaders glimpsed ideas that have led to important developments in education, economy and finance, the rule of law, and exploration of ways to achieve peace and go to the moon. A new book, *Blood and Glass*, profiles from a new perspective the lives and contributions of unlikely visionaries from Henry V to Elizabeth I and John F. Kennedy, concentrating on Vietnam before the civil war escalated beyond anyone's imagination and on space exploration. On that decision to fight or to withdraw rested the fate of 600,000 military and civilian lives. That is one estimate of human loss after his successor's decision to send combat troops to Vietnam following Kennedy's assassination.

Most importantly, though, this book urges a critical examination of the causes of decisions favoring war using cloudy

objectives and deception, and the kind of person that needs to be selected in future to positions of power over war and peace, national unity and division. The juxtaposition of these two periods of great change lays bare themes in English and American history that have led to dissonance, attraction of authoritarian rule, and the conspiracy fantasies of today. The book also enters the philosophical debate among some historians on human nature as essentially universal or changing with the cultural context. *Blood and Glass* basically tests history as a source of lessons for the future.

This is history with an edge and a new slant that readers may find refreshing, mysterious and compelling. *Blood and Glass* will be available in hard cover, paperback and ebook form through well-known book outlets like Chapters/Indigo, Amazon, Barnes and Noble, Kobo and Kindle e-books, now through Friesen Press online bookstore and many others. To find out when *Blood and Glass* is being released, click here [www.peterhowden.com](http://www.peterhowden.com).



### About the Author

The author is Peter H. Howden, a history and political science graduate and a Juris Doctor in law, who has been a participant in politics in Canada before his years as a judge and is a close observer of European and American government. He resides in Barrie with his wife Agnes.

## Project SPEEDIER Targets Net-Zero for Parry Sound —submitted

Project SPEEDIER is one of the first projects to assist Parry Sound in meeting its goals around becoming one of the first net-zero communities in Canada. This three-year local project is led by Bracebridge Generation with support from the Town of Parry Sound and Georgian College and a \$3.75-million investment from the Government of Canada. Project SPEEDIER follows *Natural Resources Canada (NRCan)* objectives of reducing GHG emissions, to adhere to Canada's Paris Agreement commitments, and to maintain the natural beauty of the Parry Sound area

The SPEEDIER team is pleased to announce that the completion of baseline reporting shows significant reduction potential as soon as next Earth Day

The SPEEDIER project includes the installation of a 500kW AC/648kW DC Solar Net Metering Solution and a 2.514 MWh Tesla Battery Energy Storage System (BESS), as well as a Level III DC Electric Vehicle Fast Charger and three Level II Electric Vehicle chargers, 10 Tesla home Powerwalls and 50 hot water tank controllers. These new assets are part of the solution to reduce GHG emissions by shifting the electricity load to times when the electricity generation mix is cleaner.

Bracebridge Generation already produces green energy in Parry Sound through their 3.25 megawatt waterpower generation plant.

For more than a year, Bracebridge Generation has worked with Georgian's Research and Innovation department to develop a GHG emission report. This report specifically outlines the potential reduction of GHG emissions by deploying these assets onto the Parry Sound electricity grid. The team used the international *GHG Protocol for Project Accounting* and the *Guidelines for Quantifying GHG Reductions from Grid-Connected Electricity Projects* to develop the framework for the baseline emission calculations and GHG reduction estimates.

Scott McCrindle, a professor in Georgian's Computer Studies academic area, has a Master's degree in Environmental Practice from Royal Roads University with a focus on Distributed Energy Technologies (DET). McCrindle led the research, determining the existing emissions that would be negated by deploying each of these assets, considering product specifications, deferred or removed electricity generation, industry best practices and vendor data.

"Bracebridge Generation has been very fortunate to have the expertise of Scott and the team at Georgian College," said Chris Litschko, CEO of Bracebridge Generation. "Scott's report is industry-leading on the process of completing the NRCan GHG reporting template, which will provide the analysis of our Parry Sound project outcomes for years to come, and will be the basis of future project emission estimates.

McCrindle is grateful to work with Bracebridge Generation on this ground-breaking initiative. "This collaborative effort to implement frameworks that account for the GHG performance of the SPEEDIER project will help electrical utilities to more effectively integrate and deploy smart grid technologies. Such assets can improve grid resilience, responsiveness, and flexibility, while also producing verifiable reductions in GHG emissions. This important research is an example of the type of work required to develop more sustainable energy systems — work that will require the courage and imagination of people who are willing to do things differently.

If you would like further information pertaining to project SPEEDIER and would like to know how you can get involved, please visit [www.speedier.ca](http://www.speedier.ca).





# Behind the Mask

by Natasha Claire

Part 3 (For parts 1 and 2, please see our February and April issues)

I had decided not to confront Jasper about the shirt. I had been too tired. In fact, I still was.

As I jumped from rooftop to rooftop, I held back a yawn. My discovery about Jasper had kept me up all night. My arms and legs were still sore from the fight yesterday, and a headache had taken over, making my head throb.

Deciding to take a break, I sat down on the edge of the roof. The soft breeze blew through my hair, the warmth of the setting sun tickling my cheeks. A smile spread across my lips, and my head tilted back as I let myself relax.

I usually searched for people causing trouble (villains, criminals, whatever you want to call them) from the rooftops. It gave me a better view of the streets, plus I enjoyed the open space.

A loud crash broke the peaceful sunset air, and I opened my eyes with a frown. A few buildings down, two people were wrestling on a roof. I recognized one of them as the hero 'Thor'. He wasn't actually the God from Norse mythology, he just liked to call himself that because his superpower was super strength (and he had a God complex). But despite his power, the other person seemed to be giving him a run for his money.

I got to my feet with a sigh, muttering to myself, "Guess I should help him".

But as I got closer, Thor's opponent became visible, and I stopped dead in my tracks. It

was Jasper. The left sleeve of his shirt had been torn off, and he had cuts all up that arm. His hair fell around his eyes, but as he and the hero tussled I caught a glimpse of his face. A black mask covered his nose and mouth, but I could see his eyes. They were wide and full of rage. I had never seen him like that.

"Hey Prism!" Thor's rugged voice echoed through the air, snapping me out of my trance. "Come help me over here!"

I didn't know what to do. On one hand, Jasper was a villain. On the other, he was my boyfriend.

*What do I do?*

I stood there, helpless, watching as Thor flipped Jasper onto his back. The hero started pummeling his opponent, and I finally heard a loud 'crack' as Jasper's head was slammed into the concrete.

That's what got me.

I ran at Thor, a shard of glass forming in my hand. I clenched my fist around it, then leapt across the two rooftops. Closing the gap between Thor and I, my shard of glass found his chest. He cried out in pain, and I rolled backwards to put space between us.

"What are you doing?" He hollered, pulling out the shard and glaring at me. I didn't answer him. Another piece of glass appeared in my hand, and I threw it at him. Shard after shard, I kept tossing them, not giving him any time to react.

I finally stopped, turning away from the now-still man and fell to my knees beside Jasper.

His eyes were closed, and for a moment I thought he was dead. But after I calmed down a little, I realized that his chest was still rising and falling. He was breathing, which meant he was alive.

Tears fell down my face, although I couldn't tell if they were happy or sad tears.

I gently slid my arms under his chest and legs, then picked him up. He was heavy, but I was strong.

It was a long walk back home, but it gave me time to think.

Once we got to our apartment, I awkwardly unlocked the door and carried him inside. I smiled



to myself. Usually it was the man who carried the woman into the house. I guess things could change.

I laid Jasper on our couch, then headed to the bathroom to get bandages, hydrogen peroxide and a bowl of clean water. I cleaned him up, then gently covered him with a blanket.

Sitting on the floor beside the couch, I leaned my head back and let my eyes drift shut.

I knew that I would lose my hero status. A hero who attacked another hero was a big no no. A heavy sigh escaped my lips, and I ran a

hand through my hair.

But I knew that I wouldn't have done anything differently.

No matter what, villain or hero, I knew that I loved Jasper more than my job; I always would.

Natasha Claire is the pen name of a 16-year-old local writer whose first novel, *Survive the Wild*, was recently published and can be found on Amazon here [www.amazon.ca/dp/B08Y15N6HX](http://www.amazon.ca/dp/B08Y15N6HX).



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## The Couchiching Conservancy: Events and Activities to Connect you with Nature—submitted

The Couchiching Conservancy has launched its seventh annual Passport to Nature program and 17<sup>th</sup> annual Carden Challenge.

The Passport to Nature program is a series of events throughout the year that help connect people to nature and the many protected areas in our region.

“Our team of volunteers and nature specialists have put together a great line-up,” said Passport to Nature Committee Chair Kathy Hunt. “While some of the activities will be online presentations and downloadable activities, they are all designed to get people inspired about being out in nature.”

Whether you want to learn about forest fungi, different kinds of reptiles, or what those tracks in the snow are, the leaders are keen to share their expertise. You can also join a guided bicycle or hiking tour, and families can have fun creating a homemade nature journal or being a nature detective.

Thanks to the outstanding and generous support of our sponsors, such as Cuisinart, Sojourn Outdoors, Northern Ethical Investments and John Madden of Edward Jones, it's all free! Additional donations that are made when people register, help the Conservancy do even more for nature in our region.

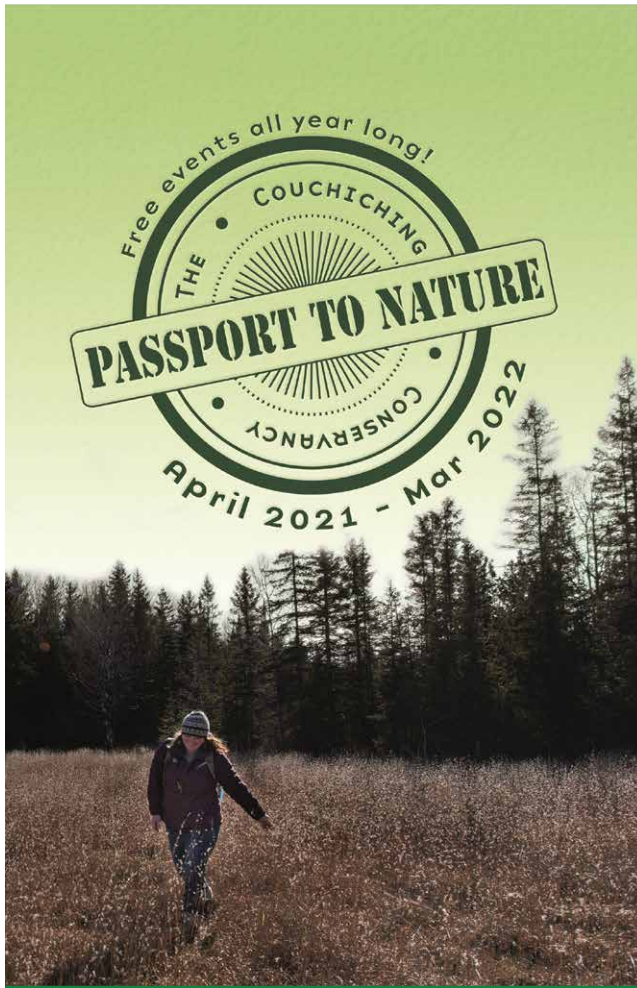
Passports can be picked up at Orillia and Lake Country, and various downtown Orillia locations once things are reopened, or check the website for locations.

In addition to the Passport program, the Carden Challenge is back for its 17<sup>th</sup> year. The Challenge is a fundraising event, similar to a walkathon, but instead, teams count as many species as possible in 24 hours. On May 28 – 29, participants will be getting some exercise while staying within an 8 km radius of their home. All money raised from this event supports efforts to protect and save the Carden Alvar, a globally rare landscape, just 30 minutes

from Orillia. Everyone is welcome to take part – you do not need to be an expert in identifying species, but it is a great opportunity to learn. A love of nature is a must!

The Couchiching Conservancy protects thousands of acres of wilderness in the region, and manages over 13 km of trails and footpaths. The Nature Reserves are protected by the community for all communities, from humankind to insects. There is no cost to visit the Reserves, but donations are appreciated. In 2020, over 85% of support that powered the Conservancy came from the community.

Learn more about the Passport to Nature program and Carden Challenge on our website, [www.couchichingconserv.ca](http://www.couchichingconserv.ca).



## Dalston-Crown Hill and Forest Home United Churches

by Janet Panting

Dalston-Crown Hill - 1734 Penetanguishene Rd., Springwater (in hamlet of Dalston)

Forest Home - 165 Line 15 North, Orillia, (in hamlet of Forest Home)

Is everyone looking forward to a more open summer this year? Hopefully now with the vaccines, we can move further from home and re-connect with family and friends in person, instead of on the phone, or Zoom. Until this pandemic, we certainly took for granted all our freedoms and privileges. Let's not forget this and cherish every moment we are able to go wherever we want and see whoever we want, face to face.

### A message from Rev. Will...

I'm one of those who has often lamented how busy life can be in our day and age. Ironically, now that circumstances have limited what we can do with our time, especially lately, I seem to hanker after activities that would inevitably overcrowd my calendar once again.

To make the best of this challenging season, in my better moments at least, I have tried to focus more on my important relationships: with friends, family and God. As I have reflected on this intention, I have been reminded that an important element in all relationships is time. Though sometimes we talk of the importance

of quality time spent on our relationships, it strikes me that quantity of time is also key. In fact, the amount of time we dedicate to a relationship signals a lot about how important it is to us.

Somewhat to my surprise, reflecting on the connection between time and relationships has given me a new appreciation for prayer. In Matthew 6, just before teaching his disciples the “Our Father”, Jesus famously said it was the hypocrites who liked long prayers. “Don't be like them,” he asserted, “your Father knows what you need before you ask.” In other words, we can keep our prayer life short and sweet; at least so I have often thought.

I suppose, if the point of prayer is to ask God for things, then we can get right to the point, God already knows. But, if we view prayer more broadly as a conversation with God, we may want to invest some more of our time. There are lots of reasons or excuses we can make as to why prayer is “problematic”, not least that we sometimes don't receive the answers we're hoping for. And, sometimes the pretentious prayers of others may make our eyes roll.

But, if we want to improve our relationship with God, as with any relationship we need to

put the time in. Seen as engaging in our relationship with God, rather than just as asking for things, even good things, prayer becomes vital and worthy of our time and commitment. As I myself will keep trying to do, let me encourage you to make your relationship with God a priority in your life. As you do so, set aside the time you need with God, in prayer.

- Will

### A Report from the Dalston-Crown Hill Church Ghost...

Ghost has noticed that the Church is very much into “Earth Day Objectives” during Covid.

We have...

REDUCED the number of people in the building  
REUSED the resources available to us  
RECYCLED the volunteers to other jobs and positions

Well Done, Congregation!

### Just reported from custodial division of Property Committee...

Pleased to report the finish on the basement floor has stood up well considering it has been more than a year since it was done!

Also pleased to report the congregation has been very observant of the “Toilet Paper Shortage” and we have almost as much as before the pandemic.

Not so pleased to report the flies and dust are both continuing to increase in the building.

That is why you have a poor sighted, dopey and confused person around there!

- D.A.C.

Sunday worship continues through Zoom (by computer, tablet or phone). A huge thank you goes out to the Zoom operators and musicians at the churches. Special music is provided by individuals recording their music, then the zoom operators showing us their video, or we listen to their recording. We have some very talented vocalists, and a pianist.

With no events happening at the churches, Rev. Will is offering some one-session Bible studies, or multiple sessions, along with some Book Study Style sessions by Zoom. If you would like more information on these, or have a suggestion for a topic, please contact Rev. Will (see contact info below).

### ENJOY YOUR SUMMER

Take care, and Stay Safe!

If you would like to join either of our Zoom worship services,

or a Bible Study session, please call Rev. Will for the information.

To reach Rev. Will Haughton

Phone: 249-877-0393 (local call)

or Email: [howareyall2@gmail.com](mailto:howareyall2@gmail.com).

Check out the websites at:

[www.ForestHomeUC.ca](http://www.ForestHomeUC.ca)

or email: [foresthomeunitedchurch@yahoo.ca](mailto:foresthomeunitedchurch@yahoo.ca),

[www.DalstonCrownHillUnitedChurch.net](http://www.DalstonCrownHillUnitedChurch.net) or email: [dalcrown@gmail.com](mailto:dalcrown@gmail.com).



# Edgar/Clowes Community News

by Patricia Shellsell

Many in the area have received their first vaccine, so hopefully life will get back to normal in 2021.

Sympathy is extended to Lena Simpson and her family on the loss of Charlie. Lena and Charlie were just a few days from their 75<sup>th</sup> anniversary when Charlie passed away. Charlie had been very proud of the letter from the Queen. Charlie was an avid gardener, and his vegetables were always winners at the Oro World's Fair. Charlie was skilled in woodworking and could always be counted on to repair items at the hall. He was also skilled at cutting pies at our strawberry supper.

Alberta Slessor is pleased to have her first great-granddaughter, Cora, named after her great-grandmother.

My two neighbouring families have been very kind to me during Covid-19. The Beer children delivered flowers for my birthday and Easter. My new neighbour, Marshall, who is in Grade 1, delivered a plant for Mother's Day. He is quite the conversationalist. Thank you everyone for the kindness.

If you have news, call Pat at 705-739-7579.



## Oro Lions Continue to Serve

by Lion Bob Murray

The Oro District Lions Club continues to serve despite Covid-19 restrictions. One hundred white pine seedlings have been distributed free of charge to residents of Oro-Medonte. This tree planting project falls in with one of our target programs: the environment. The number 100 is significant in that it pays tribute to the 100 years that Lions Clubs have been in Canada. Lions International was formed in 1917. The first club outside of the USA was chartered in Windsor Ontario in 1920. The Oro District Club was formed in 1973.

We are looking forward to better days ahead when we can get back out in person to provide the hands-on service that we dearly love. We thank everyone that planted the trees. Our Lions members roots go deep in our community; as will those of the trees. Our motto: We Serve.



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# Coldwater, a Village on the River

by Sue Pitz

As one grows older, folks around you are inclined to remark that you don't take change well, you don't let stuff roll off your back, and you tend to be a little wired at times. Hah! That's because they don't connect with your world.

I had an interesting conversation with my daughter last week where she related a conversation she had with others a little younger than her. That conversation was about a song which used the English language, but the words all had connotations. (I'll leave it to you to look up that last word). Anyway, it just proved a point I was trying to make that our language has taken several detours in the past years, leading to the present problem. When I say (or write) something, are you going to understand exactly what I mean for you to understand? Or are you going to misinterpret what I had said or read, based on the fact that the words I speak or write mean something entirely different to you?

To expand the question even further what would you think if I said I was in Toronto and took the tube to my destination? If you were English or read or watched British media you would know exactly what I mean: the subway.

All this is leading to my main concern right now. Communication has become challenging with younger generations and when you reach my age there are more than one generation after me.



Picture of Bakery in Coldwater 1900

Thankfully, the local residents of Coldwater clearly understood the stay-at-home request during this crisis. Shops had curbside pickup service. I wish to thank all the shop and business owners of Coldwater and area. We know it has been a struggle. Thank-you for keeping us safe.

Years ago, when we had another local paper, I wrote a few articles (well

dozens actually) about gardening, local events, and residents of the four-legged variety. Hopefully, the many new human residents will read this kind warning. Although we have paved roads we are still in an area where the local four-legged residents have lived for centuries. Many of them have moved to another location but a few have not and a few just might make an appearance near you. One is quite large with a shiny black fur coat, sometimes seen with one or two smaller versions. Please do not feed, do not approach, stay indoors. It is also wise to remove bird feeders and not to put them out until

the cold weather returns.

Keep your garbage can lids on tight. Keep your bar-b-que clean. Who wants skunks around? Or raccoons?

Sadly, many folks have lost a small, loved pet to a fisher. No, not someone with a fishing rod! A four legger predator, furry, looks like a mink and vicious and dangerous. If you let your cats loose at night, take care! Look it up on your computer.

Last year we had a visit from a porcupine, probably displaced by all the construction taking place in the village. Do not approach. This applies to all wild critters. Please remember that they were here before us, and are important on the food chain and as pollinators, each in their own way.

I purposely did not write about other things going on because there isn't much going on as there was in previous years. I hope your family has grown closer. You can have a family get-together on Zoom. I hope you have learned how to shop over the Internet, how to take classes and watched many interesting tutorials. When all is said and done, my hope is that we will all come out of this crisis better citizens, have closer-knit families, whether blood kin or close friends, and more dedicated Canadian citizens. Until next time...

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## Home Tour Goes Virtual

The Canadian Federation of University Women (CFUW) Orillia Homes for Scholarships Tour is going virtual this year. This year's Homes Tour features an exclusive tour of five local

homes, short vignettes led by local experts on seasonal topics, and a chance to win one of ten fabulous door prizes. The virtual tour will be held on Sunday, June 6, 2021 from 2 to 4 pm.



This popular event supports scholarships for young women pursuing post-secondary education. Since 1974, CFUW Orillia has awarded \$303,025 in scholarships to 685 young women.

"Our commitment to continuing to provide scholarships to young women was the primary factor for keeping the Homes Tour alive during the pandemic," said Ann Duncan, President, CFUW Orillia.

In this year's virtual Homes for Scholarships Tour, attendees will have an opportunity to enjoy a glimpse inside five magnificent homes and get seasonal entertaining tips from ten local area experts, all from the downtown or from the surrounding Orillia area. These experts include representatives from Northern Joinery, Era 67, Le Petit Chapeau, Long Way Home, Housser's Paint & Wallpaper, Scott's Garden Centre, Quayle's Brewery, AtherleyArts.ca, and MJ Crawford, Landscape Design Consultant.

The \$30 tickets to the event are available online at [cfuwhomestour.ca](http://cfuwhomestour.ca). To create an experience designed specifically for each attendee, CFUW Orillia is offering, as an additional purchase, two unique VIP Experiences, Afternoon Tea or a VIP Dinner for Two. Relax and enjoy the event while enjoying a late afternoon lunch or elegant dining for dock, deck or dining room.

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CFUW ORILLIA

*Sunday* June 6<sup>th</sup>  
2 - 4 PM

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## New Nature Centre: Connecting You with Nature Throughout the Seasons —submitted

Tucked away in the far eastern corner of Ramara Township, on a remote Concession Road, you'll discover the Robert L. Bowles Nature Centre. This newly established, off-grid nature centre is a place where you and your family and friends can go and experience the physical and mental benefits of being in nature.

There is scientific evidence, along with countless studies, that being outdoors, connecting with others and staying active is beneficial to our health and wellbeing. Being outdoors, engaging in recreational activities, having fun and getting exercise is a perfect remedy for those suffering from isolation, depression and anxiety.

The nature centre offers 100 acres of meadows, apple orchards, a pond and Provincially Significant Wetlands. There's even a small 9-hole organic golf course. (Lessons available for your short game.) The centre provides the perfect habitat diversity for several species of wildlife, plant life and pond life. Trails have been created to enhance your wildlife viewing opportunities. This past winter we observed moose in their natural habitat and were able to capture close up videos of them with our game camera.

The centre has been named after Bob Bowles, a resident of Oril-

lia, Ontario. Bob is an award-winning writer, artist, photographer and Master Naturalist. He also developed and is the coordinator for the Ontario Master Naturalist Program offered at Lakehead University. We wanted to honour and pay tribute to Bob for his lifetime conservation achievements and for his role as custodian, protecting and caring for the lands throughout the province.

Each season, nature walks and programs, led by our Master Naturalist, Bob Bowles, are offered on all aspects of the natural world and each of the ecosystems found at the centre. These activities include mammal tracking, butterfly and dragonfly identification and recording, and the study of trees (dendrology). Classes are offered on vascular and non-vascular plants along with mushroom identification and the great role of fungi in natural ecosystems. We'll also be studying the wetlands and their role and importance to the balance of our ecological system.

Bush breathing, a meditative activity, similar to a therapy called Forest Bathing, is also available. This experience taps into the powerful health benefits of being in nature by reducing symptoms of stress and anxiety. This therapeutic adventure is offered daily at the centre.

Wellness classes and events are also on the schedule. These include Reiki, Therapeutic Touch, Sound Healing, Biodynamic Craniosacral Therapy and Yoga. Our instructors are registered and certified.

To make travelling easier for people, tent and tent-trailer camping for our one- and two-day programs is available. We are also in the midst of putting the finishing touches on a Tiny House for those that wish a little more luxury for overnight stays.

The nature centre is a great place to relax, spend quality time with your family and friends and participate in outdoor, healthy activities.

"We will help you connect with nature throughout the seasons with snowshoeing and mammal tracking in the winter, watching and learning about nature as it awakens in the spring, to camping and sharing stories in the talking circle around the fire pit in the summer, to learning about nature's harvest in the autumn."

*Bob Bowles*

We want to excite and inspire you to become stewards of the land and create your own one-on-one relationship with nature. We're hoping after your visit to the Robert L. Bowles Nature Centre you've acquired new knowledge and a feeling of re-connection.

In order to keep everyone safe, all Covid-19 regulations and protocols set out by the province and Simcoe-Muskoka Health Unit are followed at the centre.

For further information on our programming please visit [robertlbowlesnaturecentre.com](http://robertlbowlesnaturecentre.com).



*photos by Deb Halbot*





I am of the summer... I am in the swelter and sweat  
The shimmer off the carhood... the breathless noon the  
singe and the shine... I am the memories of running  
through tall grass and wading knee deep in the  
muddy creek... I am in the endless hours of  
freedom and fun... of serious games and daydream  
and scheme... off on adventures... pedalling faster  
hands free... soaring through the clear morning  
... up with the sun... the crickets at night...  
in bed radiating the heat we collected all day...



Red Fox Kit

photo by Deb Halbot

## Carley Community Hall News

by Kelly Skinner-Meyer

The Carley Community Hall has been very quiet for more than a year now due to the ongoing pandemic. The Township is still using the Hall as a satellite office for the Roads and Works Department, which is a good use of the building which would otherwise be standing empty.

The Carley Valley is in the throes of early summer. The trees are opening up blooms, the farmers are preparing fields, yard clean ups are happening, the swans are back visiting local ponds and the dandelions are upon us. I welcome the transition to summer. The fresh air and blooms awakening gives me thanks to be in such a lovely place. If you have to stay at home, the Carley Valley is such a wonderful place to be.

I hope that we can soon put this pandemic behind us and say "hello" again to our community, and hope that we can open the doors of Carley Hall once again to our many events. The next fundraiser would normally be our pasta dinner and silent auction. Unfortunately, that will not happen in 2021, but we remain hopeful that we may see our October Thanksgiving Tea or Christmas Craft sale taking place later in the year. Only time will tell and staying safe and doing our best to return to normalcy remain the top priorities for all of us in the meantime.

Enjoy the Summer everyone!



# Speaking of Wildlife by Krystal Hewitt

So, you've found a baby bird, now what?

It is not uncommon, throughout the spring and summer, to come across baby birds on the ground in our yards or in places that we visit (work, parks, playgrounds, etc). Naturally, you want to help the little one but there are few important things to consider:

First, you need to determine how old the little bird is. Some baby birds need your help, and some are simply experimenting, learning, and growing in a natural way. So, take a good close look at the bird...

Is it pink, with minimal feather development and looks a little more like an alien than it does a bird? You've likely found a nestling! These babies are too young to be outside their nests and have likely fallen due to weather or nest crowding/reduction. **They need your help!**

A wild baby's best chance is always with its parent(s) so look up, sometimes way up, to locate the nest and, if possible, carefully put the babies back. **Don't worry, mom won't abandon**



**the baby if you touch it. In fact, birds have a poorly developed sense of smell!** If you can't reach the nest, a substitute might do the trick: poke holes in the bottom of a margarine container and line the container with grass and twigs (channel your inner bird here) then place the baby in the nest and secure the container as close to the original as possible. Parents will feed young in both nests. Watch closely! If the baby falls again or there is no parental care, it is time to call a licensed wildlife rehabilitation centre for help.



If the bird you've found looks like an adult with a short tail, Einstein hairdo, and appears to be struggling to fly, it may be a fledgling! This is a perfectly normal stage of development during which young birds have left the nest but aren't quite ready to be on their own; admit it, we've all been there!

They will spend a



few days on the ground, under a watchful parental eye, as they continue to develop their flight feathers, muscles, and learn to fly as well as forage on their own. Parents remain nearby and will often drop down, fleetingly, to provide food and encouragement. While this situation can be alarming to human onlookers, it is a natural and vital stage in development. These fledglings are best left and observed from afar as their parents, and these first-hand experiences, are better suited to teaching them to survive despite neighbourhood dangers. It won't be long before these fledglings take flight and join their parents back up in the trees.

**If there is visible sign of injury** (blood, wound, drooping wing, trouble standing, etc.), please

contact your nearest wildlife rehabilitation centre immediately for further advice and care.

Wildlife Rehabilitation Centre resources:

*Find a wildlife rehabilitator* | [Ontario.ca](http://Ontario.ca)

*Ontario Wildlife Rescue*

Wildlife In Distress ([shadesofhope.ca](http://shadesofhope.ca))

As humans continue to expand and develop into natural spaces, Ontario's wild animals are facing increased challenges. That being the case, coexistence has never been more important. We, as a collective, need to take the time to observe, admire and learn about the wildlife and nature in our backyards, in order to foster the appreciation and respect required to live harmoniously and give our wildlife a fighting chance.

**Speaking of Wildlife** is a wildlife education centre that provides permanent sanctuary to non-releasable Ontario Wildlife; many of our animal residents have been injured, orphaned, abandoned, or illegally kept as pets and cannot survive in the wild as they should. They will live out their lives in our care and, where suited, become ambassadors for their species and the wildlife that we share our environment with. [www.speakingofwildlife.ca](http://www.speakingofwildlife.ca).



*Photos provided by Shades of Hope Wildlife Refuge*



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*photo by Deb Halbot*

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# Record-Breaking Hike for Hospice in 2021 —submitted

The Covid-19 pandemic has changed so many things about how we live each day, and it has affected us all: individuals and families, businesses and charitable organizations. One thing that hasn't changed is the philanthropic nature within the community of Orillia and surrounding areas.

This was made clear during the 2021 Hike for Hospice. In Orillia, Hospice Orillia and Mariposa House Hospice provide a variety of services that support people through these very challenging and very meaningful life experiences. Each year in May, these two organizations host the local Hike for Hospice to acknowledge and celebrate the work done by their staff and volunteers to ensure that everyone in our community who needs hospice palliative care support – no matter where they are – receives it.

“We were thrilled to partner with Mariposa House Hospice again this year on the 2021 Hike for Hospice. The Hike increases awareness about hospice palliative care, enhances our sense of community, and raises much-needed funds. All of the proceeds stay in the Orillia area by directly supporting the services offered by Hospice Orillia and Mariposa House Hospice. Together we will continue to work towards ensuring that everyone in our community receives the end-of-life



care they wish for,” stated Whitney Vowels, Executive Director, North Simcoe Muskoka Hospice Palliative Care Network & Hospice Orillia.

“Mariposa House Hospice is proud to collaborate with Hospice Orillia on this event each year. Our beautiful five-bed residential hospice

facility offers end-of-life palliative care in a comfortable, homelike setting during the final days and weeks of life. Both organizations serve the communities of Orillia, Severn, Oro Medonte, Ramara, and Chippewas of Rama First Nation and we rely on support from these communities to thrive, which is one reason why the Hike for Hospice is so important!” Added Annalise Stenekes, Executive Director, Mariposa House Hospice.

The annual Hike for Hospice event is integral for both organizations to ensure they can provide services across the continuum of hospice palliative care, from diagnosis through end-of-life, including bereavement support for surviving loved ones. The 2021 Hike for Hospice Orillia took place on May 1 and 2 with a goal of raising \$15,000. To date, our supporters have raised over \$32,000 and had 60 plus participants!

“We have received many photos of the various Choose Your Own Adventure Hikes that took place over the week-end,” said Amanda Tevelde, Communications Coordinator with Hospice Orillia. “To see the passion each of these hikers has



and the lengths they went to, to ensure that those around knew just why they were hiking is a beautiful thing; we received photos of signs being painted on bedsheets, shirts with photos of loved ones and homemade signs.”

For more information on Hospice Orillia click here <http://hospiceorillia.ca/>. For more information on Mariposa House Hospice, click here <https://www.mariposahousehospice.com/>.

## Eady News by Evelyn Reid

I think the saying goes that “April flowers will bring May flowers”. However, I think Mother Nature got a bit mixed up this year, as it seemed it was a lot rainier and a lot colder in early May than April was. Our winter snow melted quickly and farmers have been able to work on their land early this year, getting it ready for their summer and fall crops.

Sympathies are extended to Joanne and Peter Tinney of Eady and their family, Bert and Bernice Dobson of Eady and their family, and Heather Dobson, formerly of Eady and currently of Spencer House in Orillia, on the passing of Jean Dobson (Joanne, Bert, and Heather’s mother), on April 10<sup>th</sup>. Jean was a resident of Eady on Line 11 for 55 years. Jean was in her 101<sup>st</sup> year and has spent the past 15 years at Spencer House in Orillia. While living in Eady, Jean was an active member of both the Eady Women’s Institute and the Wesley Eady United Church. A private family graveside funeral was held at St. Andrew’s/St. James’ Cemetery, Orillia.

Sympathies are also extended to Rose and Blair Goss of Fairvalley, and their children Cameron and Malcolm, on the passing of Rose’s mother, Lolita Peneranda of Toronto on April 21<sup>st</sup>. A private graveside service was held for family at St. George’s Anglican Church, Fairvalley. Mrs. Peneranda will be remembered by many in the community for her beautiful singing.

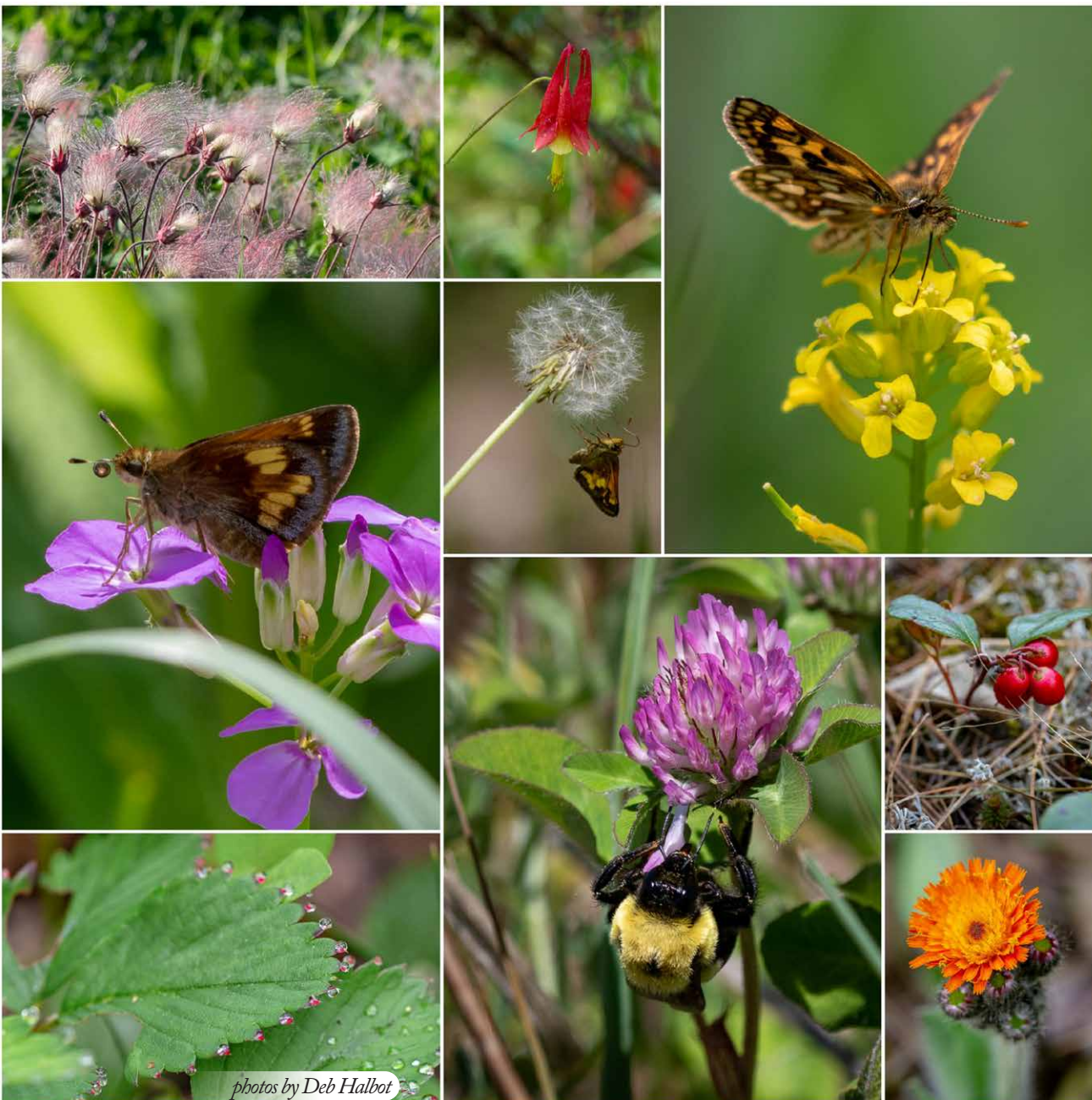
Welcome to Lance and Allison Jordan who, a few months ago, purchased what was the tree farm on Steeles Line. They have been busy clearing trees and putting up a barn on the property to raise cattle and pigs. Information on

their pork and beef for sale can be found under the Jordan Family Farm on Facebook. They have two boys, one girl, and a new baby boy born May 4<sup>th</sup>.

Get well wishes are extended to Ralph Hough who has recently spent some time in hospital and is now convalescing. Ralph, we hope you are feeling better and wish you a speedy recovery.

The Eady Community is also saddened to hear that Ralph and Wendy Hough, long-time residents of Eady on Line 11, have decided to downsize their home and property. They will be moving from the Eady community near the end of June. Ralph and Wendy have been huge supporters of the community over the years that they have lived here. Both have served on the Eady Community Hall Board at various times spending many hours preparing for and working at garage sales, Turkey suppers, Christmas concerts and lots more. Wendy has also been a member of the Eady-Grenard Women’s Institute, and both have been involved with the Coldwater Canadiana Heritage Museum. We will certainly miss you both tremendously in our organizations, as neighbours and at community events. Ralph and Wendy will be moving to Big Cedar Estates near Bass Lake, and we wish you all the very best in your new home and neighbourhood. Please come back and visit us in Eady!

While Covid-19 is still very much prevalent within our area and our province, we hope that with the vaccine roll-out we will be able to have a good summer and that it will soon allow us to visit with one another once again.



photos by Deb Halbot



# Community Heroes by Emily DiLecce

## Teena Sauv : We Unite

Com-mu-ni-ty - a feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals.

When Teena Sauv  became a mom for the second time, she unexpectedly found herself feeling alone and in need of connection. In an increasingly detached world where our phones are our primary source of communication, she felt the desire for something real and impactful. Sauv  fondly recalled the sense of community fellowship she had during her childhood years when in hard times, church members would drop off meals or offer their aid to anyone who was in

need. Although times and traditions have changed, it was her goal to bring back the sense of community support, into her own neighbourhood. That is where the idea of her philanthropic organization Women Empowered Unite Communities (We Unite), first emerged.

We Unite is a volunteer-based organization focused on "feeding the souls of their members so that they can feed the souls of others". They have a very hands-on approach, meaning that they do not fundraise financial campaigns, but offer other initiatives such as homemade meal services to families in need and memorials for community members gone too soon. Eleven years in, they are nearly 400

members strong, and have completed dozens of charitable projects for our community.

When asked about the pandemic, Sauv  says she has noticed both positive and negative impacts on the community. Pre-Covid, We Unite was able to offer great in-person events that brought women

together in a safe and fun environment. Although those have had to slow down for a while until safe to do so, there have been many other ways We Unite has been supporting the community this past year including:

- Sewing masks for frontline workers
- Set record Miles for Amanda's Run - Horseshoe Valley participation was 239
- Display art and signs of love and support in yards and windows
- Organize celebration car parades
- Offer photography services for donation
- Deliver meals and run errands for the vulnerable and those in need
- Donated 75 hygiene kits to Youth Haven for the holidays
- Crafted 50 lanterns and displayed them on Christmas Eve to honour loved ones who have passed

When asked what she sees for the future for her organization, Sauv  responded, "We will know we are successful when We Unite is no longer needed." As we start to resume our pre-Covid lives, let's not forget the importance of community!

If you know someone who needs support or want to learn more about We Unite and how to get involved, check out the website at [www.weunite.ca](http://www.weunite.ca).



Teena (second from the right)





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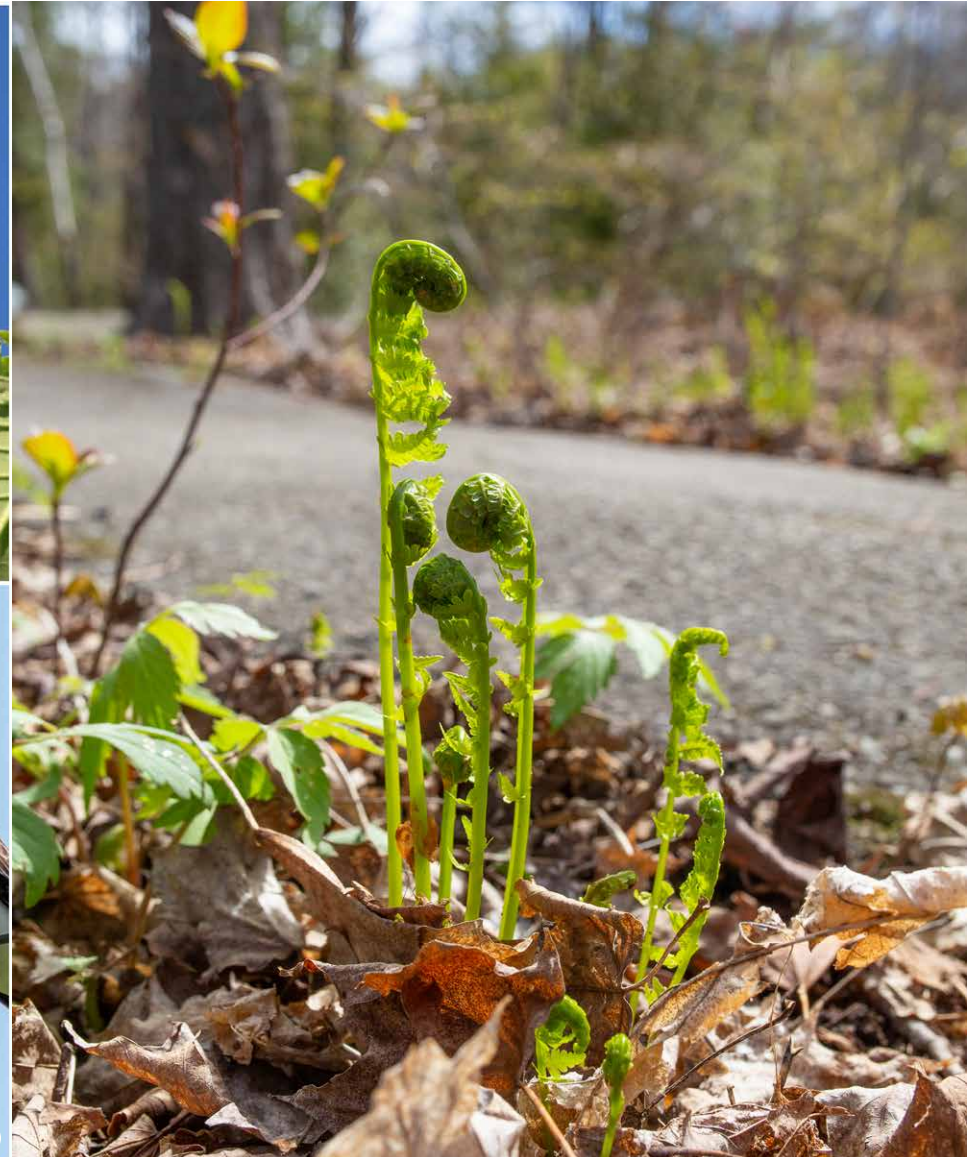
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# MEMORIES OF CANADA DAY! —photos by Deb Halbot

