



NorthSimcoe

.life

April/May 2021

WE ARE COMMUNITY
www.NorthSimcoe.life

photo by Deb Halbot

Spring Flavours

April 16 - May 2

Enjoy 2-3 course prix-fixe menus at participating restaurants in Orillia & Lake Country.

Dine-in options are limited. Please consider take-out, delivery, or curbside pickup where possible!

FlavoursOfLakeCountry.com



Coming Events

Tuesday April 6 OR Friday April 9 at 6 pm

Tartan Day Virtual Beer Tasting with Couchiching Craft Brewery, a fundraiser for the Orillia Scottish Festival. Join the Orillia Scottish Festival on Tuesday April 6 OR Friday April 9 for this Unique Virtual Tartan Day Beer Tasting, Finger Food, Pairing Food With Beers, Beer History, Tartan Talk, and More!

Tickets: \$45 each, click here to purchase:

<https://orilliascottishfestival.ticketleap.com/tartan-day-beer-tasting-with-couchiching-brewery/>.

SPACE IS LIMITED FOR EACH SESSION. Beer and food package pick up times along with the Virtual Event Link will be emailed to you prior to the event.

A portion of the ticket proceeds from this event are going directly to support the Orillia Scottish Festival. We thank Couchiching Craft Brewing Co. for this opportunity. Ticket price includes three beers and a finger food package along with a voucher to complete a tour of the brewery when that is deemed safe.

Saturday April 10 from 1 to 3 pm

Simcoe County Branch of Ontario Ancestors presents a webinar on Zoom. Members and non-Members welcome. The speaker is Thomas MacEntee, speaking on Smarter Search Strategies for Genealogy.

You will need to Register

by going to the Events tab on the Simcoe County Branch Meetings web page

(<https://simcoe.ogs.on.ca/branch-meetings/>), or our Facebook site

(<https://www.facebook.com/groups/827393414004460/>) for information about other online events until we can meet in person again.

We hope you will be able to join us virtually.

Tuesdays through Saturdays noon to 3 pm

Orillia Museum of Art and History is OPEN! New exhibits and refurbished gift shop await. For more information, go to www.orilliamuseum.org.

As the pandemic changes, so do events. We recommend checking our online calendar to see what is going on closer to the date, as things are so hard to plan ahead.

<https://northsimcoe.life/community-events>

OPEN

Shaw's Pancake House and Maple Syrup

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Welcome to Spring!

by Anna Proctor

photo by Xavier Fernandes

Well, it sure looks like spring has sprung! What a gift! Usually when I am “penning” my spring issue editorial, there is snow, sleet, snowbanks, and freezing rain going on, not 15 degree and sunny weather. I usually really have to use my imagination to talk about spring in that kind of atmosphere!

I set up my screen porch already, as you can see from this photo, that’s where Steve and I are sitting! So, it is my fault if the snow comes back...a caveat, though, I have not put away my shovel, snow boots, hats or mittens! I have lived in Ontario all of my life, after all!

During this trying pandemic time, it’s nice to not have to deal with a late spring as well. As we hopefully round the

corner of this pandemic, I hope the good weather stays and we can all get outside and enjoy it, and each other’s company again, soon. Vaccines are rolling out, too slowly for most of our liking, but starting to gain some momentum now. Hopefully by sometime in the fall, we will mostly be vaccinated, and we can see what our new normal will be like.

I hope we don’t lose sight of what we learned from this pandemic, as it recedes in the rearview mirror.

I think we (hopefully) have learned the importance of family and community and nature. That we are social animals, that we need each other, and we need to look after each other. We have learned that some of our most vulnerable are not being looked

after properly, and we need to fix that. We learned that nature and getting out in the fresh air is so very important to all of our health, and we need to protect those places that are still wild...and make sure there is open space for everyone to enjoy, not just our rural communities.

Sustainability has taken a back seat in this pandemic, as we deal with masks and sanitizing and hand washing...but we need to bring it front and centre again, and keep it there. If we don’t protect our home, we literally will have nothing.

Enjoy the beauty of spring in our beautiful area. Do what you can to protect our community and those around it. Take care of the land. And we will see you out and about again, one day!



photo by Deb Halbot

NorthSimcoe **.life** WE ARE COMMUNITY www.NorthSimcoe.life **HAPPY READING!**

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Next Edition: SUMMER!

June/July 2021

AD & COPY DEADLINE: May 18th

PUBLISH DATE: June 1st

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Millennial Perspectives

by Laura Proctor

Today I looked out the window and I got excited about spring.

For the first time in a year, for about a second, I forgot about the COVID-19 pandemic. And then it came back, a slight weight nestling back on to my shoulders. As I write this, we've been living with this weight for one year. Of course, in the beginning we weren't sure how bad it would be (remember when we were re-scheduling events for two weeks later?!). I'm sure few of us imagined that we'd go through what we've been going through.

There are many things to learn from a pandemic. Please read up on how our actions and our treatment of the earth have directly caused pandemics to happen more frequently. Factory farming, deforestation and irresponsible aspects of globalization (i.e. allowing animals from different continents to intermingle and spread disease) all play a part. So, we should really work on that.

The thing about something hanging over you all the time is that you can no longer see it. Stress, trauma, anxiety, depression. They all sneak up on you and invade your thinking. Churchill popularized the term "black dog" to describe depression. It evokes the image of the dog coming to find you and following you, snapping at your heels.

This pandemic has been snapping at our heels for a year now, evoking feelings of helplessness, despair, anxiety, loneliness, fear, and overwhelming stress. I wonder how much the world has processed the feelings we've been

Doug Downey MPP

Provincial Vaccine Booking Portal Now Open

The roll out of the three-phased vaccination distribution implementation plan has begun in Ontario. Beginning with our most vulnerable populations in December 2020, our vaccination plan has focused on the residents and workers in Long Term Care facilities, ensuring they are protected, and reducing the risk of outbreaks. This stage of the plan is well underway, with over 1 million vaccines administered, and 279,000 Ontarians fully immunized. This includes 88% of all Long Term Care residents.

With the arrival of 194,500 doses of the AstraZeneca/COVISHIELD vaccine, beginning on March 10th, over 325 pharmacies began booking appointments to start to administer the vaccine as part of a pilot program in three public health unit regions: Toronto, Windsor-Essex, and Kingston, Frontenac, Lennox & Addington. Further expansion to other public health units and pharmacies will continue as vaccine supply increases.

To ramp up capacity for vaccination, the province is also working with primary care professionals to offer vaccinations in primary care settings and community

locations such as physician offices, in collaboration with Simcoe Muskoka Public Health Unit, as of March 13, 2021. Primary care providers will not be taking appointments by request, but will be contacting eligible Ontarians aged 60-64 directly to book an appointment. They will offer AstraZeneca/COVISHIELD vaccine only.

On March 15th, the Provincial Booking System for COVID-19 Vaccines went live, allowing for vaccination appointment bookings at mass immunization clinics, starting with individuals aged 80 and older. Those eligible residents (born in 1941 or earlier) who wish to make an appointment can visit www.ontario.ca/bookvaccine, where they will be guided to the provincial booking system, or to their local public health unit to make an appointment. Pre-registration is also now available for those in Phase 2 of the distribution plan.

For any individuals still in possession of a red and white health card, or for those who require assistance with booking, please contact the Provincial Vaccine Information line at 1-888-999-6488. With

vaccine supply stabilizing, and over two million doses of the COVID-19 vaccine expected from the federal government before the end of March, the province will enter Phase Two of its vaccine rollout in April.

Between April 2021 and July 2021, up to nine million Ontarians will be vaccinated. In stage three of the vaccine roll out plan, the vaccine will be widely available across Ontario for anyone who wishes to be immunized. Beginning in June 2021, all Ontarians over age 16 will be able to access the vaccination portal to book an appointment and get themselves vaccinated.

We're currently working with public health units to ensure that every Ontarian will know when it's their turn to be vaccinated. Please visit our website, www.ontario.ca, or contact your public health unit directly to find out when it's your turn to receive the vaccine. Ontario leads the country in the number of vaccine doses administered, and as we continue to ramp up capacity, we are committed to administering all doses received, as quickly as possible, to every Ontarian who wants a vaccine. This achievement is a true Team Ontario effort, with particular thanks to the incredible work of our public health units, vaccination sites and other health care partners.

experiencing. Some people (particularly women, who have for some reason been handed the burden of leaving their careers at a much higher rate to care for children and relatives) maybe haven't even had the chance to feel anything. Everyone's just been trying to get by.

While it might seem that someone's coping because they're still getting out of bed, completing tasks and working, I think we're slowly learning that that's just not how it is. The weight of the pandemic is on everyone, and some people are just running on empty. If you feel like you need someone to talk to, please seek out therapy and give it a try. Click here www.humi.ca/blog-post/virtual-health-resources-for-canadians-during-covid-19?visitor_id=4vMRnIRk2WcsN3 for a link to virtual mental health resources with varying prices. There are many local therapists you can access as well, simply by Googling. There is no required "bad enough" feeling or experience for you to "need" to see a therapist. It's simply a decision you can make if you want to talk to someone.

Remember to practice slow, deep breathing. Go for walks, whether it's for 20 minutes or an hour. Write down your thoughts. And give yourself permission and safe opportunities to cry. Sometimes stress can

cause us to hold back emotions and tears, but crying is beneficial. Shedding tears releases oxytocin and endorphins, helping us release our stress and self-soothe.

I like watching the show Queer Eye (the new version), but it also makes me cry at least twice per episode. I've found it to be a tool to release stress. The show isn't sad; it's positive, emotional and uplifting. I get a stress release from crying tears for these total strangers who have been through hardship and are now ready to improve their lives. It sounds funny, but it helps me. Next time you feel like you're just going through the motions, I hope you can take a moment to stop and think about a sim-

ple activity that would help you release stress and recharge.

Last week I listened to a podcast in which a nurse was being interviewed about vaccinating individuals in the United States. She said that as some people sat down to receive their vaccination, they burst into tears. I think this year will be very emotional as we get the chance to reflect on what we've gone through. We have much to look forward to.

I'm still excited for spring to come. A bird has built a nest for her babies right outside my bedroom window for the first time, and I hear the chirping every day. I feel a lot of hope for the future.



Sustainable Simcoe North

by Anna Proctor

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.

Rather than rehashing well-known climate challenges, Project Drawdown highlights game-changing climate action based on its own rigorous scientific review and assessment. 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.

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Humanity's greatest challenge is also our greatest opportunity. With Project Drawdown Executive Director Jonathan Foley as your co-pilot, explore the last 50 years of stunning change to see our current climate inflection point in context. Hear more about emissions sources and sinks and take a step back to see the critical importance of centering human equality in the race to shift climate solutions to global action. What role will you play in building a better future?

You can find Climate Solutions 101 here <https://drawdown.org/climate-solutions-101>.

Please watch, act, and spread the word. We must halt climate change in its tracks to save our planet and only home.



photo by Deb Halbot

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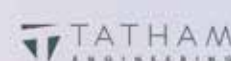
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GLEN ORO FARM



Digressions by D'reen

by Doreen Uren Simmons

Welcome to Canadian spring! (Oh, to be in England...). At the moment it is 5 below, the birds are chattering and this morning we saw a robin. What gives? Mind you, on March 11 it was 18 above and there was a magnificent sunset which we watched from the back deck...but then...well who knows. Perhaps by the time you read this it will truly BE spring, and the snowdrops and tulips and daffs will have recovered and decided to give it another chance and you can ask "What's with the whining?" I pray it is so.

Another jigsaw finished, another book read, another delicious meal eaten, another streaming channel explored, more online shopping resisted because I am still awaiting five parcels, more "no news" emails sent. And what is your world like?

Perhaps a list of pluses is in order. Good health, good family and friends even if distant, good neighbours...one of whom just brought us a complete turkey dinner! Politics relatively sane, vaccines on their way if confused, daylight savings. That's my list. I'm sure you have yours.

Another couple of pluses. Have you looked at your wardrobe lately? What percentage of those clothes have you worn in the last eight months? Do you miss them? If not...this is the time to give away, in abundance. And have you looked at your bank balance lately? You have nothing to spend it on...right? And so...there are a helluva lot of worthy charities in more than the usual dire straits and so this is a time to give more freely.

You know something folks? That's all. I got nuthin'. I am sure you will sympathize. I think most of us are in the same place and we should be grateful that boredom is our only challenge. I am, and continue to try and be joyful, as well as grateful. Much love to you...D'reen.



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New Land Donation for The Couchiching Conservancy —submitted

Seventy-seven acres of wilderness along the Black River in Dalton Township is now permanently protected by The Couchiching Conservancy, thanks to a donation by the Marley family. Located 17 km east of Washago, the property is between the Adams Nature Reserve (10 km to the west, protected in 2016), Taylor Nature Reserve (4.7 km to the west, protected in 2020) and Ron Reid Nature Reserve (2.6 km to east, protected in 2017).

The property has a direct connection to the Queen Elizabeth II Wildlands Provincial Park (QEII) at the southern boundary. It is Anishinabewaki, Huron-Wendat, Mississauga and Haudenosaunee territory. The property

was owned by Reet and Jaanus Marley, and their family. Jaanus' parents, Leida and Roman Marley, bought the 100-acre property in the 1960s.

Leida and Roman were forced to leave behind their homes in Estonia due to the advancing Soviet Army in the fall of 1944. They found refuge in Sweden. They had their son Jannus, and in 1951, they were welcomed as immigrants to Canada and had their second son, Toomas. Once they had established themselves in Canada, they decided they needed some space to be free, and happened to find the 100-acre property along the Black River. "It is a great place to watch turtles hatching

and laying eggs, follow the life cycles of butterflies, observe the behaviour of foxes, beavers, and moose and watch the night sky," shared Reet and Jaanus. "We decided to donate about 9/10 of the land to the Conservancy so that it can be enjoyed by others and protected from development."

The Black River Wildlands has been identified as a priority area for protection by the Conservancy due to the presence of Species at Risk, opportunities for protection and connection to other conserved lands. This work is within the Conservancy's Corridors Campaign, with a goal to protect an additional 4,000 acres by 2025 across the region. "When I first read about Couchiching Conservancy's Black River wildlands campaign, I was excited to hear that there are others who find this area as special as we do," said Elin Marley.

"During this trying time of Covid, the Conservancy has had to adapt its work in many ways but there has been no change to the way our amazing members have continued to support the protection of natural habitats," said president of the Couchiching Conservancy, Neil Gray. "There is still a strong desire to protect land along the Black River wildlands. This is demonstrated by generous donors such as the Marley family. I would like to extend a huge thanks to the Marley family for their donation of land to the Conservancy."

This particular parcel helps fulfill the Conservancy's long-term plan of assembling large tracts of habitat. These corridors are especially important in letting species move freely throughout their ecosystem. We are very grateful to add the Marley property to the land already protected along the corridor. Wildlife noted so far included Scarlet Tanager, Baltimore Oriole, Moose, Black Bear and Whitetailed Deer. Otter, Beaver and Muskrats are commonly observed along the Black River. Painted Trillium and many fern species are found along the riverbank.

The property is a typical mix of Canadian Shield granite rock with wet wooded ravines. There are several small marshy areas that are



Reet and Jaanus Marley

defined by their buttonbush and meadowsweet shrubs. Old and well-weathered white pine stumps attest to the logging era of the 1880s. The open rock outcrops are lushly covered in lichens and mosses with small cherry trees establishing themselves in the cracks and crevasses.

This project was made possible by a 100% donation by the Marley family to the The Couchiching Conservancy, under the Government of Canada's Ecological Gifts Program. This program provides enhanced tax incentives for individuals or corporations who donate ecologically significant land. The family has donated the southern parcel of 77 acres while retaining the parcel north of the river with their family cottage on it.

For more information on The Couchiching Conservancy, visit <http://couchichingconserv.ca>.



Message from Jill Dunlop/MPP Simcoe North

Spring is in the air, for many families this is a sign of promise as we start to get out more to enjoy all that Simcoe North has to offer. This time takes on added significance, welcoming the changes of spring and reflecting on these past months of uncertainty and challenges during COVID-19. Safety guidelines followed carefully by our community have proven effective.

We welcome the opportunity to once again gather safely, shop and enjoy activities through increasing access to vaccinations with the launch of the Provincial Booking System - <http://www.ontario.ca/bookvaccine>, and our ongoing commitment to masks and social distancing. A phone line is available for those unable to book online: 1-888-999-6488, open daily 8am to 8pm.

As we receive more vaccines through the Federal Government, we will follow the distribution framework put in place by the Province and will begin to administer by age increments. I have launched a **Vaccination Distribution Notification Alert** for Simcoe North advising when you are eligible to book an appointment through the Ontario portal. https://www.jilldunlopmpp.ca/vaccination_distribution_notification_alert

The pandemic impacts on our business community are tremendous and I continue to engage with businesses to provide my support. My website <https://reliefwithinreach.ca/simcoe-north/> provides easy access to government supports, and my office recently supported the 15-Minute Grant Challenge initiated through the City of Orillia Economic Recovery Task Force. The task

force saw 61 businesses taking part through the website with an estimated impact of \$915,000 of grant funding to our local economy.

I was actively involved in the introduction of the **Combatting Human Trafficking Act**, building upon the provinces \$307 million Anti-Human Trafficking Strategy, giving law enforcement additional tools to help prevent and deter this atrocity.

The **Safer School Bus Act** is particularly important to me having family experience with the loss of my father's seven-year-old sister, killed getting of her school bus. This act will prevent such accidents in the future.

Government recently announced launching its **Justice Accelerated Strategy** in ongoing efforts to break down barriers in the justice system and speed up access to services – remotely, in-person and online. This ground-breaking strategy will build a more accessible, responsive and resilient justice system through strategic partnerships, smart investments in technology, and overhauls to outdated processes. This launch includes \$28.5 million for a digital case management system to help reduce delays and backlogs at Ontario's tribunals.

March 11 marked a year since WHO declared COVID-19 a global pandemic. Since then, Ontario has tragically lost more than 7,000 lives to this deadly virus. We honoured those we lost by lighting a "Candle4COVID" on that day. If there is anything the past year has taught us, it is that there is no challenge that we cannot overcome, if we all come together. For what you have all experienced in these months of COVID-19, you have encouraged me to keep working hard on your behalf for Simcoe North. You are all heroes in your own right, and I am thankful for your spirit.

Jill Dunlop, MPP Simcoe North Providing Provincial Support in Simcoe North

Anniversary, Birthday
& Special Event Scrolls

Birth, Death &
Marriage Certificates

Family Responsibility
Office Issues (FRO)

Health Cards/OHIP
Issues

GAINS (tax credits for
disabled persons and
seniors)

Health Care

Small Business Issues

Petition Insight

Transportation



Jill Dunlop



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Trillium Drug
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Seniors Issues

Workplace Safety
& Insurance Board
(WSIB)

Provincial
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Programs

**For COVID-19 Supports & Grants Visit
ReliefWithinReach.ca/simcoe-north**



photo by Deb Halbot

Oro-Medonte Woman Offers Connection and Creativity for Isolated Seniors Through Virtual Dance Classes

—submitted



For close to a decade Miriam Goldberger's dance-based health arts organization,

What Dance Can Do, www.whatdancecando.ca has offered dance programs for seniors throughout central Ontario. Classes were offered through parks and recreation in Orillia and Ramara and independently in Barrie and Muskoka.

"Then, in March 2020, the pandemic forced everything to shut down," said Miriam. "I knew I couldn't abandon the vulnerable seniors that attended my classes. I was absolutely terrified to teach a dance class virtually. But I knew I had to try."



She persevered and in April her most popular dance class for seniors with mobility challenges, Gentle Moves, went virtual. To Miriam's delight, many of the participants from her Orillia, Barrie, Ramara and Muskoka classes joined the free virtual class.

In late summer Miriam was invited to teach dance classes through Art Your Service, a virtual community and arts centre for seniors, launched in August 2020 to address the loneliness and isolation many seniors experience every day during this pandemic.

"I really resonated with Art Your Service's understanding of the urgent need for innovative, easy to access virtual programs that wouldn't break the budget," said the dance teacher. "Art Your Service creates meaningful programs and experiences for seniors. We share the belief that people have not just lived interesting lives, but are still very much living them and should be treated as such. Art Your Service programs are designed to engage and inspire seniors - and those who love them, too!"

Community centres like Ramara, Askenonia, Brantford, Pelham, Prince Edward County, West Scarborough, and Atikokan, and senior advocacy organization, CARP, have subscribed their members to the Art Your Service programs.

"I'm proud to say that Art Your Service was recently featured on the CTV national show, Marilyn Denis, as a great example of a compassionate business pivoting successfully in the time of COVID," Miriam shared. (<https://www.marilyn.ca/Life/video/How-one-woman-transformed-her-business-to-help-seniors-feel-happier-during-the-pandemic-vid2121061>)

"I can't begin to tell you how rewarding it is to celebrate the creativity of seniors every day. I absolutely love my job," said the Oro-Medonte resident.

For more information, or to sign up, check out these links:

- www.artyourservice.org
- www.facebook.com/dancecando
- www.instagram.com/dancecando



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PLATINUM
2014 - 2018



photo by Deb Halbot



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This photo is of Charles and Lena Simpson, who were to celebrate their 75th wedding anniversary on March 27, 2021. Sadly, Charles passed away on March 22, 2021, so the celebration was not meant to be. Charles and Lena were both born in Oro and lived all of their life here. Charles was on the Oro Council in the 1970s, and both Charles and Lena volunteered tirelessly for the Oro World's Fair, and recently received an award acknowledging all of their work there.

North Simcoe life sends out condolences to Lena and family on the passing of a wonderful family man and most giving community volunteer. For Glenn's obituary, please click here: <https://www.steckleygooderham.com/obituaries/Charles-Simpson-18>.



Business Spotlight —by Steve Caston

Shift in Awareness

The world has changed over the last year. That is an understatement. Dark times for many...

Michael was inspired during the start of the pandemic, and the lockdown last March. Looking through old files on his computer he happened upon some acronyms he had come up with some years before.

H.O.P.E. *Holding Onto Potential Experiences*

L.O.V.E. *List Of Valued Emotions*

F.A.I.T.H. *Finding An Inspiration That Helps*

Michael recalled how the first acronym (the one for LOVE) came to him one night. The idea woke him up and he had to write it down. He had no idea where it came from, but it seemed significant. Others came to him around the same time. He recorded them, not sure what they were about, or what he might do with them.

Finding them again during these pandemic times seemed meaningful to Michael. He decided to use them to do something positive to “Uplift and Inspire” people during a period that seems so bleak. He hired a freelance graphic artist to create some designs based on his ideas.

He liked what was produced, so he decided to start an online business to share these positive thoughts on a variety of products.

Michael's website has been online since January. He has hoodies, drinkware and t-shirts on offer, all sporting positive and uplifting messages.

A recent addition is the “Cat Ass Trophy” design (read that as “Catastrophe”) which was inspired by Michael's cat. Covid-19 is the recipient of the trophy: a humorous jibe designed to bring a smile. “We all still need to laugh even though this has been a serious catastrophe worldwide.”

Michael intends to add new designs monthly. The latest design is: **T.R.U.T.H. The Real Understanding of True Heroes**. This design celebrates Healthcare Workers, Doctors, Nurses, Paramedics, and Firefighters.

You can find “Shift In Awareness” on social media or visit the website at shiftinawareness.com.



Charlee's Run

—submitted
David and Mallory
Holmes: Our Story

On April 29, 2011, our daughter Charlee Clare Holmes was born. She was only given a small amount of time in this world with us and sadly, we said hello and goodbye to our beautiful girl in the same day. As parents, you watch your children make mistakes, find accomplishments, find a purpose in life, and grow their own legacy. But when you are the parents of a child who has passed away, those milestones are taken away. The pain of losing Charlee will never get easier for us. But as her parents

we know her life, however brief it was, has meaning and purpose, beyond just being our story of pain and loss.

In August of 2012, we welcomed our son, Keenan, into our family. At only two weeks old, Keenan became very ill and was admitted into the Neonatal Intensive Care Unit at Orillia Soldiers' Memorial Hospital, where he stayed for 11 of the most stressful, terrifying, and emotionally draining days of our lives.

We are forever indebted to Soldiers' and its staff for saving our son's life, so we did not have to be the parents of two "angel babies". When we heard that this NICU was in need of funds, we knew exactly what the next step in our daughter's legacy should be: Charlee's Run.

Over the past four years, Charlee's Run has raised more than \$185,000 for Soldiers' Neonatal and Paediatric needs, while also raising awareness for pregnancy and infant loss. Each year, Charlee's Run grows and though we can't do it together in person this year, we will be #RunningTogetherApart.

Because of the overwhelming response and support that was shown for last year's virtual walk/run, we have decided to do it again! It is our hope that Charlee's Run will continue to be an outlet for the community to come together to remember and celebrate the tiny lives lost too soon, while raising funds to support our community's most vulnerable patients.

The date for Charlee's Run this year is May 8. For more information and to register, please go to

<https://soldiers.akaraisin.com/wi/CharleesRun>. Thank you for your support!



Ask Risha

by Risha Yorke

As a Business and Success coach, I answer questions about business foundations, team building, or your own path to success. Send your questions in to risha@yorkemotivational.com.

Now that I'm working from home, I want to know how to maximize my time. I love the additional work/life balance, but sometimes I struggle to time manage everything. — C.P.

I am absolutely NERDY about time management. It's one of my favorite topics because I am obsessed with efficiency. Here are my top tips to time managing when working at home:

Choose a space that is for work only and is uncluttered. Having a division between your workspace and your home space will help you stay focused. You can't be expected to keep your home immaculate at all times, so be somewhere where you can't see a mess. Don't feed the procrastination monster. If this isn't possible, you need to give yourself strict boundaries, so get into a cleanup routine that is outside of your work hours.

Use your calendar. Set your start time and don't waiver. Having a solid morning

routine that gets you to work at the same time daily will help you stay organized. Block off time in your calendar for things that require extra attention and focus. For every minute you spend on something beyond 2 hours your brain becomes less and less efficient. Take breaks but keep them short: 10-15 minutes. If your schedule can be flex, be aware about when your mind is at its sharpest and schedule around that.

Take your lunch. Block off your lunch daily so you get a chance to breathe, complete some household tasks, rest or exercise.

Triage. Assess your workload daily. I break my email into the following categories: To Do, Urgent, Waiting, Follow up, Projects, Personal Development. I start by sorting through all my email and categorizing it. I start with the urgent items and I move on to my "to dos". I scan my "To Do" list to see which items will take the least amount of time. I send quick follow ups to whoever I need to follow up with and move into waiting. This will save you time sifting through email later for your action items.

Do the stuff you are dreading first. This goes for work and home stuff. Sometimes we spend more time stressing and fretting about things than they would take to

complete. Jump into these with two feet and knock them out. Then knock out all the little things that are minimal time investment, so you feel like you're on a streak.

Minimize interruptions and distractions. Silence your cell, if you can. Leave a note on your front door not to ring the bell. Do not open social media, news sites, etc. Work time is work time.

Have a quick call with co-workers instead of messaging/email/texting. When you need to back and forth with someone to move forward on something, nothing is faster than a good old fashioned phone call.

Finish work on time. There will always be more work to do. ALWAYS. If you're working towards a deadline and it's a sprint to the finish, that's one thing, but otherwise, set an alarm for 10 minutes before the end of your workday and start to wrap up. Avoid checking email if possible outside work hours.

If I've learned anything after years of working for start-ups to big business, unless you're being paid for extra hours, you're robbing yourself. Delegate work and home items where you can. Find your balance, set your boundaries, and do your best. You've got this!

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June/July 2021

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Sign of the Times by Joan Mizzi-Fry

What you should know if you own a standby generator or solar panels

About five years ago, David Snutch, Ramara Ward 1 Councillor, had his standby generator installed at his home in Floral Park, just south of Washago. In addition to his responsibilities as councillor, he is also chair of the Protective Services Committee.

But it wasn't until recently that he learned about Ramara's alternate power signage program. "I read about the program and reached out to our fire chief for more information. I soon realized the importance of this signage and immediately requested one of my own."

According to Tony Stong, Ramara Township's Fire Chief, although danger may not be imminent, residents should be aware of the potential issues. "Because we use a great deal of water on a fire, we must be aware when we show up if there is a backup generator or solar panels connected with the structure. If there is

still power other than the typical hydro going to the house and we're not aware, there's an increased risk of electrocution."

Chief Stong credits a Ramara firefighter for creating a low-tech option to communicate important information that could prevent potential complications. The 'alternate power' sign is the brainchild of Ramara firefighter, Rob Smith. Formerly with the Township's Environment Services Department, he learned first-hand the potential hazards standby generators and solar panels may cause.

How does it work? A reflective yellow sign is affixed to the green address blade. Chief Stong is proud of this simple solution. "The sign just tweaks the officer(s) responding to the call to look for those (standby generators and solar panels) and be able to isolate the power generation which will allow us to do our fire operations safely without the possibility of electrocution because of an unknown source."

As far as Chief Stong is aware, Ramara is the only municipality in Ontario offering this program.

With support from Mayor Clarke, it is hoped the program will spark more awareness with-



Ramara Ward 1 Councillor David Snutch and Ramara Fire Chief Tony Stong inspecting recently installed Alternate Power signage at Councillor Snutch's home.

in the community. "Today's firefighters and other emergency responders face unexpected challenges especially when responding to a home that uses an alternative power source, such as solar panels," advises Township of Ramara Mayor, Basil Clarke. "As our firefighters cannot always see solar panels on a house at night, installing Ramara's yellow sign provides an extra level of safety to our firefighters and others who contribute to the safety of our

community."

Alternate power signage is available through the township's website: www.ramara.ca with fees starting at \$5.00 plus HST. As Councillor Snutch says, "Considering the cost for these generators starts at approximately \$10,000 and solar panels are much higher; the importance of reducing the risk of harm to fire fighters, hydro workers and others is priceless."

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Coldwater, A Village on the River by Sue Pitz

It does look like spring is here. In some gardens there are definite bits of green showing but as we know if there is snow still visible in the forests, we aren't into really warm weather yet. I will always remember moving on April 1 in a freezing rainstorm, so I always caution myself not to get too excited in March. Anyway, there is plenty to do inside: planning your garden does take some research and paper and pencil exercise. There are programs, apps on gardening one can use now as well.

The one huge thing on the mind of most homeowners of course it to get outside and clean up the yard, rake up any leaves and garbage that has blown onto the lawn from who knows where? First, let me say this. I used to write an article for our local paper expressing my point of view, what worked for me. I am not a professional with a certificate, or a business. I just share what I have learned from here and there, him or her, etc. over these many years, so here is my bit of wisdom. Many experts have said to just let plants die down in the fall so they can nourish their own roots over the winter. Some folks disagree and that is fine. I can live with this and have found there isn't much to cleanup in the spring. So, I don't rush out to clean up. I want to see a good sign of what is coming up in the garden. Many a perennial has been lost by mistaking it for a weed in the spring. Give plants a chance to show their leaves before yanking them out of the garden.

Many are making appointments for the vaccine now available, and this has given

many a welcome lift that this pandemic will not continue much longer, but the danger lies to getting careless about the protocols we have all gotten used to. We need to remember that not everyone follows them! Because you have washed your hands does not mean the person in front of you did or that he/she has not been in contact with someone with the virus. Please do not let your guard down.

Many organizations have moved their clubs into the current age by moving their events onto Zoom for meetings and special events. If your particular club hasn't done so, then I suggest you search for one in your area of interest and join in. The Garden Club in Toronto for instance has many Zoom events for members. The Orillia Quilters Guild has virtual meetings. Many other groups have reached out to their members in this manner. Of course, sports events are another matter but thanks to live streaming, TV, YouTube and Facebook etc. one can keep up as much as possible in that way.

Many of the businesses here in Coldwater offer curbside sales. The Purple Sock is closed except for specific hours and that is for curbside pickup. No browsing in the store. Contact her through the internet. Most of the businesses have a website that you can use to contact them. Today everyone seems to have a cell phone and if you do not know their number it is impossible to reach them. It is unfortunate for many, but it is what it is, so we have to find a way to work around it.

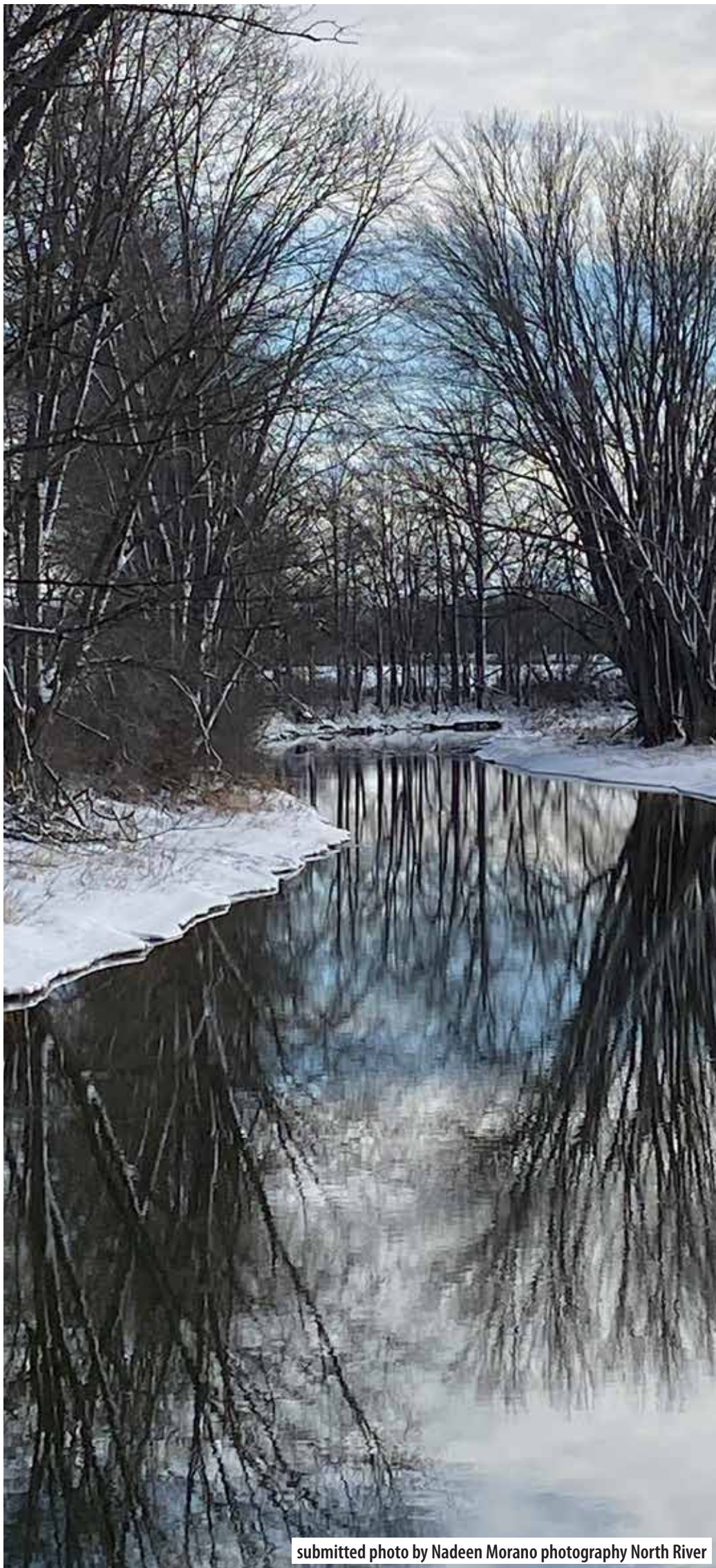
Right now, Pastors are keeping in touch with the members of their church, the school has reopened, the pharmacy is open, things have changed in how they operate. We all have had to make changes in our lives. Who knows but this may all be for the good of all? Many businesses are open in the nearby towns, but again I caution you to check if they have curbside pickup.



The Rick Hansen Memorial Garden

I have been asked again, about our local Garden Club. We are still in the process of closing due to lack of interest. Like so many other organizations the executive members just reached a point where they could no longer recycle themselves and with no new members coming forth to take on positions that decision had to be made.

Keep in touch with the news from Barrie, Orillia, Midland on your computer. It is really helpful to keep up to date with what is happening in your area. Until next time...



submitted photo by Nadeen Morano photography North River



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Retirement: The Final Mindful Musing

by Dr. Gerald Levine

Retirement! I will soon attain that “golden age” associated with ceasing full time employment. I have been a busy Family Physician since 1985 and a mindfulness facilitator since 2006. Rather than stopping completely, I have decided to maintain some family practice clinic work and also focus on training my fellow physicians in mindfulness-based stress management. I know that my colleagues would benefit from mindfulness to help them manage their severe pandemic-induced stress. My hope is that this will bring about more compassionate care for themselves and their patients.

I have been honoured to share what I have learned about stress management and mindfulness over the past 16 years. My wish is that many of you have gained some skills to navigate life’s inevitable stress waves. The ripple effect from even one calm person in a challenging situation can be enormous.

Mindfulness nurtures perspective, kindness, patience, non-judgmental acceptance, flexibility and resilience. These qualities have been absolutely essential during this pandemic year and will be needed for the foreseeable future.

Danna Faulds encapsulates mindfulness poetically:

Being Present:

*Breathe, relax and feel; Take time to slow down the pace of life.
 Watch the rise and fall of moods, the birth and death of dreams.*

*Feelings and sensations seem so real, yet they shift like changing clouds,
 and flow with the high tide out to sea again.
 Allow it all to be, no need to grasp or push away.*

*Present with each moment, the whole of you, body, mind and soul,
 Opens to receive.*

All of mindfulness can be summarized in this phrase: “be aware and don’t cling”.

Wishing my readers well. Kind regards always, from Gerald Levine, MD

My “mindful musings” have been compiled in an ebook “52 Mindful Weeks: Cultivating Awareness and Resilience”. It is available through a link on my website www.managstress.ca (You need to have a free Kindle app on any device or computer to download it).

There are free video and audio meditations on the website to help you develop or enhance regular meditation practice.

Special thanks to Steve Caston and Anna Proctor for publishing my musings in North Simcoe life and for their work on my book.

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 for more information, including how to participate in Open Forum or request a deputations/presentation.

Live Streaming

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

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 Review will begin with a thorough evaluation of both the present composition of Council, and the wards for electing those Councillors as the basis for developing possible alternative ward boundary configurations. Information sharing and public consultations will be undertaken during this process including multiple virtual community public engagement sessions. Please visit oro-medonte.ca for details as they become available.

Internet Connectivity



The Township of Oro-Medonte continues to gather information from residents and businesses to advocate for opportunities to improve access to reliable broadband across the municipality. To learn more about current initiatives of the Task Force, funding announcements, and to complete a mini-survey, including an internet performance test, please visit: oro-medonte.ca/connectoromedonte.

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 second property tax installment for 2021 must be made no later than **Friday, April 30th**.

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 is due no later than **Monday, May 31st**.

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 or contact the Finance Department.

2021 Resident Parking Passes



Please note resident parking passes are required annually from May 1st to October 31st. The Township is currently in the process of reviewing issuance of resident parking passes for the 2021 season - instructions for obtaining your resident parking pass will be provided prior to May 1, 2021. Please follow the Township's social media channels: [Township of Oro-Medonte | Facebook](#) and [Twp. of Oro-Medonte \(@TwpOroMedonte\) / Twitter](#) and visit [Home - Oro Medonte \(oro-medonte.ca\)](http://Home - Oro Medonte (oro-medonte.ca)) for additional information.

Urban Stormwater Pond Safety Reminder

We remind the public that access to areas for urban stormwater management is prohibited for public safety. These areas are often subject to dramatic and rapid changes in water levels during periods of rain and snow melt. Site conditions including muddy water, sudden drop offs, subsurface currents, and the potential for entanglement with vegetation and debris are all possible. For additional information regarding urban stormwater management and safety precautions, please visit oro-medonte.ca/municipal-services/environmental-services/urban-stormwater.

Spring Runoff

Please Keep Your Drains Clear

To prevent spring runoff from backing up, please make sure any debris such as blue bins, garbage cans etc. are removed from ditches and culverts.

Emergency Preparedness Week May 2nd - 8th



Emergency Preparedness Week is an annual event that takes place each year during the first full week of May. The week provides an opportunity to encourage Canadians to take concrete actions to be better prepared to protect themselves and their families during emergencies.

Given the COVID-19 public health crisis, Oro-Medonte Fire & Emergency Services is unable to host their annual open house and pancake breakfast this year. However, plans are underway to highlight this important week. Oro-Medonte Fire & Emergency Services wants to ensure everyone follows the three steps in emergency preparedness - have a plan, make a kit, and be prepared. Please visit oro-medonte.ca for details as they become available.

Visit emergencymanagementontario.ca or getprepared.ca for resources and information, or contact the Fire & Emergency Services Department.



COVID-19 Impacts to the Township

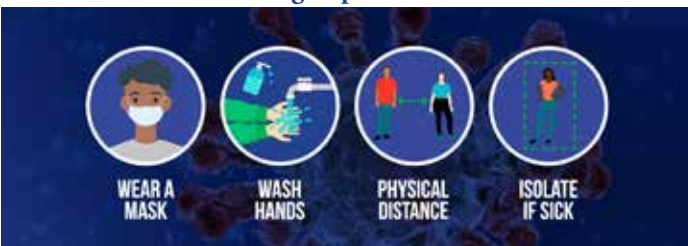
The Township of Oro-Medonte continues to respond to the evolving COVID-19 public health crisis.

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.

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



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 April, 2021 and May, 2021 will take place on the following dates:

Council Meetings:

- Wednesday, April 14th – 10:00 a.m. Public Session
- Wednesday, April 28th – 10:00 a.m. Public Session
- Wednesday, May 12th – 10:00 a.m. Public Session
- Wednesday, May 26th – 10:00 a.m. Public Session

Development Services Committee Meetings:

- Development Services Committee - Wednesday, April 7th - 5:30 p.m.
- Development Services Committee – Wednesday, May 5th – 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.

Township of Oro-Medonte News

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Upcoming Office Closures

The Township Administration Centre will be closed on **Monday, May 24th** in recognition of Victoria Day. Regular business hours will resume at **8:30 a.m. on Tuesday, May 25th**.

Support for the Business Community During COVID-19



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

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

211 Ontario



211 is a free, confidential, province-wide helpline that simplifies finding support and community services for Ontario residents.

211 helps people find basic needs such as food, housing and emergency financial assistance. It connects those in need with agencies who can help someone cope with health issues like cancer or elderly citizens stay in their own homes. 211 also supports staff and volunteers at agencies who are in need of information about community services for their clients.

When you dial 2-1-1, you reach a real person, 24/7, who is highly trained to

listen and help. 211 offers multilingual service in 170 languages as well as TTY service at 1-888-340-1001.

The 211 service in Simcoe County is delivered by Community Connection, a professionally accredited information and referral agency located in Collingwood. For additional information, please visit infosimcoecounty.ca.

Simcoe County Garbage App



Timely Topic by Mayor and Council

Annual Spring Road Sweeping Program

The Township's road sweeping program commences in early April, on an annual basis, taking approximately six to eight weeks to complete.

Spring road sweeping assists with reducing the volume of winter sand entering into the Township's stormwater systems; inclusive of ditches, catch basins, creeks, rivers and lakes during the annual spring melt. Road sweeping reduces the amount of sand and dust on Township roadways, providing better traction for vehicles and outdoor recreation such as cycling and running, resulting in a cleaner community. Road sweeping must be completed prior to line painting.

Road sweeping is primarily focused in residential/settlement areas utilizing a zone approach. In addition, intersections and rural areas throughout the Township such as bridges are swept and cleared of sand.

Two crews equipped with mechanical sweepers operate on a full-time basis during the sweeping season with a crew of approximately six staff. The sweeping process includes the use of a water truck to reduce dust on roadways prior to a loader broom pushing sand out of crevasses from the road edge. Once these steps are complete, the mechanical sweeper

then travels over the path picking up material into a large storage box within the unit. When the unit is full, it empties into a dump truck. The sand is transported to local landfill sites and used for landfill cover.

It is important to note that some fine residue typically remains on Township roadways following sweeping given the use of mechanical sweepers, and not vacuum sweepers. This residue will clear up with the next rain event. In addition, material that has entered catch basins are cleaned in the spring.

Oro-Medonte residents are encouraged to rake sand onto the road prior to commencement of sweeping operations, and reminded to refrain from parking on roadways while sweeping is taking place. Please do not make piles of sand on the road; instead spread sand out to allow for material to be swept. Piles of sand create uneven levels and reduce the ability for sweeping equipment to pick up all of the material from the roadway, impacting the efficiency of the road sweeping program.

To receive updates regarding estimated timing, completion of zones, and additional information, please follow [Facebook.com/OroMedonte](https://www.facebook.com/OroMedonte) and twitter.com/twporomedonte.



Hike for Hospice in a Pandemic

-submitted

What: Annual Hike for Hospice, Orillia

When: Saturday May 1 and Sunday May 2, 2021

Where: Choose your own adventure! – a hiking trail of your choice

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 that members of our community are living with illness, members of our community are dying, and members of our community are grieving.

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 an event 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.

The annual Hike for Hospice event is integral for both organizations as it enhances our sense of community, increases awareness of Hospice Palliative Care, and raises much-needed funds. 100% of the proceeds stay in the Orillia area by directly supporting the services offered by Hospice Orillia and Mariposa House Hospice. These organizations work together to 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 will take place on May 1 and 2. There are many options for supporting this event including: registering as a hiker, donating to another participant, becoming an event sponsor, or promoting the event to your friends, family members, and co-workers.

Participants will have the opportunity to hike when and where they'd like. Think of this as a "Choose Your Own Adventure" Hike for Hospice which can take you to Scout's Valley, Grant's Woods, the waterfront, your garden, or to your favourite hiking trail. To register, please visit <https://give.charityvillage.com/campaigns/flmOFd/register>.

Thank you for supporting Hike for Hospice 2021!



Abby T. - Hike 2020



Zach M. and Michael M. - Hike 2020



Susie T. - Hike 2020



Abby T. and Hailey M. (sisters out for Hike 2020)



Alida T. - Hike 2020

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)

A few words from Rev. Will...

The great Canadian Lucy Maud Montgomery once wrote, "Looking forward to things is half the pleasure of them. You may not get the things themselves; but nothing can prevent you from having the fun of looking forward to them."

I am a person who prefers warmer weather and the activities I can do outside in the spring, summer and early fall. As the days get longer, at this time of year, and the air milder, my mind sometimes begins to daydream of riding my bike, playing golf and many other outdoor hobbies I enjoy. My hopeful feelings cannot be deterred by unpleasant thoughts of pulling weeds, even as I remember that a new variety in my lawn, last year, cost me many hours, back aches and blisters in a vain effort to stay ahead of it.

In the northern hemisphere, and especially in our part of the world, we have the benefit that Easter occurs in the springtime. (Lent, the church-season that comes right before Easter, actually comes from the Old English for "spring".) As the weather brightens, we are more naturally attuned and open to hope; and there is no greater hope on offer than that of Jesus' resurrection!

Perhaps, as we get older, and we realize that there may be more springs behind than ahead of us, we may let our minds wander more and more to the past than the future. Yet, as many stories of the Bible remind us, God has a plan for our lives, from beginning to end, from birth to death, just as they are. As God's people, we can continue to enjoy looking forward, in any season, with hope and confidence, to the good things God has in store for us, in this age and beyond. - Rev. Will

By the time this reaches you, we'll officially be in spring! The winter seems to have gone by quickly, even though we didn't go very far. Hopefully by later this year, life will return to somewhat normal and we'll be able to get out of our houses, or yards, once again.

A quote I read this week kind of sums it up: "Do not ask for fulfillment in all your life, but for patience to accept frustration." – Brenda Short

It has been over a year now that we've been receiving our worship service by Zoom (a video conferencing service through internet). We at Forest Home and Dalston-Crown Hill continue to worship each Sunday morning by Zoom, with just a few people in attendance at the church, mostly the volunteers running the computer equipment for Zoom, and providing the music. One of the advantages of the video conferencing service is that regardless of the weather and road conditions, the services can go on, with Rev. Will zooming from his home (like it was done until September).

As we all get our vaccinations, our hope increases. As Mahatma Gandhi said "The FUTURE depends on what we do in the PRESENT." This has been so true this past year (as we've seen) and if we follow the protocols, it will lead us to our better future.

By the next issue, I'm hoping we all have had our vaccinations and the world is opening up a bit more!

With no events happening at the churches, Rev. Will is offering some one-session bible studies along with some 6-8 sessions by Zoom. If you would like more info on these, please contact Rev. Will (see contact info below).

Take care, and Stay Safe!

If you would like to join either of our Zoom services, please call Rev. Will for the information

To reach Rev. Will Houghton

Phone: 249-877-0393 (local call) or Email: howareyall2@gmail.com

Check out the websites at:

www.ForestHomeUC.ca

or email: foresthomeunitedchurch@yahoo.ca

www.DalstonCrownHillUnitedChurch.net
or email: dalcrown@gmail.com

Good morning Warminster!

Let's talk about the crosswalk at Warminster Side Road and Highway 12. The Ministry of Transport (MTO) has completed their audit report and submitted to council its findings. During the audit process that was conducted between October 20, 2020 – November 30, 2020 they included many factors. The average amount of traffic that used Highway 12 was 10,500 which included 4% commercial vehicles daily. The average speed from Orillia on approach was 82 km slowing only to 67.5 km, while the average speed from Coldwater was 94 km slowing to 69 km at the intersection. They noted stopping for the crosswalk was at 96% compliance by use of a portable camera to capture this. The collision history stated that there were only four accidents at this intersection between 2015 – 2019. Three of the accidents would have been preventable.

The conclusion from the MTO is that this intersection does not warrant a full set of traffic lights. They have, however agreed that the Township may use their property to install a full set of traffic lights at the Township's expense. Questions from residents included whether pedestrian traffic, turning demographics and reduced volume due to Covid restrictions were considered. There were also questions if the increased police presence had anything to do with the larger than normal compliance at the crosswalk. These answers could not be clarified, as the report did not detail all factors taken into account.

The report did suggest changes that the MTO was willing to look at, which included installing school area signs in both directions; installing missing Warminster Side Road guide sign (advanced and turn off) on Highway 12 eastbound (coming from Orillia); replacing Warminster Side Road guide sign westbound (coming from Coldwater), due to age and poor reflectivity; and/or relocating the Highway 12 eastbound speed limit sign which is currently blocking the pedestrian crosswalk sign.

Further suggestions that would be up to the municipality were reducing the speed limit within 550 metres of the Warminster school from the current 60 km down to 50 km. Other suggestions from the Township were to add Community Safety Zone signs to increase awareness, and also suggested was to increase fines to those not in compliance with the speed limit and/or have photo radar speed signs.

This report was included on the March 10, 2021 council meeting and many of the residents sent emails to council asking them to approve the upgrade to a full set of traffic lights (IPS). Upon conclusion of the council meeting, I received the following email from our Councilwoman Tammy DeSousa:

Thank you Warminster!

It is with much elation that I would like to advise you all that yesterday, the Council of Oro-Medonte voted UNANIMOUSLY to proceed with the funding and design of the IPS lights at Warminster Side Rd. and Highway 12. I know that this whole process has been a very long time in the making, but rest assured, Township staff and Council heard you and despite MTO's claims to the contrary, we all recognize, accept and concur that these upgrades are in fact warranted and the safety of our residents and children cannot be compromised.

Shawn Binns, Director of Operations, has scoured the budget and managed to find the funding for us to get started with the necessary design (while continuing to press MTO to take some responsibility) such that this light can be installed without further unnecessary delay, hopefully in 2021.

Mayor Hughes and I would like to extend a heartfelt "Thank you" to all of you who took the time to assist us by attending the meetings, circulating petitions, making the calls, providing your insights and recommendations and garnering the support of the community to "get the job done". We also received countless supportive emails in the last few days that made it clear to all how important and much needed this project is. The community of Warminster came through, even when the going got tough, and we are grateful for your persistence, patience, professionalism and dedication. It is an honour to represent you all.

—Tammy DeSousa

Now let's move on to some other unsettling news around our community. With the warmer weather drawing closer each day, it seems there has been a resurgence of break-ins to residences and vehicles. Within a two-week period in February there were two ATVs stolen from a locked garage. The brazen thieves stole one in the middle of the night, but the second was taken during daylight hours. A neighbour's surveillance caught them on camera and has forwarded the footage to the police. At the beginning of March some vehicles were broken into and electronics were taken.

As a small community we know our neighbours. We need to keep vigilant and "lock it or lose it", but also watch out for our neighbours. If you see something out of the ordinary, take a picture. I would not suggest confronting a would-be thief as this could be dangerous. Call your neighbour and ask them if they are expecting anyone at their home. Do not be afraid to call the police. If it looks suspicious, it probably is.

We need to end this with a positive. Spring is upon us! Time to clean your yard...but wait! There are some butterflies and bees wintering



Highway 12 & Warminster Sideroad Intersection

in your garden or under some missed leaves from the fall. Maybe let them stay for a bit longer. At least until they have a chance to awake from their cold winter's nap. These bees and butterflies are the creatures that pollinate your flowers and vegetables in the summer. If you sweep them all away, we lose the beauty, not only of your plants, but of the natural beauty of the creatures as well. So, wait an extra week and be part of the transformation of spring and the sweet nectar that follows.

It is also that time of year to renew your dog licences. Check the Township website for costs and locations for renewal. If they get lost, this could bring them home.

Are you planning to have a little fire in your yard? Don't forget to get your burn permit for 2021. If you have an account set up with the Township, just go to "My Permits" and click on renew. Once you are approved you will receive your permit, but don't forget to call each time you burn. Burn permits are for clean wood and not burning of garbage or waste. If you do not have an account, go to the Township website, and create an account. You can also visit in person, but I would suggest calling first.

This year, Easter is April 4. Enjoy the Easter bunny and all the treats he brings to welcome us all into spring. Happy planting everyone! Stay safe!

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Oro-Medonte Horticultural Society News

Hope is Growing in 2021



Yellow is the universal colour of hope and this year we're being asked to fill our gardens and communities with hope. Communities in Bloom has embraced 'Hope is Growing' as the banner for their 2021 campaign.

Under the umbrella of the Canadian Nursery Landscape Association, Communities in Bloom is encouraging Canadians to plant gardens that feature yellow flowers, foliage and vegetables. Municipalities, organizations, schools, colleges and universities, churches, clubs, businesses large or small, and individuals can participate by planting a Hope Garden and sharing photos on Facebook and Instagram by tagging @CibCef and using the hashtag #hopeisgrowing. From there you will become eligible for national and global recognition for your efforts.



Garden Centres Canada is participating in the campaign, so our local garden centres should be full of yellow flowering and leaved plants this spring. In addition, the seed catalogs and racks will have many yellow flowering annuals.

Look for zinnias, marigolds, sunflowers, calendulas, snapdragons, petunias, dahlias and more. Bright blue or purple flowers will contrast with and set off the brightness of all that yellow. And don't forget to take some pictures to enter in our photo contest.

Desmond Tutu once said,

'Hope is being able to see that there is light despite all the darkness.

Hope whispers that things will get better.'

ORILLIAMATTERS.com



photo by Deb Halbot

Edgar/Clowes News by Patricia Shellswell

Spring is coming. The snow is gradually leaving for another year.

Everyone is hoping for a summer when we can visit with family again.

Sympathy is extended to Lisa Zariwny and family on the loss of her husband Dave. While I did not know Dave well, he was quick to come to my rescue as I was trying to move boxes over an icy patch at the hall.

The latest report on the hall is that we need to install a new septic system. The process has started.

Congratulations to Charles and Lena Simpson, members of the Oro Agricultural Society, who were presented the Leanoard and Ida Patterson Memorial Award in February. This award is presented annually to a secretary, treasurer, secretary-treasurer or dedicated volunteer who has served for at least ten years or has worked at the OAAS District level, showing extra organizational talent, dedication, and innovative leadership.

With very limited contact, four community members had fun trying to identify individuals in a 60-year-old photo. The time is perfect to document your photos. The phone continues to be a handy communication device in these times.

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



photo by Deb Halbot

Community Heroes by Emily DiLeccce

Scott Stanton

“Those who are the happiest are those who do the most for others.” –Booker T. Washington

Whenever the community members of Warminster are in need, you can be sure to find Scott Stanton lending a hand wherever he can. From volunteering at the local Legion to snowplowing elderly residents driveways at no charge, it is acts like these that have made him this edition's nominated community hero.

So, who is Scott Stanton? Scott was born and raised in Orillia/Warminster and has lived here his whole life. He runs his own construction and DJing businesses that keep him busy and on the go. You may have also seen him around Freeman's Auto Source in Orillia, where he helps Dan out around the car lot.

The Warminster Legion (Branch 619) has played an integral role in Scott's life as it has served as a community hub for many



years. As he became an adult, he noticed the need in the local branch for a younger presence to help with the heavy lifting (literally and metaphorically). Scott stepped up and for the last seven years has volunteered his time and services to the Legion during his spare time, fulfilling odd jobs, maintenance, setup/takedown, and so on.

The Covid-19 crisis has dramatically impacted small community Legion branches such as Warminster's, and Scott fears that if things do not change soon, they will be gone for good.

“The Legion has experienced some tough times with not being able to open for events...” Stanton sadly stated. The Legion relied on large events such as weddings, parties, and fundraisers to fund operations, however with pandemic closures, they fear that the future looks rocky. The community is in need now more than ever for all of us to do our part and give what we can, when needed.

Although we may not be able to predict the future, we can contribute to making positive changes right now. From stepping up into voluntary community roles, to smaller random acts of kindness for an elderly neighbour, we can all practice these methods to live a happier life! Just ask Scott, and the community of Warminster, to whom he has given so much.

Thanks, Scott for being a true community hero!

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Time to Talk About Pollinators

by Oro-Medonte Horticultural Society Members

Someday soon the snow will have melted, and the temperature will rise; native bees, honeybees and butterflies will come out of hibernation and will be looking for their first feed of nectar for energy. Flowering plants are in short supply at this time, but a few of our native woodland plants flower early, such as hepaticas and bloodroot. If you have a shady garden these early ephemerals, including

merrybells, wild leeks and trilliums are ideal. For sunny gardens, early species bulbs and other small bulbs are extremely helpful for the early insects. Crocus, snowdrops, Iris reticulata and species tulips all flower very early and are attractive to insects.

We all know that native plants, primarily perennials, are essential to our native bees, insects and honeybees. Most of these are showy so deserve a place in our gardens both for the pollinators and our own enjoyment. However, most of us would feel very limited growing only natives, so just remember that flowers of most species will be attractive to pollinators whether it is a shrub (rose), perennial (peony) bulb (dahlia) or annual (zinnia). The main consideration is the number of petals; fully double flowers make it difficult for insects to reach the nectar, so look at the picture of the plant you are buying and if the stamens are showing, it will probably be useful for insects.

Today I would like to talk about annuals for pollinators. Only a few of the bedding plants that are grown in nurseries are native but being annuals, they usually aren't invasive, and give us that boost of all season colour that our perennials may not provide. Many of us love our pots,

whether you only have a balcony garden or a deck or front entrance that you want to enhance. Annuals are ideal for pots as well as for filling in between the perennials and grasses in borders.

Having said that, I have never seen an insect on a geranium (Pelargonium) or a Canna. However, there are many annuals that attract pollinators that can be used in pots or the garden. Last year my coleus plants in a hanging pot flowered before I could pinch them out and the bees and hummingbirds loved them, so I left the flowers for the season. And don't forget herbs, the quality of the herbs may be slightly diminished once they flower, but the flowers are attractive to us and the insects.

Plants that we label weeds are also important to pollinators. That pesky dandelion is loved by most pollinators so think about whether that weed is really a problem. Leaving ditches and road verges unmown makes a source of sustenance for pollinators and butterflies alike. I have upland cress, *Barbarea verna*, growing in the grass and around my vegetable garden. I leave it because it is really tasty in early spring and late fall. A bonus is its yellow flowers, which are very attractive to pollinators and butterflies.

And finally, you might want to ask your nurseries if they or their suppliers use neonicotinoid pesticides on their plants. This is a major cause of death for both honeybees and our native bees.

Here is a partial list of pollinator-friendly annuals:

Ageratum, *Ageratum houstonianum*
 Anise-scented sage, *Salvia guaranitica*
 Aster, *Callistephus chinensis*
 Bidens, *Bidens* spp.
 Black-eyed susan or gloriosa daisy, *Rudbeckia hirta*
 Blue salvia (mealycup

sage), *Salvia farinacea*
 Borage or starflower, *Borago officinalis*
 Calendula, *Calendula officinalis*
 Cape Daisy, *Osteospermum* spp.
 California Poppy, *Eschscholzia californica*
 Clary sage, *Salvia sclarea* (biennial)
 Coleus/ *Plectranthus scutellarioides*
 Common lantana, *Lantana camara*
 Common sunflower, *Helianthus annuus*
 Cornflower, *Centaurea cyanus*
 Cosmos, *Cosmos bipinnatus*
 Dahlia (open types), *Dahlia* cv.
 Gaura, *Oenothera lindheimeri*
 Heliotrope, *Heliotropium arborescens*
 Marguerite Daisy, *Argyranthemum frutescens*
 Marigold (open types), *Tagetes* spp.
 Million Bells, Calibracho Mignonette, *Reseda odorata*
 Pansy, *Viola* spp.
 Pentas, *Pentas* spp.
 Phlox, *Phlox* spp.
 Pineapple sage, *Salvia elegans*
 Popcorn plant, *Cassia didymobotrya*
 Snapdragon, *Antirrhinum majus*
 Spanish Lavender, *Lavandula stoechas*
 Spider flower, *Cleome* spp.
 Sunflower, *Helianthus* spp.
 Sweet William, *Dianthus barbatus*
 Sweet alyssum, *Lobularia maritima*
 Tithonia, *Tithonia rotundifolia*
 Vervain, *Verbena bonariensis*
 Zinnia (open types), *Zinnia elegans*



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Gardening with Gail by Gail McLlroy

Well hello spring!

I think we all welcome you even more this year. So, for enthusiastic gardeners here we go with weeks of work ahead of us, fresh air, and seeing neighbours from a distance until everyone has had their vaccine if they choose to do so. Daffodils are in bloom and the days are not only longer but brighter, which improves growing time. I am going to share some ideas from my garden.

Thrilled for all of us that spring is here. The seeds we started last month indoors look like they are ready to fly out of their pod containers, but in fact they are still too fragile ... having said that, they are ready to start hardening off

for small periods of time, but the weather needs to be consistently over 50 degrees to do that (10 degrees Celsius). In thinking about our environment, it's a good time to also start incorporating native species into our gardens.

It's good to realize native plants require less water, and are low maintenance, cost effective, and provide a home for many species. It's wise not to trim back these plants in early spring because we want to give the inhabitant species time to get out of the stalk. Plants are the foundation of our ecosystem, that in turn, support wildlife. I love the variety of colour the unassuming native plants add to our gardens. To learn more, you might want to join the North American Native Plant Society, as well as our local horticultural groups. Native plants are low maintenance, colourful and cost effective but good for our ecosystem.

As things start to bloom, the chipmunks and squirrels are still interested in digging. If you didn't use bone marrow when planting, a little of the bone marrow spread around the top can be effective. My favourite deterrent to use around emerging Hosta is Irish Spring...even the hungry deer don't care to sample when you use shavings of Irish Spring.

In our area it is best not to trust the elements until after May 24th for fear of frost. If you become over-enthusiastic just remember the annuals will need to be protected by using a covering!

April is a good time to enrich the soil for your vegetable or plant gardens. A good black soil seems to be the best and other additives won't need to be added.



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The bulbs we planted last fall will be starting to poke through. I find that the extra skin around the bulb functions as a great source of food storage during dormant months. When I started with bulbs many years ago, if the skins seemed loose, I would pull them off and often wondered in the spring why the stems were spindly and not often had bloom. Once I discovered the importance of the flesh, the bloom was far more consistent in the spring.

When bringing tulips in from your garden they will last longer if you prick the stem just under the bloom (this stops the flowers from drooping, the other thought is to place a penny in the bottom of your vase). Being a little old school, I learned from my grandmother that it worked!

Native plants are so very important so here let's have a little chat about native plants and here are a few of my favourites: Oswego tea (bee balm), Cardinal flower, swamp milkweed, blue eyed grass, butterfly bush, obedient, and wild columbine. I mention a few I have in my gardens, but Google will have more variety.

And now I must go, Bentley with his wisdom has decided maybe it's wise to do his own thing while I write this column!

Dear readers, enjoy this little column. I don't pretend to be a master gardener; however, I do proclaim to be an enthusiastic one. Should you have any questions, I am happy to share with you.



The Toddler Tourist: Exploring Hidden Gems In Our Own Backyard

by Hillary Handy

The George Langman Sanctuary

Living in a pandemic is difficult. Entertaining little ones whilst feeling stuck at home is not easy. As life has progressed through the past few months and now months have turned into a year, I am always on the lookout for novel opportunities for fun for myself and my children that are safe, local, accessible and either free or rather inexpensive. Variety is the spice of life and kids love to have somewhere, ANYWHERE, to go and play.

During this pandemic season of life, I recently moved into the North Simcoe catchment and have had a daughter become school-aged, leaving me at home to work and also care for and entertain a 3-year-old little man.

Having two toddling children at home seemed a lot easier when we had the world at our fingertips and everything was easily accessible, without strict protocols and regulations. My children and I travelled across Simcoe County exploring fun, and often FREE, opportunities to fill our days and fill our hearts. I seldom washed their hands before snacking, definitely didn't sanitize or worry about mask-wearing, and never found myself concerned about how many people were also attending an event.

Now in a new region, with new opportunities (and likely new challenges due to pandemic living) with just one little guy who loves to explore, I find myself tapping into the depths of my brain for creative things to do, while checking in with Google Maps to see what's available.



To the mother new to the area with no clue where to go with your young one, this column is for you. For the mom who has tapped out her resources and is looking for fresh ideas, this is for you. But mostly, this is for me. A chance to explore my new community, meet new people, and engage with the beautiful surroundings North Simcoe has to offer. It is also an opportunity for my children to learn about their community and have an appreciation of what it has to offer them, and what they can offer it.

One of our first adventures since moving was visiting the George Langman Sanctuary. This property is owned and maintained by The Orillia Fish and Game Conservation Club. Nestled off Bass Lake Sideroad, just a stone's throw from Bass Lake Provincial Park, this 61-acre stretch of land is free to the public to visit and engage with nature. Donations are always happily accepted to help support the upkeep and the care of the animals. There are walking trails, hidden geo caches (just download a free Geocaching app), an education centre, and of course, wetlands with waterfowl that come and go as they please. This is open year-round, but you will see the most action in the spring and summer when the snow melts and the various animals run underfoot.

My children love going to feed the ducks and swans with some of the dried corn that is usually available for purchase for 25 cents. There is also an enclosure which houses animals that cannot survive in the wild on their own, such as a beautiful peacock. The majority of the walking trails are accessible for strollers and wheelchairs, but some portions contain large tree roots which can make it a bit more chal-



lenging to navigate. There are no formal, marked parking spaces, but adequate room to park on the property by the enclosures. It is free to park as well.

The only hiccup you may encounter here is the lack of a public restroom. Overall, it is a fun and free place to roam for ten minutes or even up to an hour. You could spend a whole morning there or just do a quick drive-by. There is lots of space to social distance and it is a great location to invite another mom-friend for a meet up. Very rarely do I ever see another family...although now, maybe I will see you there, too! It is perfect for all ages and abilities. We have gone back many times since our initial visit; we love the opportunity to engage with nature in a peaceful and serene environment.

It has also been educational for us, teaching my children about eco-stewardship and the importance of protecting wildlife. My son has been watching the cartoon show "Peppa Pig" more than I care to admit, and Peppa has been known to feed the ducks pieces of bread. Since frequenting the sanctuary, we remind my little guy that bread actually can hurt the ducks' stomachs, so now he says, "No feed bread! Ducks like corn!" It is a cute statement, but a reminder to me that children can learn so much from nature and about nature, but need the opportunity to do so.

As spring approaches, make sure to add the George Langman Sanctuary on your list of



places to visit, especially as the little ducklings, goslings and cygnets will be hatching and the bunnies will be running around.

Eady News by Evelyn Reid

It has been wonderful to see the numerous skating rinks that have been built throughout our communities this winter and adults out enjoying them with their young children. It reminds me of my childhood in Carley when the neighbours all went to Middleton's pond on a Saturday night to skate. Oh, the fun that we would have!

It has also been a joy to drive around the area and see all the creative people who have built a snowman (or two or three) in their yards. After what seems like a long winter, due to being unable to visit with our families and neighbours, or attend our weekly and monthly activities or meetings/church services, these outside activities have helped to make the winter go by.

It has been a good winter with lots of January sunshine and little snow, making it good for those having to travel. February had a few snowstorms but not much sunshine. Thanks to our Township crews who have kept our roads ploughed and sanded throughout the winter. Now it seems that spring has finally sprung with a quick spring melt that caused a lot of flooding in our Eady flats over a 24-hour period in early March. And, of course, we have seen our snowmen and our skating rinks fade away into big puddles! Many people have enjoyed walking over the winter, and I am seeing more people on the roads as the weather is warming up and the days getting longer.

Since Christmas, we have had a lot of sadness in our community with the loss of a number of long-time Eady residents.

Sympathies are extended to the family of Garry Fell, who passed away on December 31. (I missed including this in the last issue). Garry and his family lived in Eady for several years on Line 10, south of the Mount St. Louis Road, before moving back to the Orillia area. Garry was a long-time teacher at the former Park Street high school in Orillia. He was 73.

Sympathies are also extended to Susan Morton and family on the passing of Susan's husband, Paul Jr. on January 2, in his 67th year. Paul Jr. and his siblings grew up in Eady, and later in life, Paul and Susan, along with their children, returned to Eady and spent several years here before moving to Orillia a couple of years ago. Paul volunteered a great deal in the community and surrounding communities and he could often be found in the kitchen at either the Wesley Eady United Church or Eady Community Hall helping to wash dishes whenever there was a church supper or community supper event.

We also extend our sympathies to Sandra Elshaw and family on the passing of Sandra's husband Kenneth "Bud", on February 1, in his 77th year. Bud and Sandra have been long-time residents of the Eady Station Road. Bud worked for Kubota in Orillia for 40 years. He loved to golf and 5-pin bowl.

Another well-known person to the Eady community and former long-time resident of Moonstone, Carlyle Mino, passed away on March 7 in Vernon, B.C., where he has lived for the past twelve years. Carlyle was 84. He worked as a surveyor for the Ministry of Transportation while living in Moonstone. Following retirement, Carlyle and his wife Dorothy (pre-deceased), provided disc jockey services for many local weddings, anniversaries, retirement parties, etc. in the Moonstone, Eady, Coldwater, and Orillia communities. Both Carlyle's wife, Dorothy, and his mother Jessie Mino, also formerly of Moonstone, worked as telephone operators on the old Moonstone "Central" telephone system (more on this below).

Get well wishes are extended to Lillian Gray of Moonstone, who is now home from hospital convalescing following surgery in early January. We hope you are on the mend and feeling better soon Lil.

Get well wishes are also extended to Anna Spence who has also recently spent time in hospital. Anna, we hope you also are feeling better.

Get well wishes are extended as well to Wanda Myles Warder, who also is convalescing following recent surgery. We hope that you are feeling better Wanda and able to be up and about soon.

Now for a bit of history about our Moonstone telephone systems. The old Moonstone telephone system was a Central switchboard system that Jessie Mino would operate day and night. Her daughter-in-law Dorothy Mino was also an

operator in later years. Back in my days of growing up in Carley, every household on Line 8 and nearby sideroads were on one huge "party line", that each household had to share. Each household on the party line would have a distinctive ring such as three long rings and two short rings, or one long and two short rings.

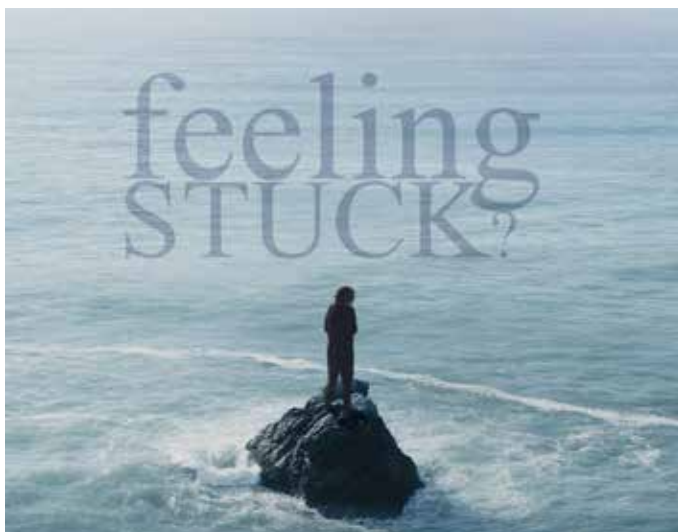
Our ring at our house was two long and four short. There was no dial pad or push buttons on your telephone....only a telephone receiver, a mouthpiece and a crank ringer. When you wanted to call your neighbour in your community, you would lift up the phone receiver and crank the ringer for the correct number and type of rings such as one long ring and two short rings. When you wanted to call someone in another community such as Eady, you would lift up the receiver and wait for Central (Jessie) to come on, and you would give the name of the person you wanted to call. Jessie would then ring the phone for that specific line and house in Eady.

If you were phoning someone in Orillia or Toronto you would give Jessie the seven-digit phone number and she would connect you. Phone calls were always short so that you didn't hold up the line for someone else trying to use it.

If there was a fire in the community, Jessie would send a fire call out (six extra long rings) to everyone on each of the Moonstone Central party lines in order that the farmers and others could go and help with the fire. People would pick up their phones when they heard the fire call and Jessie would tell them where the fire was!

Many years after I moved to Eady, sometime in the 1970's I believe, Bell Canada dug and buried new phone lines down each of the concessions, and built a new telephone office in Moonstone, that is still there today. At that time, I remember our phone number was changed to "Moonstone 7J2". We still had party lines, but now there were only seven or eight homes on a party line. Eventually, our phone lines were changed to private, semi-private (two homes) and party lines with up to about six homes, all with dial phones which replaced the ringer phones. Eventually push-button phones replaced the dial phones. It used to be a long-distance call to phone Orillia, Barrie or Midland but our calling area got expanded in the 80's or 90's to include these places. The party lines are pretty much gone now and there is no longer Moonstone Central. There sure have been many changes with our telephone systems since those days. Today you can even see the people you are talking to.

With the vaccine for the coronavirus now being given to us "Seniors over 85", and hopefully to others shortly, maybe the summer ahead will allow us to be able to visit, socialize and celebrate with one another again. Let's hope so.



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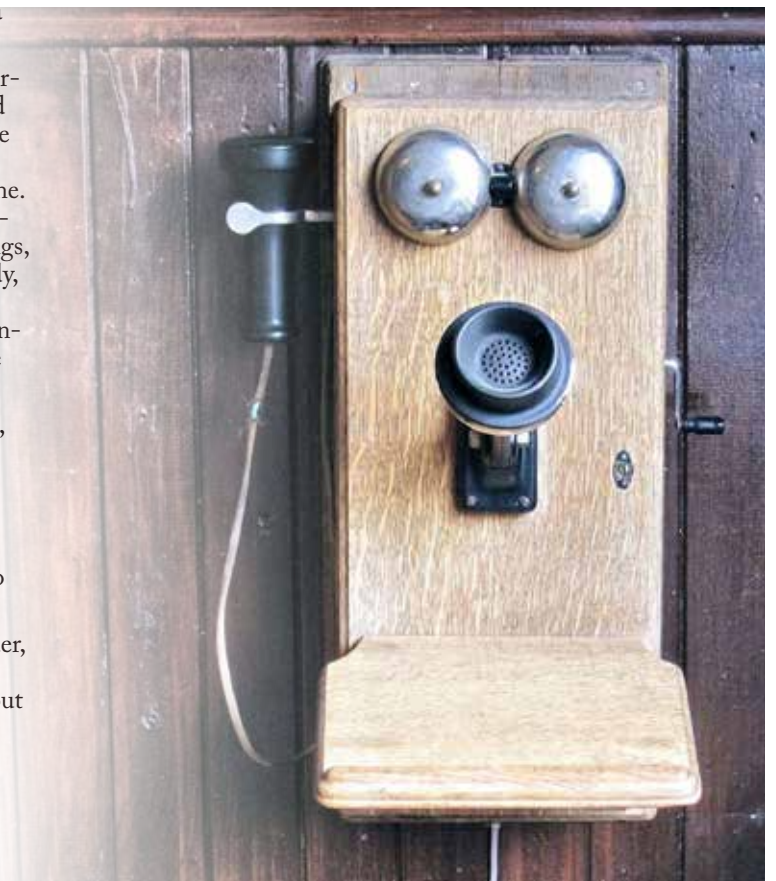
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photo by Deb Halbot



Behind the Mask

by Natasha Claire

Part 2 (For Part 1, please see our February/March issue)

I took out my house key from the pouch that was attached to my waistband and unlocked the front door to my apartment. I checked the clock on the wall quickly before heading to my room. I only had thirty minutes to get changed before my boyfriend got home.



Natasha Claire

Jasper had no idea that I worked as a hero. It was hard sometimes to keep the truth from him, but it was best to keep him out of the loop for his safety.

I grabbed a pair of sweatpants and a long sleeve and threw it on, tossing my costume into my laundry basket. I headed into the bathroom and dried my hair the best I could. There were a few cuts on my face, so I carefully applied some foundation and powder over it until my skin looked smooth again.

Then I headed over to the kitchen and pulled out some left-over spaghetti and threw it in the microwave. I wasn't much of a cook, unlike Jasper who worked as a professional chef. I sat down heavily at the kitchen table and checked my phone. No texts or calls.

I set my phone back down and a few minutes later the microwave started beeping. I got up and prepared the food on two plates. Just as I was sitting back down, the front door opened and Jasper walked in, soaked from head-to-toe.

"Welcome home," I greeted him, getting up and giving him a quick kiss. "How was work?"

"It was... interesting," he responded with a chuckle, running a hand through his hair.

"Well, you can tell me about it after you've changed and dried up, you look like a drowned weasel," I giggled, pushing him towards the bedroom.

Once he had disappeared into our room, I sat back down at the kitchen table.

Jasper came out of the room wearing something similar to what I had on and sat across from me. "Leftovers?" He eyed the spaghetti with a humorous smirk, and I rolled my eyes.

"You know I'm terrible at cooking, so I have no idea what you were expecting," I said with a shrug.

"No, no, no this is exactly what I was expecting," he laughed, and I kicked his leg under the table.

"So why was work so interesting today?" I asked, taking a bite of the food.

"Someone was thrown into the building during a fight," his words caught me off guard and I

barely managed to keep myself from spitting out my spaghetti. "Really?"

"Yeah. I think it was that new villain, Nightshade, or whatever his name is. He was fighting Prism and she tossed him through the wall. He almost took out Jen."

"Damn. It's unfortunate that fights like that always cause so much damage," I muttered, taking another bite of the spaghetti. I had forgotten about the street fight between Nightshade and me. Before we had ended up on top of that skyscraper, he and I had tussled in the downtown area of the city. I never enjoyed fighting there, since it usually caused a lot of destruction.

"It is what it is I guess. There's not much a hero can do in that situation," Jasper said with a sigh. "I can't imagine how hard it must be for heroes. They all have a lot of pressure on their backs."

"Yeah. Must be tough," I mumbled around my mouthful of food. That's when I noticed he was eating with his left hand. He was a righty. "Hey, is your right arm okay?"

"Oh, yeah, I got hit with some debris during the fight so it's a little sore," he said with a shrug.

"Do you want me to look at it?"

"No, no, no, I'll be okay," he said, quickly shaking his head. I narrowed my eyes at him but moved on.

"Is there anything you have on the go tomorrow?" Jasper asked, changing the subject.

"I'm meeting Aiyla for coffee in the morning," I said, finishing up my meal. I got up and placed the dishes in the sink, then leaned against the counter and looked at Jasper.

"Guess I'm off to bed," I said, running a hand through my hair. It had barely dried since I had gotten in the apartment.

"I'll join you in a minute," he responded. I turned and made my way to the bedroom, then changed into my pyjamas. As I was about to throw my clothes in the laundry basket something caught my eye. I reached into the basket and pulled out a white button-up shirt. There was a long tear along the right sleeve and one along the collar. The right half was almost completely soaked in red.

It was blood.

To be continued in our June/July issue!



photo by Deb Halbot

Life Stories by Sandy Falcon

I don't give myself enough credit. A huge part of our self esteem lies in the way we talk to ourselves, "self talk". I was a person who thought that talking about myself positively meant that I was conceited or full of myself. I tried to discredit how talented I am. When people used to ask me how I managed to do things I would say things like, "It's not that hard" or "I don't know, I just do". I felt that if I agreed with people and revealed that it was hard and not everybody can do what I do, then I would be conceited. In this piece I'm going to positively "self talk" about what I have accomplished.

I moved a lot when I was younger. At the age of nine, my parents moved us from our apartment in the city to a nice townhouse. In less than a year we moved out of the nice house back into an apartment, this move was because of my parents' divorce. When I was ten, my parents divorced. From then on, I moved more times than I can count. I lived in Ecuador and the U.S., in both Louisiana and Georgia.

Upon my arrival back to Canada I was 17 years old. I hadn't lived with my mom for four years, and my life was upside down. Within a few months of being in Canada again, I started using drugs and took an extra year to graduate high school. At the time, I didn't know that drugs would be a part of my life for 17 years. During those

17 years of my life, I got married and had my first child at the age of 21. I too got divorced promptly and was a single mother for a few years.

I later married my second husband and had two children and was doing what I thought I was supposed to do. I had a husband, kids, somewhere to live and food, isn't that what life was all about? After a few years of marriage, I separated and eventually divorced my second husband. I was again a single mother, living on social assistance and feeling so down and alone.

One day after years of shutting out my inner voice, I finally let myself hear her and she told me, "You need to stop this now." I had to stop using drugs. It was not easy, but I gave my addiction to something bigger than me, call it God, the Universe, a power, whatever you want. I couldn't do it alone, I needed to surrender my addiction to something bigger than myself and I did. I prayed.

I was very fortunate to have another person in my life, a man that loved me and sat down in that "rock bottom" place with me and never let me go. That man is my husband today. He saw in me something I was unable to see, he saw the human being who was smart, loving, compassionate, a wonderful mother, a resilient, strong woman and he reminded me of that every day.

I have been clean for over seven years now and for that I am proud. I was an addict, but that does not define me. I was so afraid of judgement that I secluded myself from the world and I kept myself hidden because I was ashamed. I am not anymore.

I am proud of myself, I have seen things, and lived things that people can only imagine but I am still standing. It took many years of rebuilding my foundation upon all of the awful things I endured but I built myself from them. I do not carry that weight on my shoulders, I use it to leverage myself to a greater place. I do not forget my past, on the contrary, I embrace it and I am thankful for it because it reminds me to be so grateful for every achievement I accomplish today.

So, what am I proud of? I have four beautiful children and an amazing husband who loves me unconditionally. I went to post-secondary at the age of 35 and achieved a Law Clerk Diploma (with Honours). I have also achieved a Bachelor's degree in Political Science and an Honours Bachelor's degree in Criminology. I am currently a Master's student in Social Justice. I am a columnist, a researcher, a writer, and a podcaster.

I am very proud of myself. I accept that what I do is not easy, and I thank everyone who reminds me that I am amazing. We all have something we should be proud of, let yourselves be proud, you deserve it!



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photo by Deb Halbot



by CASTON

Roots North Music Festival Online This Year! —submitted

Even though we can't be together in person for this year's festival, we are excited to announce that a video production is planned to take place for you to enjoy at no cost for anyone that would like to tune in.

The presentation will be available on YouTube, Facebook and we are in discussions with Rogers TV to broadcast on 5 stations throughout Simcoe County direct to your home.

The show will feature Alex Andrews & Marta Sotek, Craig Mainprize, Darrin Davis & Amy Jefferies, Sam Johnston, Sean Patrick, and Zachary Lucky, all local artists performing a variety of fantastic music. The broadcast will be captured with beautiful visuals courtesy of our friend and dedicated supporter Tyler Knight from KnightVision Media and it will be professionally mixed by our long-time sound engineer Mark Webster. All health and safety precautions will be strictly followed during filming of this show. Keeping with our festival's main goal, all money spent on this production is staying local which is important now more than ever! Links to the event will be posted on all our festival social media channels and within this event page. Please be sure to Like & Share!

Scheduled air date and time is subject to change

visit www.rootsnorthmusic.ca

R



Sam Johnston



Zachary Lucky



Craig Mainprize
credit Lynda Chan photography

Local entrepreneurs honoured at Henry Bernick Medal Awards —submitted

The innovative spirit of Henry Bernick was commemorated on March 23 with three awards given out to local entrepreneurs at a special celebration. The Henry Bernick Medal Awards commemorate the qualities of its namesake who was a strong and principled man, a mentor and teacher, businessman and philanthropist. Henry was a friend and supporter of Georgian and his generous donation allowed for the creation of the Henry Bernick Entrepreneurship Centre (HBEC).

Three medals were given out at the virtual celebration.

The **Student Entrepreneur Medal** was awarded to Rebecca (Selin) Armstrong and Brianne Morehouse of *Honey Bee the Change*. Their company infuses locally sourced honey with natural herbs, florals and spices to create decadent-infused honey.

Armstrong and Morehouse met as students in Georgian's *Business – Entrepreneurship* program. Their business came out of the Georgian Den – a class project in which student entrepreneurs pitch their business ideas to a panel of judges.

"We're absolutely honoured to win this medal," said Armstrong. "Honey Bee the Change had its start under the Georgian roof a few years ago, and it's a wonderful full circle to be back with this incredible recognition. We're working hard to expand our reach, grow our skills, and hustle bigger and better things for our business."

Morehouse added that they're thankful for the rock-solid foundation they acquired while at Georgian. "Everything we learned was invaluable – from flushing out a feasible business plan to leaning out our start-up and checking our financial boxes every step of the way," she said. "The next few years hold some big milestone goals for Honey Bee the Change. We'll grow our retail presence, launch some huge new projects and expand our product line. And we're so thankful to have all of the knowledgeable and resourceful folks at HBEC as such a valuable part of our community."

Michael Agema was presented with the **Community Entrepreneur** award. His company *Agema Work* seamlessly connects people with work and work with people – without boundaries. Clients have the option to work when they want and where they want. Agema Work increased its client base by 50 per cent in 2020, despite COVID-19, and employed over 150 associates. They work closely with local Labour Steering Committees providing viable solutions to meet their labour needs.

The **Entrepreneurs' Champion** medal was awarded to David Yeaman from *MPC Components*. MPC, a precision plastic injection molder in the automotive and medical space, has been a valued supporter of Georgian sponsoring two \$2,500 annual scholarships and hiring many graduates and co-op students. By providing students with valuable leadership opportunities and hands-on experience, they're helping them be better prepared for the demands of industry 4.0 and ensuring they're educated on the agility and mindset required to meet these demands.

MPC also worked tirelessly to meet the needs of COVID-19 head on and made it their priority to solve Canada's biggest medical PPE



Local entrepreneurs were honoured this week at the Henry Bernick Medal Awards virtual event. Rebecca (Selin) Armstrong and Brianne Morehouse of Honey Bee the Change was awarded the Student Entrepreneur Medal, David Yeaman from MPC Components was the recipient of the Entrepreneurs' Champion Medal and Michael Agema from Agema Work won the Community Entrepreneur Medal.

challenges. They succeeded by making over 450,000 face shields a day and have shipped over 27 million face shields to Canada's front-line workers.

The virtual audience was also treated to a keynote by award-winning advertising writer, entrepreneur and best-selling author Ron Tite who shared the secrets of purpose-driven marketing.

Tite is the founder of *Church+State*, host and executive producer of the Canadian Comedy award-winning show *Monkey Toast*, and publisher of *This is That Travel Guide to Canada* – a best-selling and award-winning satirical book.

In his inspiring, and often humorous, keynote, he outlined his simple yet powerful process to help businesses stand out, unite and inspire their employees with a clear purpose, and foster real relationships with their customers. He explained that it starts with three

simple steps: think, do, and say.

"Great organizations and leaders align what they think, they say and then do," said Tite. "Authenticity is so important. Entrepreneurs should embrace their limitations and be true to their authentic self. If you think you should look, sound and act like what a stock-photo entrepreneur does, you won't do well. Your imperfections are what make you human."

Members of the Bernick family were in attendance and Henry's son Howard shared a few thoughts with the audience about his family's history with entrepreneurship and his father's legacy. Howard spoke about the importance of being focused but to never forget about family.

The event was proudly sponsored by Grant Thornton, Central Ontario Broadcasting, Barriston Law, and Sun Life Financial – McBride Robillard Financial Solutions Inc.

Horseshoe Valley Kaleidoscope

by Valerie Thornton

So many beautiful blue skies and gorgeous sunsets during our deep freeze weeks; thank you to those who posted so many delightful photos that we could all enjoy. But I am ready for spring to gradually unfold; I never get tired of this exciting transformation! It is still a challenging time though as we seem to go in and then out of Covid-19 restrictions and our small businesses especially are suffering and having to close. So many people are having mental health issues with the challenges faced over the past year; a major concern is that substance abuse is on the rise (drugs and alcohol) and a consequential increase in overdose and suicide deaths! I am hoping that soon we will gradually return to a new, more manageable "normal".

It is always nice to hear good news and see communities coming together to help those in need, especially important during this pandemic period. It was terrific to see that Ruth Wild finally was back in her home at the Valley Chalets on February 11 after the fire destroyed her condo in November 2019. So many individuals/volunteer groups/local businesses were involved in helping Ruth to recover from this devastating episode. Community support was also given to Deb Wood's daughter (who grew up in Sugarbush) who also lost everything in a fire in her home in B.C. Thank you to all involved, so many, too numerous to mention here. GoFundMe and cash donations were also a big help in both cases...even a bottle drive added some funds.

Sadly, there have been several losses in our community. Condolences are extended to all the families and friends who have lost loved ones and are having to deal with their grief at this already stressful period, with many restrictions on gatherings.

ED BRYANT: long-time resident who built his own home with the help of family and friends. "He was a true gentleman, and he leaves behind a tremendous legacy that will endure forever."

ROB McCOLM (Rosemarie): "One of the good guys, welcoming, friendly, super-kind and cheerful, always willing to help. His memory will be cherished by all those who crossed his path."

ELAINE JOYCE - married to Kenneth for nearly 70 years: Early residents living here for 35 years and highly involved in the community including the early years of the HVPOA, the Horticultural Society, Craighurst Women's Institute and many social circles and volunteer work. Elaine made many fast friends over the years with her warm welcoming nature.

JOANNE STICKLEE (Ian Walker): long-time resident who was highly involved in so many groups and associations throughout her life, including Scouting, birth coach, Hospice Simcoe/

Matthew's House, etc. Joanne wanted to be involved and she certainly was!

COL. ROBERT DOUGLAS: Member of the British and Canadian armies and the Canadian army reserve since 1947 (a career spanning 62 years). Bob and his wife Anne became residents of Horseshoe in 2003, after coming here since the 1970s. Married for nearly 60 years, Anne sadly passed away a few years ago. Bob was independent and highly involved in so many activities and events all his life, right to the end; truly a life well lived!

Congratulations to Ron Woods who was chosen as Rink Rat of the year for 2021. The consistent cold weather made it ideal for the rink with minimal thaws, in fact Terry Ruffell who organizes the many volunteers to maintain the rink said it was "the Best Year Ever". Terry is out there most mornings to give a hand if necessary, so a hearty thank you to him, Ron and all the other volunteers.

The first ever virtual HVPOA Annual General Meeting was held on February 2 via a Zoom Webinar. Communications Director Mike Vanderlee again did an excellent job in organizing this interactive, virtual meeting which included on-line voting and a Q/A period with over 100 people "attending". Sad to see Gary McConnell and Len Watson retiring from the Board but happy to see Len continuing with the ENews and Gary still available for consultation. Thank you guys!

Two new Board Members, Susan Carmichael and Richard Quinney, were elected and welcomed that evening. Voting was done on-line and went off very well. The Board is dealing with any questions raised by members which weren't dealt with at the meeting. This type of virtual meeting was a first and it was realised that last year's Financial Statements should have been a separate vote from approval of this year's budget, but it was difficult to correct as they were unable to make the necessary connection to the on-line voting tool on the spot.

The guest speaker was Eric Harkonen, Founder and President of the new Vetta Nordic Spa which is being erected on Line 3. I think many people are excited and see this new business as being an asset to our community. Mr. Harkonen was unsure regarding the exact date for opening (but I think hoping for the early fall) and also regarding any special "deals" for

locals. At the moment it appears that the restaurant there will only be open to those people using the facilities, but that could change.

The site for the new "shared school and community centre" at Line 4 and Horseshoe Valley Road has been partially cleared of trees so work will soon begin. This is a partnership of Oro-Medonte Township and the Simcoe County District School Board (SCDSB) and it is hoped that it will be open in the fall of 2023. This has been in the making for over ten years, but a school was not thought of when the land was originally purchased. The community centre section is for ALL constituents of the Township, but it is unsure which areas the school will serve besides those now bused to W.R. Best. The school board has to be contacted regarding this, not the Township. Please avoid the construction areas which will be identified by fencing and signage.

Regarding the 6th Line/Horseshoe Valley Road intersection, after a superlative presentation "Sugarbush, Stick To the Plan," by Brad Taylor and Josh Brown (with support from Don Baker) plus a petition with over 900 signatures, a decision was made by Democratic Homes to adhere to a 1994 OMB Ruling indicating that the Sugarbush entrance should be moved. They advised the Township on February 23 that they intended to go forward with the Easterly intersection improvements.

Zone 1 now has its incorporation so it can move forward.

Here's to the renewal of spring as we come out from our hibernation period; have strength as we move forward in this chaotic world that we live in to make it a better place. Remember to "Stand up for what is right even if you stand alone."



photo by Deb Halbot

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