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October/November 2021



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Issue	Ad and Copy Deadline	Date Issue Goes Online
December 2021/January 2022	November 15	November 29
February/March 2022	January 18	February 1
April/May 2022	March 15	March 29
June/July 2022	May 17	May 31
August/September 2022	July 18	August 2
October/November 2022	September 13	September 27
December 2022/January 2023	November 15	November 29

Thanksgiving and Gratitude

Thanksgiving is coming up, and this year I think it is more important than ever. And I don't mean because we all need turkey and pie. I think it's because we might all need a reset on giving thanks, and on gratitude.

I don't know about you, but I have been sensing a growing discontent, and even downright anger amongst us, especially in the old Facebook news feed. The negativity is huge and guess what folks...it doesn't help.

I get that we have all been through

hell over the last almost two years. Everyone's lives have been turned upside down and we have all had to do a heck of a lot of really hard things. Some of us have lost people we love. The news has been pretty much all bad, and we have all lived in a state of continuous fight or flight since March 2020.

We have all felt the loss of control over just about everything, and it is not ending any time soon, with vaccine passports, the Delta variant, and inflation, among other stressors.

But, guess what? Negativity, rudeness, and dwelling on everything miserable doesn't help. In fact, it makes everything a whole lot worse. Countless studies have shown that "an attitude of

gratitude" and focussing on the positives in life really does help people to feel better and navigate the hard times with a whole lot more success. And a whole lot more kindness.

How about we all do a reset this Thanksgiving and spend a few minutes every day in thanks and gratitude. Start with one thing a day that you are grateful for, give thanks for it, and go about your day. Build from there. You might be surprised at the difference it makes!

I'll start. I'm grateful for the beautiful place we live in. Thank you, north Simcoe!

Happy Thanksgiving!

HAPPY READING!

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Next Edition: CHRISTMAS/NEW YEARS
December 2021/January 2022
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COMING EVENTS

—from submitted materials

Friday September 24 to Sunday October 24

Culture Days in Ontario - Many events for Culture Days are being hosted by municipalities in our area, including virtual workshops and tours, and outdoor, in-person events and fun. All events are free. To find Culture Days events in our area, check here: <https://culturedays.ca/en>.

Friday and Saturday October 1 and 2, from 9 am to 4 pm

Rugby Country Store and Marketplace - This pop-up shopping experience featuring local artisans and entrepreneurs is a fundraiser for the Rugby Community Hall, 1911 Old Barrie Road at Rugby. Seasonal and Home Décor Candles ** Pottery ** Quilting Knitting ** Rope Baskets/Bowls Maple Syrup ** Honey ** Vintage Items Cards ** Produce ** Flowers ** Soap - CASH ONLY PLEASE
Pandemic precautions in place with hand sanitizer, limited capacity in the building, and masks required. For more information call Ellenor Dixon 705-326-8247.

Saturday October 2-Saturday October 16

Landscapes in Oil Show and Sale, paintings by Murray Van Halem, at Double Doors Studios and Gallery, in Anten Mills. Murray will be in attendance on Sunday October 3 from 12 to 4 pm.

Friday October 8 to Monday October 11, 10 am to 5 pm

Images Thanksgiving Studio Tour - Enjoy and purchase art and handiwork from over 30 outstanding artists and craftspeople, at a multitude of studios throughout north Simcoe. www.images-studio-tour.com for more information.

Saturday October 9 from 11 am to 4 pm

Oro-Medonte Farmers Market
Special Thanksgiving Market At Oro Fairgrounds.
Visit www.facebook.com/OroMedonteChamberOfCommerce.

Thursday October 21 from 3 to 4 pm

Simcoe County Branch, Ontario Association of Genealogy Zoom meeting With the continuation of the Covid-19 pandemic, the Simcoe County Branch Executive will offer online webinars utilizing the Zoom platform. Both members and non-members are welcome. Speaker: Mark Oleson, Ambassador, Family Tree Maker - Topic: Using Family Tree Maker Software
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 (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.

Saturday October 30 at 1 pm

Trunk or Treat at ODAS Park - FREE Event!

The Orillia Youth Centre and The Big Event Proudly Present Trunk or Treat. Join us for a safe and fun Trick or Treating experience at ODAS Park. We'll have a bunch of great vehicles decorated and ready to give out lots of candy! Bring your kids dressed in their favourite costumes, and enjoy a fun, safe, free way to trick-or-treat. Go from trunk-to-trunk collecting candy - how awesome is that?! Registration is necessary - head to www.TheBigEvent.ca and pick an arrival time. Are you interested in decorating your trunk, handing out candy and have a chance for some awesome prizes? We need you to help make this event a success! 'Trunkers' needed - sign up to hand out candy by going to www.TheBigEvent.ca. Registration opens on Monday September 20 at 1 pm. Rain Date - October 31

November 16, 1:30 pm – 4:00 pm

Launch n' Learn: The Changing Face of Business. The Orillia Area CDC invites you to attend their free virtual event full of human potential & changemaking. Keynote Sultan Akif is an award-winning CEO, TEDx speaker, published author, and a Top 10 Global Changemaker. And, get interactive with Bob Minhas, Entrepreneurial Coach, Speaker and Educator! REGISTER www.orilliacdc.com. Follow @orilliaareacdc



Orillia Youth Centre THE BIG EVENT CA Proudly Present:

TRUNK OR TREAT

Saturday October 30
Safe Trick Or Treating at ODAS Park
1pm - 4pm
Rain Date Sunday October 31

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& Special Event Scrolls

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Office Issues (FRO)

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Issues

GAINS (tax credits for
disabled persons and
seniors)

Health Care

Small Business Issues

Petition Insight

Transportation



Jill Dunlop



jilldunlopmpp.ca

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Natural Resources
& the Environment

Ontario Disability
Support Program
(ODSP)

Ontario Student
Assistance (OSAP)

Trillium Drug
Program (OTDP)

Seniors Issues

Workplace Safety
& Insurance Board
(WSIB)

Provincial
Government
Programs

Jill Dunlop MPP

Fall: The Season of Thanks

Recently, I have been reminded that gratitude and giving thanks strengthens relationships, whether at home or in the workplace. This season of thanks and remembrance, along with my continued appreciation for the work of all our frontline workers and first responders, I would like to acknowledge the dedicated staff I am fortunate to have at my constituency office. I want to express my sincere thanks for their ongoing commitment to helping members of our communities across Simcoe North with their needs over this past year.

My staff have been integral as frontline customer service and working beside me in our communities to provide provincial support through information sharing, direction to local services, and assisting those in need when navigating systems during difficult times for many. Whether assisting with clarification on Covid-19 guidelines, assisting with a birth certificate application, helping to traverse systems like ODSP or WSIB, or sharing opportunities for provincial supports, I thank my staff for doing so with integrity and professionalism.

As our business communities continue to recover and adapt, thanks go out to owners and their staff for helping provide our com-

munities with safe places to visit, work, shop and play.

This Thanksgiving and Remembrance Day may look a little brighter for you all this year as we can gather once again. I encourage you to consider our community in its entirety and give thanks to the essence behind what makes it great; families, veterans, businesses, farmers, educators, service providers; the list is long. Reflect and remember those who made our communities and Ontario ideal to live, raise a family, and work.

As MPP for Simcoe North, I am proud of the province's support in helping our communities on the road to recovery. I am inspired by students and athletes learning and training under new conditions and the parents, educators, and coaches who encourage and support them.

November is recognized as a time of Remembrance; Legions are year-long commitments to be thankful for. If able, attend a Remembrance Day ceremony in your community and give thanks for the freedoms we enjoy today. Our robust, caring community has undoubtedly continued to contribute to my family's good mental health and well-being, as I hope it has yours. My advice has not changed: continue to do your part. stay informed, practice self-care, be kind, and give thanks to our communities.

Oro Medonte Horticultural Society

Planting for Spring

—by Lynne Melnyk

In early spring, when daffodils and tulips are just pushing their noses out of the ground, the bees and other pollinators are already on the hunt for nectar and pollen. On a sunny day this spring, I was struck by the traffic around my small clumps of snowdrops and dwarf iris and vowed to plant more this fall.

Who doesn't love to see the first snowdrops in spring pushing through the snow? There are about 20 species but two are most commonly found in the trade, *Galanthus nivalis* and *Galanthus elwesii*, both equally charming. In 2015 there was a snowdrop craze in Great Britain causing people to pay large amounts for bulbs of some of the rarer cultivars, including some double varieties. Since you would probably have to lie on the ground to see the differences, I preferred to put my money elsewhere, and the bees didn't really care.

The early flowering dwarf iris, which blossom after the snowdrops but before the crocus, are bulbs, not tubers like the summer blooming iris. There are two main species, *Iris reticulata* and *Iris danfordiae*. They grow about 6" high and are perfectly hardy in our area. *Iris danfordiae* is bright yellow with brown speckles. However, the bulbs are prone to break into bulblets and may take years to rebloom.

Iris reticulata comes in many shades of blue and purple, has a fragrance like violets and fine, grass-like foliage which discretely disappears by summer, unlike daffodil and tulip foliage. I find them just as colourful as crocus and they stand up to the rise and fall of our spring temperatures better. You can find packages at our local nurseries this time of year. They may be unnamed but you will also find named cultivars such as Cantab, Harmony and the beautiful Katherine Hodgkinson.

Enjoy your beautiful early spring flowers, thanks to your work this fall.



Digressions by D'reen

by Doreen Uren Simmons

Well now... 'Grateful, Thankful, Blessed' is written on the wooden plaque I bought in Orillia at The Maker's Market this past week, and that is how I'm feeling, even back in Toronto. We spent a delicious three days and nights at the Lakeview Inn. I was mesmerized by the water, the ducks and gulls and geese, and two loons on our last morning...a parting gift.

The weather was also spectacular. Actually

too hot on a couple of afternoons and then pleasantly chill in the morning. The rain was saved till the evening of the first day, accompanied by a dramatic thunderstorm. It was the old-fashioned kind...rolling thunder for hours with constant flashings of lightning and two amazing vertical strikes.

We are blessed with family and friends in Orillia, and so were wine and dined and we shopped and visited and gazed at the water.

We ate in and out...fine restaurants...and gazed at the water and went for walks and gazed at the water and went out to get the morning paper and gazed at the water. Two fine sunsets too, and really nice people who were very friendly and seemingly happy. I think they also...gaze at the water.

So, by the time you read this the election will be over and...status quo? Maybe, but a lot of disturbing events to mar this particular democratic exercise. Hard to believe that people would protest at hospitals when only

18 months ago we were clapping and banging nightly in praise of our front-line workers. Fatigue gives way to anger, which is then inappropriately expressed? Very, very sad.

At this time of writing, churches are hoping to reopen with limited numbers. I pray that this happens. I think we all need reminders that good will and concern for others is a desirable thing.

As I said, 'Grateful, Thankful, Blessed'. Thank you, Orillia...and love.



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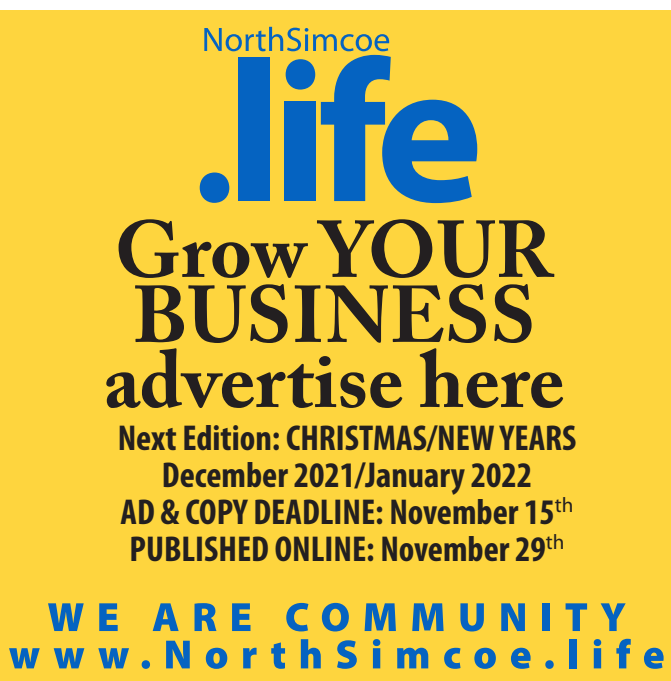
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Cooking Column

You will be excited to know that our recipe this issue is courtesy of Chef Jenn at Camp Dining/Youth Leadership Camps of Canada, on Moon Point Drive. If you haven't tried Camp Dining yet, I urge you to, you can see their menu and order here https://form.jotform.com/211025157585251?fbclid=IwAR2yXRnwAi_jTqP0dzAzjdeQthV88tyxZlbWUwbdlrtjsH8dbNB9aZ4gMzk, but only until October 23!

Thanks so much, Chef Jenn, for the delicious fall treat!

Maple Glazed Pumpkin Muffins

- 1 and 3/4 cups (219g) **all-purpose flour**
- 1 teaspoon **baking soda**
- 2 teaspoons **ground cinnamon**
- 1/4 tsp **nutmeg, and all spice, and ginger and ground cloves**
- 1/2 teaspoon **salt**
- 1/2 cup (120ml) **vegetable oil**
- 1/2 cup (100g) **granulated sugar**
- 1/2 cup (100g) packed light or dark **brown sugar**
- 1 and 1/2 cups (340g) **canned pumpkin puree**
- 2 large **eggs**, at room temperature
- 1/4 cup (60ml) **milk**, at room temperature

Crumb Topping

- 3/4 cup (94g) **all-purpose flour**
- 1/4 cup (50g) **granulated sugar**
- 1/4 cup (50g) packed light or dark **brown sugar**
- 1 teaspoon **pumpkin pie spice or 1/4 tsp each of cloves, ginger, nutmeg and all spice**
- 6 Tablespoons (86g) **butter**, melted

Maple Icing (optional)

- 1 and 1/2 cups (180g) **icing sugar**
- 2 Tablespoons (30ml) **pure maple syrup**
- 2 Tablespoons (30ml) **milk**

Instructions

1. Preheat oven to 425°F (218°C). Spray a 12-count muffin pan with nonstick spray or line with cupcake liners. This recipe makes 15 muffins, so prepare a second muffin pan.
2. **Make the muffins:** In a large bowl, whisk the flour, baking soda, cinnamon, spice blend and salt together until combined. Set aside. In a medium bowl, whisk the oil, granulated sugar, brown sugar, pumpkin puree, eggs and milk together until combined. Pour the wet ingredients into the dry ingredients, then fold everything together gently just until combined and no flour remain. Scoop into muffin tins.
3. **Make the crumb topping:** Whisk the flour, granulated sugar, brown sugar, and pumpkin pie spice together until combined. Using a fork, lightly mix



in the melted butter until crumbs form. Spoon crumbs evenly on top of the batter and gently press them down into the batter so they're snug.

4. Bake for 5 minutes at 425 then, keeping the muffins in the oven, reduce the oven temperature to 350°F (177°C). Bake for an additional 16-17 minutes or until a toothpick inserted in the center comes out clean. Allow the muffins to cool for 10 minutes in the muffin pan as you make the icing.
5. Whisk all the icing ingredients together and drizzle over muffins. Serve warm

Why Orange Shirt Day? By Jeff Monague

On September 30 a young girl will don her orange shirt and go off to school. There she will meet her friends and classmates who, along with the entire staff and student body, will be wearing orange shirts.

This entire scenario was once just a dream.

That dream was had by Residential School survivor Phyllis Webstad of the Stswecem'c Xgat'tem First Nation in British Columbia. Phyllis reluctantly told a story one day to an audience. She told of what she experienced on her first day at a Residential School. She openly wept as she told that audience of how before leaving for the school on her first day, she had proudly picked out an orange shirt to wear. Upon arriving at the school, the Orange Shirt was stripped from her body and she was made to wear standard articles of clothing representing that institution.

She never saw the orange shirt again.

For years that memory was ingrained in her mind, and she never told that story. It got so that the colour orange would trigger bad memories for her. Like so many other Residential School survivors, Phyllis Webstad lost her Language, Culture, sense of self, and connection to her family. Years afterward she would mourn those losses. And, as she discovered, she would mourn her orange shirt.

After telling her story, Phyllis declared that she would wear an Orange Shirt on September 30th of each year to commemorate that event and everything else that was taken from her at the Residential School. Her words inspired a grassroots movement that blossomed into an unofficial recognition of those who survived Residential Schools. The first Orange

Shirt Day began September 30, 2013. But, it never quite got into the Canadian consciousness.

Then, in the spring of 2020, the news broke that 215 children's bodies were recovered at a Residential School in Kamloops British Columbia. Overnight everything changed as newscasts announced the tragic story worldwide.

What followed was a mass outpouring of grief and anger from a Canadian public that for far too long were kept in the dark of the tragedy that was the forced removal of Indigenous children like Phyllis Webstad from their family and homes.

Canadians became incensed that the government had kept this act of genocide a secret for so long and many wrote to their members of parliament and the Prime Minister to change the narrative and to begin to implement the 94 Calls to Action recommended in the 2015 Truth and Reconciliation Commission Report.

After much pressure, in June 2021 the Federal Government of Canada announced that they had passed legislation officially recognizing September 30th as the National Day for Truth and Reconciliation. And that this day would be recognized as a Statutory Holiday. But, not all Provinces and municipal governments are on board to enact that recommendation.

Regardless, Indigenous people, their Chiefs and Councils, will, as they have for years, continue to wear their orange shirts on that day and pay respects to the survivors and those children who never were able to make it home. They will hold ceremonies, and feasts, to honour those who experienced that horrific period in history. They will learn more from survivors and educate others in hopes that nothing like this ever happens again in this country.

Perhaps one day, the Provinces and Municipalities will do the same. Children attending schools in their jurisdiction certainly will.

Phyllis Webstad was never able to wear her orange shirt into a school. But thousands of children throughout the country will wear one to honour her dream and to mourn the losses of children at Residential Schools across the country.

Thanks to Phyllis Webstad Orange Shirt Day has become a movement for change.





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Community Capacity Building Fund Grant Applications Due October 21—submitted

The Orillia Area CDC has \$20,000 to invest in projects and would like to maximize impact by funding a variety of projects in both for-profit businesses and non-profit organizations/social enterprises. As such, a maximum allocation of \$3,000 will be considered per project/application. Projects that can demonstrate that they leverage additional funds/resources may be given higher priority.

Eligible Recipients:

Must be located in the City of Orillia, the Townships of Oro-Medonte, Ramara, Severn, or the Chippewas of Rama First Nation, and must be structured as: a non-profit organization or a for-profit business (sole proprietor, partnership, or corporation). However, registered charitable organizations are not eligible.

Applicants must also demonstrate that they were operating prior to January 1, 2021, as start up activities are not eligible.

Applications must be received by the CDC by 4:00 pm on Thursday, October 21, 2021. It is recommended that applicants *watch the short instructional video* and read all guidelines to ensure eligibility and fit for this program. If questions arise or guidance is required, please contact the CDC at 705-325-4903 x 103 to discuss.

To learn more & apply, please visit their website www.orilliacdc.com/grant



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Online Auction Raises \$21,500 for Mental Health at Soldiers' —submitted

This year was the best yet for Angie's Online Auction for Mental Health. The 5th annual event, run by Angie Green-Hill and her family, took place on Facebook from May 9 to the 15 and raised a total of \$21,500 for the Mental Health program at Soldiers'.

Over the last five years, Green-Hill's personal experience has been the main motivation for her fundraiser. The continued impacts of COVID-19 and the loss of her brother-in-law to mental illness in February made this year's event "more important than ever."

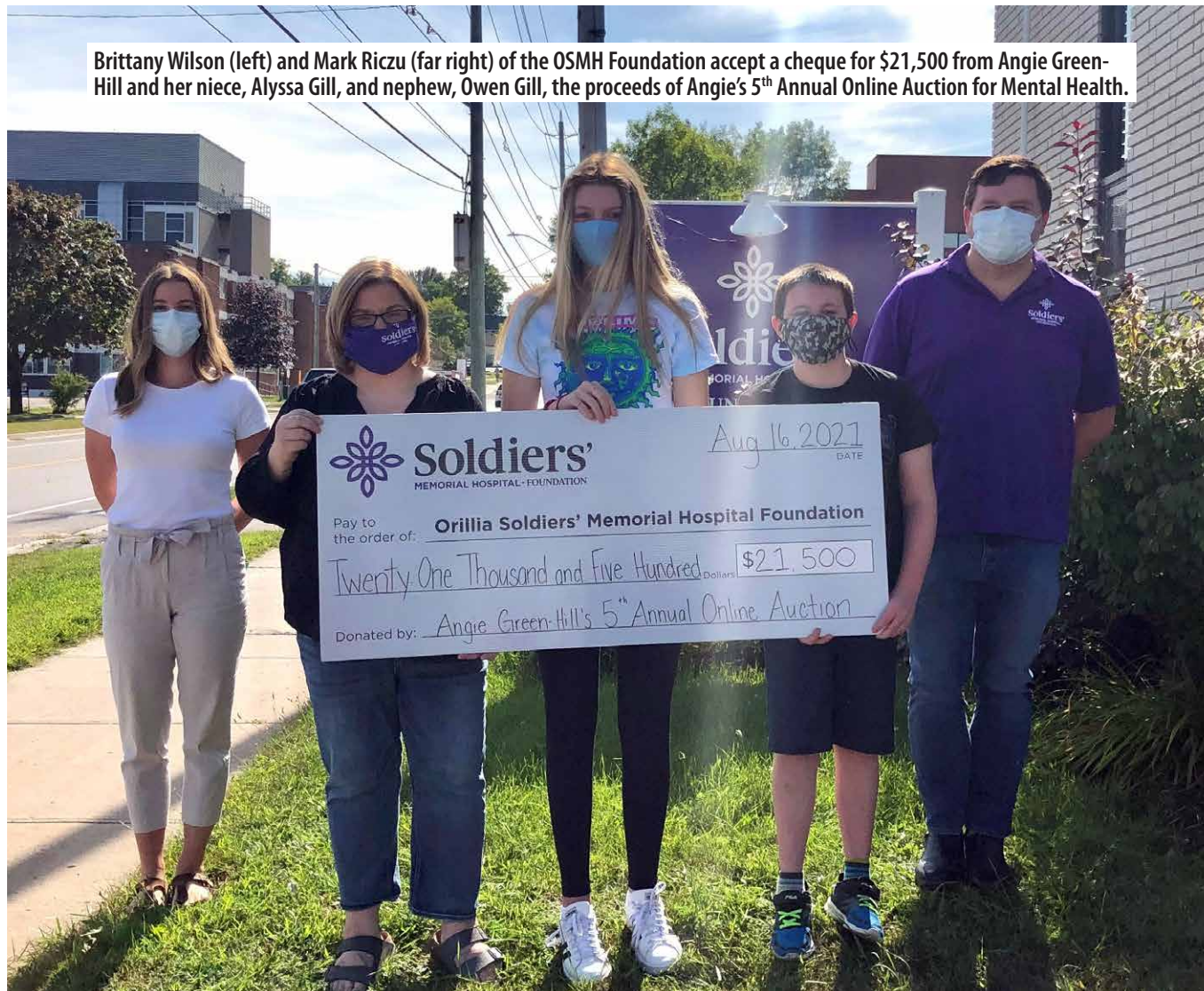
Despite the personal challenge, Green-Hill decided to move ahead with the auction and dedicated it to her brother-in-law Trevor Gill's memory. Gill's children, Alyssa and Owen Gill, also got involved with the auction and made a donation in honour of their late father.

To date, this event has raised \$74,000 for the Mental Health Program at Soldiers'. Green-Hill credits her community for the resulting success. "How does one raise this kind of money in year two of a pandemic?" Green-Hill wondered. "The answer is simple: community. I live in the most giving city; Orillia never ceases to amaze me with its generosity!"

"We are so moved by Angie and grateful to her and her family for putting on this incredible auction year after year," said Mark Riczu, Executive Director of Orillia Soldiers' Memorial Hospital Foundation. He continued, "The amount of work she puts in, on top of the adversities she's faced the last two years, is truly inspiring. What's even greater is the impact she is making on mental health in our community by supporting Soldiers' and contributing to the availability of these important mental health resources."

The \$21,500 raised will be put towards extra care needs across the Mental Health program at Soldiers'. To make a donation towards Mental Health services at Soldiers', please visit <https://osmhfoundation.ca/donate>.

Brittany Wilson (left) and Mark Riczu (far right) of the OSMH Foundation accept a cheque for \$21,500 from Angie Green-Hill and her niece, Alyssa Gill, and nephew, Owen Gill, the proceeds of Angie's 5th Annual Online Auction for Mental Health.



Outdoor Life!

Sponsored by Mount St. Louis Moonstone



Off-Season Ski & Board Equipment Tips

By Ruby Huter



Here is a quick hit list on how to properly care for and store skis and equipment in the off-season.

What you do in the summer can have an impact on the condition of your skis before your fall tune-up and the longevity of your equipment in general.

Summer ski tune-up

Even the best skis and snowboards need a tune up. MSLM recommends Gates 'n' Boards in Barrie.

Grind your base, sharpen the edges, and apply a summer wax. Preventative maintenance is an essential part of making sure your winter gear lasts a long time.

Summer Ski/Board Storage

Proper storage is important for keeping your equipment in the best condition possible. Somewhere inside your house, a cool dry place such as a bedroom, coat closet, or displayed in your sports cave, are great locations.

Avoid: garage, attic, shed, backyard, or unfinished basement. These types of locations will not adequately protect your gear from rust and other issues that may result from too much moisture. Temperature is important! If a storage location is too hot, it can lead to de-lamination by heating up the glue that binds all the layers of the gear together.

If you follow these simple steps, your skis and boards will be good to go for the upcoming season and you can rest assured your equipment will last for years to come.

Do not get too busy with summer to forget to buy your 2021/22 Podium Pass!

The Winter Savings Ski & Snowboard Fall Sale Starts September 7th at Mount St. Louis Moonstone!

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

MOUNT ST. LOUIS MOONSTONE



Images Thanksgiving Studio Tour —submitted

Thanks goodness, the Images Thanksgiving Studio Tour is going ahead this year. In a disappointing, unprecedented and miserable time for all, but especially the arts and culture sector, it is wonderful to see the Images Studio Tour go, somewhat full steam ahead, in a safe and joyful manner, over the Thanksgiving weekend.

From the website: "This artist-run, juried event is one of Ontario's finest and longest running studio tours. Over thirty outstanding artists and crafts people will exhibit their work over the 4 days at 18 different studios. Discover exceptional art

and enjoy the beautiful fall colours of Simcoe County. You will meet painters, potters, sculptors, photographers, wood turners, jewelers and assorted mixed media artists: a wide selection with something for everyone. This self-guided tour roams from Moonstone through the scenic Horseshoe Valley and along the Lake Simcoe shores to Orillia.

To navigate the site, you can use the 'ARTISTS' link in the dropdown menu to surf specific media like painters, three-dimensional art, photography, other media or all artists in the show. You can also use the individual artist links found at the bottom of all pages on the site to surf to a specific artist on the tour."

Plan your tour using the website, and then come and enjoy!

For more information, click here www.images-studio-tour.com.



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Warminster News by Dawn Miller

Hello Warminster

Summer is winding down. I can't believe how fast it has gone. With restrictions starting to ease, more activities and programs are starting to open. This can give the feeling of life before Covid-19. I think we still need to be cautious with Thanksgiving and Hallowe'en fast approaching. This 18 months of uncertainty does not need to give into a fourth lockdown. I don't know about you, but the thought of another lockdown is depressing. How we have handled the past is indeed a feat of strength and proof that we can endure. So please be sensible and cautious during these upcoming holidays. Let's not move into another lockdown.

Having this in mind, this is the time of year that the air is a little crisp and the leaves change colour. What a great time to take a walk or a drive and see all the crimson orange and burnt red and the majestic yellow that our area has to offer. Take a camera with you and capture the beauty of nature.

Pretty soon we will have the new garbage, recycle, and green bin receptacles. There have been mixed reviews from those who have already received them. Some are overjoyed that there is no weight restriction, and they will be easier. While on the other hand there are those that are not big fans of the new receptacles. Racoons (and bears) can still get in them just as easy. They take up a much larger footprint than the ones we are using now. My thoughts are when the snow arrives, there will be issues on either side of the fence. Only time will tell.

I know many of the ladies of Warminster would enjoy the Witches Walk that happens every year on the third week of October. It still looks like it will be missed yet another year. Let's hope it will be back next year.

On another note, there seems to be some issues arising from fireworks being set off within the community. I'm sure some of you have read the article of a little dog that escaped in sheer terror due to the loud explosive noises from the fireworks.

Life Stories by Sandy Falcon

Back to school was different this year in our household for a variety of reasons. My second son started high school, eek! My third son is in the 8th grade and my baby girl is in private school. We have enrolled her in a brand-new school. One I actually read about on North Simcoe life's Facebook page! It's amazing how the universe works.

Let me tell you, the decision to enroll her in a school that is "different" was no easy feat. It wasn't even the thought that she may not be ok because I knew without a doubt in my mind that she would excel and she would be happy. The issue was the back and forth in my head that kept telling me, "You are stepping out of line."

I have always been the type of person that doesn't like to ruffle any feathers, I keep myself in line with everyone else to avoid any unwanted attention and I can continue to ride the wave with everyone else.

This mindset comes from my upbringing. My parents were immigrants — I am not speaking for all immigrants — but my parents taught me to appreciate what I have, I am lucky to be in Canada, never question authority, keep my head down and keep moving, stay in line. I have followed that advice and recently it hasn't served me anymore.

As a parent I want my kids to have a voice, be grateful for everything but dream big. I want my kids to reach for the stars

and ask questions, be curious, and learn as much as they can. I tell my kids to defend themselves if they are being falsely accused, it is not disrespectful to disagree with a teacher or a parent: all things done and said in a respectful manner, of course. I look for experiences that align with my children's beliefs and value the opinions they have, especially when it is about their lives.

I digress, although I am teaching my kids to be independent thinkers, I had to learn how to do the same! And enrolling my daughter in a not-for-profit academy was the first step I took so far...

I don't regret it for a second, she is so happy! She sings at home everyday after school, it's like she's floating. She wakes up excited for another day and I haven't seen her that happy for school ever! Her brothers encourage her and tell her they are so happy she is in a "cool" school.

So, what does this mean for me? It means I am still growing and learning how to be free of my limited thinking. I am very proud that I could get over myself and give my daughter the opportunity to be free, especially in her mind. I still have a lot of work for me, but this has been another great step!

As for you, the readers, try doing something that you are not sure about, start small. Ever ask yourself why you buy a brand that your mom or dad used to buy? Is it really because you like it or because you've been doing it for so long? I challenge you to buy a different brand, what does that feel like? Who knows, you may find something you like and didn't even know it.



photo by Deb Halbot

Unfortunately, the little dog was found quite a distance from home and had been hit by a car. Every effort was taken to try and save his life, but in the end, he succumbed to his injuries. The family was devastated.

The Township of Oro-Medonte does have rules in place for setting off fireworks. This is what is listed on their website:

"Township of Oro-Medonte By-law No. 2012-067, Fireworks By-law, regulates the sale and discharge of fireworks within the geographical boundaries of the Township.

In accordance with the Fireworks By-law, no person(s) shall sell or discharge any Fireworks without first obtaining such license or permit from the Township, as may be required, and, no person shall discharge fireworks when a fire ban is in effect in the Township.

The Fireworks By-law also prohibits the selling, buying and discharge of Firecrackers within the Township.

Discharge Consumer Fireworks

- Any person wishing to discharge consumer fireworks on any day shall obtain a permit from the Township. A permit is not required to discharge fireworks on Victoria Day, Canada Day, New Year's Eve, and New Year's Day.
- Consumer fireworks being set off on any day of the year

shall only be set off between dusk and 11:00 p.m. On New Year's Eve consumer fireworks shall only be set off between dusk and 1:00 a.m. of the following day.

- No person under the age of eighteen (18) years of age shall purchase or discharge fireworks
- Fireworks shall not be discharged in a manner that may create a danger to any person or property.
- Fireworks shall not be discharged in, on or into any building, structure or motor vehicle

Last year there were some really creative ways the little ones were still able to go out and trick or treat. This is such an exciting time for them. I was so happy to see how different these ideas were from house to house. The little ones had so much wonder to see what was next from house to house. I'm sure there will be even bigger ideas this year as we try it one more time to keep our distance but still participate in this spooky time of year.

As winter approaches, we fall back one hour on November 7 this year. Soon the hustle and bustle of Christmas lists will begin. Then the decorating, shopping and baking will begin. But this may be rushing things a bit? Or maybe not. Either way, I hope you all enjoy the crisp air and all that autumn brings. Enjoy the small things. Until next time...

Worth It Part 2

by Natasha Claire

(See Part 1 in our August/September issue)

An hour passed. Then two. Then three. The sun sank towards the horizon, casting deep shadows over the street. I felt my heart race and my vision start to fade into darkness. God, I hated the night.

Once I was sure we were safe, Gigi and I headed back out onto the street, still keeping close to the buildings, but this time we went right instead of left. Whenever we felt like we were in danger, we took the long way home. Which I also hated.

We took a sharp left off the main street, my breath heaving in my chest. I could feel the temperature drop, as if there were a million icy-cold tentacles wrapping around my body. Crickets hummed all around us, filling my head with their soft songs.

After ten minutes of walking, we stopped at the iron gates that stood before us. A wall of fog rose behind the twisted metal, blocking the memories held in the field from escaping and consuming those who wished to forget. Me. I was one of them.

"Are you sure you want to go through here? We can go around if you'd like," Gigi piped up, and our eyes met. Concern. Fear. Love. The emotions shone in the depths of her hazel eyes, filling me with a sense of comfort. I nodded, taking her hand in mine.

"It's the safest and fastest way home," I said, facing the wall of fog that weaved through the air like the souls and ghosts who lay beyond. "I'd rather face this than risk either of us getting hurt."

Gigi nodded, swinging open the left gate and leading me through the fog. The crisp graveyard air filled my lungs and tugged at my hair, as if it was trying to pull me away from my friend. I held on tightly to her hand, squeezing my eyes shut and trusting Gigi to lead me through this mess. The fog wove around my neck like a choker, making it increasingly harder to breathe.

But just as I thought we had reached the other side of the graveyard, my foot caught on something, and I toppled over onto the damp grass.

"Willow!" Gigi cried, kneeling beside me. Her hands wrapped around my arm, pulling me into a seated position. I rubbed my head with a groan, peeling my eyes open.

"Ouch," I muttered, my words trailing off as my eyes landed on a rounded stone in front of me.

A name was carved into the rock, a little crooked, as if the person who'd done so was too shaken with grief to have done it carefully. Another headstone was beside it, the name carved the same way the other had been. Two names. That was all it took to break me. Two names...

To Be Continued in our December issue

Lakehead University is Declaring the 2021/2022 Academic Year a Year of Climate Action

—submitted

"Science demands a dramatic reduction in greenhouse gas emissions in each year of this decade if we want to avoid the worst of human-caused climate change," said Dr. David Barnett, Lakehead University's Provost and Vice-President, Academic.

"Declaring a Year of Climate Action supports Lakehead University's commitments to *social responsibility* and *sustainability*, which demand that we take action to create a healthy, equitable, and sustainable future. The question is not whether we can do this, but how we will do this," Dr. Barnett said.

Lakehead University is calling on students, faculty, and staff to envision diverse contributions: everything from events to art, workshops, panel discussions, embedding climate learning outcomes into teaching, concrete climate actions, and more.

As parts of the country are seized by drought and wildfires, the impacts of climate change are becoming harder to ignore. The most recent report from the United Nations' Intergovernmental Panel on Climate Change, released August 9, clearly outlines that urgent climate action is needed.

On November 26, 2020, Lakehead University confirmed its leadership on climate change by announcing it is divesting its endowment of fossil fuel stocks, the sixth Canadian university to do so.

Lakehead University is declaring the 2021/2022 academic year a Year of Climate Action (YOCA) to build on this divestment leadership and recognize the need for more bold steps to tackle climate change.

This includes recognizing the causes and consequences of climate change, and the

steps that we collectively need to take to restore our relationships with each other and the land. The YOCA is as much an opportunity to engage in climate mitigation and adaptation as it is an opportunity to reflect on the 94 Calls to Action of the Truth and Reconciliation Commission and how our actions should advance social, environmental and climate justice, including intergenerational inequity.

"The idea for the YOCA came from Dr. Lindsay Galway, Canada Research Chair in Socio-Ecological Health, and a member of the *Lakehead University Sustainability Stewardship Council* (LUSSC)," said Ledah McKellar, Lakehead's Sustainability Coordinator.

"Both LUSSC and its *Climate Action Working Group* are committed to considering how Lakehead University can be a leader in cultivating and taking climate action. As a university, our mandate is to educate the future leaders of society. But we also recognize our responsibility to model climate leadership."

Lakehead's Year of Climate Action requires just that: action.

As a first step, the Climate Action Working Group will work toward the following concrete actions identified by LUSSC members: installing EV charging stations on both campuses, providing training on climate change to faculty, increasing the visibility of the Lakehead University Thunder Bay solar panels, and creating internal awards for research on climate change.

The YOCA formally launched on Tuesday, September 14 at 7 pm shortly after students returned for the fall semester. The launch will introduce the YOCA, as well as profile how staff, faculty and students

are getting involved.

Following the launch, the YOCA will be populated by diverse contributions from participating faculties, offices, organizations, and individuals. The YOCA kicked off in late August with the Lake Superior Climate Action Field School, which trained a diverse group of young Canadians – poised to become regional and national climate leaders in an experiential program of virtual workshops, community site visits, and events in coastal communities around the Lake Superior Watershed.

Other initiatives to look forward to include:

- The YOCA Research Awards. Through the Office of Research and Innovation, a special call for projects aimed at research connected to climate action will be launched. Up to six awards of \$6,000 will be given through a competitive process. These awards will be available to faculty and students;
- An event to commemorate the one-year anniversary of Lakehead's commitment to divest from fossil fuels hosted by Fossil Free Lakehead;
- A four-part webinar series on climate action in the Lake Superior watershed hosted by the Lake Superior Living Labs Network;
- An online gathering to discuss radical Indigenous responses to the Green New Deal and climate activism, hosted by the ReImagining Value Action Lab;
- A Sustainable City Workshop on incorporating climate mitigation and adaptation into citywide infrastructure and operations led by EarthCare

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Thunder Bay;

- A Youth Sustainability Summit, organized by Sustainable Orillia's Youth Council and hosted by Lakehead's Office of Community Engagement and Lifelong Learning and Dr. Ellen Field, Faculty of Education;
- The World's Future, an interactive simulation designed to teach participants new ways to learn about and take action for the UN Sustainable Development Goals, is available to classes and hosted by the Office of Sustainability;
- A climate art exhibition in collaboration with Dr. Pauline Sameshima and the *Lakehead Education Research Galleries*;
- Weaving workshops hosted by student Brigitte Champaigne-Klassen;
- A virtual climate action book display and research guide developed by the Lakehead Library;
- Guest speaker hosted by the Faculty of Science and Environmental Studies;
- And more!

You can learn more about the YOCA at lakeheadu.ca/yoca.



COVID-19 Impacts to the Township



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

The Township Administration Centre, and Township facilities are open to the public for customer service with safety measures in place including: visitor screening, use of face coverings, and physical distancing.

Taking into consideration the Province of Ontario currently remains in **Step Three of its Roadmap to Reopen**, whenever possible, residents and business owners are encouraged to utilize online electronic means for Township related business- **staff continue to be available to provide customer service by phone or e-mail.** To learn more, please see oro-medonte.ca/Pages/Covid-19-Information or [Contact Us](http://oro-medonte.ca/Pages/Contact).

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.

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.

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 deputation/presentation.

Live Streaming

Township of Oro-Medonte Council meetings are live streamed. To view meetings live, please visit oromedonte.civicweb.net/Portal and subscribe to our YouTube channel - bit.ly/3hvZ718.

Council Meeting Schedule

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

Council Meetings:

- Wednesday, October 13th - 10:00 a.m. Public Session
- Wednesday, October 27th - 10:00 a.m. Public Session
- Wednesday, November 10th - 10:00 a.m. Public Session
- Wednesday, November 24th - 10:00 a.m. Public Session

Development Services Committee Meetings:

- Wednesday, October 6th - 5:30 p.m.
- Wednesday, November 3rd - 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 our Council Portal - oromedonte.civicweb.net/Portal.

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.

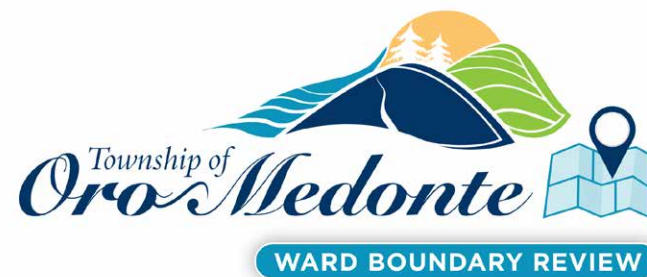
Parks & Recreation Master Plan

The Township of Oro-Medonte is developing a Parks & Recreation Master Plan that will determine how to best meet community needs for parks, recreation and related activities (i.e. arts, culture and leisure) now, and in the future. In addition, the project will also:

- Identify potential capital project priorities
- Optimize service delivery (operations, partnerships, funding allocations, etc.)
- Guide asset management practices
- Provide Council and administration with a point of reference that can help inform decision making and ensure these decisions are data driven and transparent

To stay up-to-date on the Parks & Recreation Master Plan, please visit oro-medonte.ca/Pages/Parks-and-Recreation-Master-Plan

Ward Boundary and Council Composition Review



The Township of Oro-Medonte 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 Final Report identifies new Council composition and electoral ward boundaries for the 2022 municipal election and beyond.

To review the Ward Boundary and Council Composition Final Report, please visit oro-medonte.ca/wbr.

Streetlight Information

With the arrival of fall, daylight hours will shorten. Streetlights are controlled by an individual photocell that turns lights on and off based on light levels - streetlights turn on when it gets dark, and off when it gets light. If a streetlight is out on your street, please report the streetlight that is not working to Environmental Services at 705-487-2171 ext. 2156. For additional information on streetlights including a comprehensive video, please visit oro-medonte.ca/municipal-services/environmental-services/streetlights

Water Bill Payments

Water usage is billed quarterly with payment due dates falling on the last business day of February, May, August and November. Please note the third quarterly water bill payment for 2021 is due by **Tuesday, November 30th**.

In order to assist with keeping track of the Township's water billing schedule, please see below:

Water Billing Schedule		
Usage Period	Bills Mailed	Payment Due Last Business Day of:
January – March	April	May
April – June	July	August
July – September	October	November
October – December	January	February

County of Simcoe Automated Garbage/Organics/Recycling Cart Collection System

On **November 1st**, the County of Simcoe will implement automated cart collection and move to a new four-day curbside waste collection schedule. This change means the majority of residents in Simcoe County will have a new collection day and time when carts are placed at the curb for the first time in November. For detailed information regarding the program, please see: simcoe.ca/dpt/swm/cart-collection. To review a list of frequently asked questions regarding automated cart collection, please see: bit.ly/3kUBH68.



Simcoe County Collects App and Collection Schedule



Get customized waste management information, including service alerts, collection reminders, waste facility information, and mobile Waste Wizard by downloading the free Simcoe County Collects App & Collection Schedule. For detailed information and to download the app, please see: simcoe.ca/dpt/swm/when.

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.



Township of Oro-Medonte News

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Milestone Celebration Certificates

If you or a loved one is celebrating a milestone birthday or anniversary, Mayor Hughes and Members of Council are pleased to offer congratulatory certificates to help commemorate these special occasions. To request a celebration certificate, please visit oro-medonte.ca/council-committees/milestone-certificate-requests.

Upcoming Office Closures

The Township Administration Centre will be closed on the following days:

- Thursday, September 30th in observance of National Day for Truth and Reconciliation
- Monday, October 11th for Thanksgiving
- Thursday, November 11th in observance of Remembrance Day

Regular business hours will resume at 8:30 a.m. following each closure.

Support for the Business Community During COVID-19

We're in this
together



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

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 or visit businesses in person following COVID-19 safety protocols
- 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



Timely Topics

by Oro-Medonte Mayor and Council

Accomplishments in Spite of Covid-19

Since the onset of Covid-19, the Township of Oro-Medonte has shifted and adjusted to the changing nature of the virus and continues to do so. Township business remains in place, and services continue to be seamlessly provided.

Despite the challenges of Covid-19, Oro-Medonte Council and staff have made progress on several key projects over the past nineteen months including:

- Preparation and passing of a 2021-2022 multi-year operating and capital budget.
- Establishment of an Internet Connectivity Task Force, with a goal of providing better broadband opportunities for Oro-Medonte. Two exciting and significant announcements were made in late 2020 by organizations that provide broadband services:
 - Southwestern Integrated Fibre Technology (SWIFT) announced \$41.1 Million in broadband upgrades in Simcoe County, including Oro-Medonte; and
 - Rogers made an announcement within the same timeframe as SWIFT's announcement regarding a planned network expansion along Horseshoe Valley Road, representing a \$10 million investment.

To stay-up-to-date and view details regarding Connect Oro-Medonte and all information pertaining to the Internet Connectivity Task Force, please visit oro-medonte.ca/connectoromedonte.

- Establishment of a Traffic Safety Task Force (TSTF), with a focus of enforcement to improve road safety throughout the Township. A recent accomplishment of the TSTF is the implementation of a specialized wrapped fleet vehicle, which is parked at various locations in the Township reminding drivers to slow down.
- Realizing the importance of rural schools, the Township has built on successes with Moonstone Elementary School, and has worked with Oro-Medonte communities, the Simcoe County District School Board, and the provincial government, resulting in the replacement of Shanty Bay Public School. Additionally, groundwork is underway for a new elementary school with community facilities at the intersection of Line 4 and Horseshoe Valley Road.
- Development of a joint Couchiching Community

Safety and Well-Being Plan in partnership with the City of Orillia and the Townships of Ramara and Severn. The plan is focused on mental health and addictions, social connectedness/safety, employment, and access to service.

- Work has been completed regarding the Township's accelerated Road Rehabilitation Program. Three years of paving and construction projects will be managed in just two years (2021 & 2022).
- Line 6 North and Horseshoe Valley Road intersection improvements in the community of Sugarbush.
- Completion of an updated Fire Master Plan, and construction of the new Shanty Bay Station 1 Fire Hall.
- Passing of By-Laws pertaining to cannabis production and processing facilities, and short-term rental accommodations.
- Watson & Associates Economists Ltd. in association with Dr. Robert J. Williams was retained to conduct a comprehensive and independent Council Composition and Ward Boundary Review. The Final Report identifies new Council composition and electoral ward boundaries for the 2022 municipal election and beyond.

Additionally, an update to the Township's Corporate Strategic Plan, which will provide focus and guide the actions of staff over the next three years, is nearing completion.

The Township is also in the process of developing a Parks & Recreation Master Plan that will determine how to best meet community needs for parks, recreation and related activities (i.e. arts, culture and leisure) now, and in the future.

The Township Administration Centre, and Township facilities are open to the public for customer service with safety measures in place including: visitor screening, use of face coverings, and physical distancing.

Taking into consideration the Province of Ontario currently remains in **Step Three of its Roadmap to Reopen**, and concerns surrounding the COVID-19 Delta variant, whenever possible, residents and business owners are encouraged to utilize online electronic means for Township-related business. Staff continue to be available to provide customer service by phone or email. To learn more, please see oro-medonte.ca/Pages/Covid-19-Information-or-Contact-Us.

Without question, the continuance of the pandemic is taxing on all of us, resulting in Covid-19 fatigue for some. With the return to school and cooler fall days, please continue to follow the guidance and direction of public health experts, and take care of each other.



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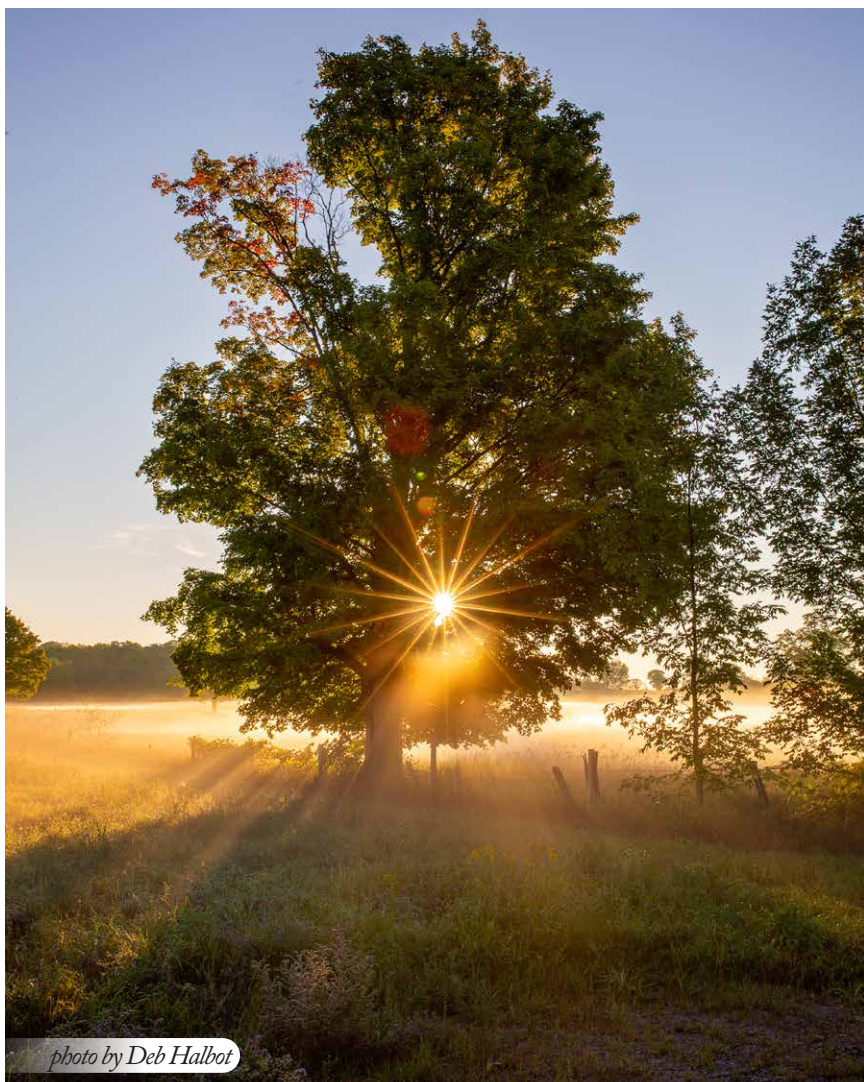
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Blood and Glass by Peter H. Howden

by Anna Proctor

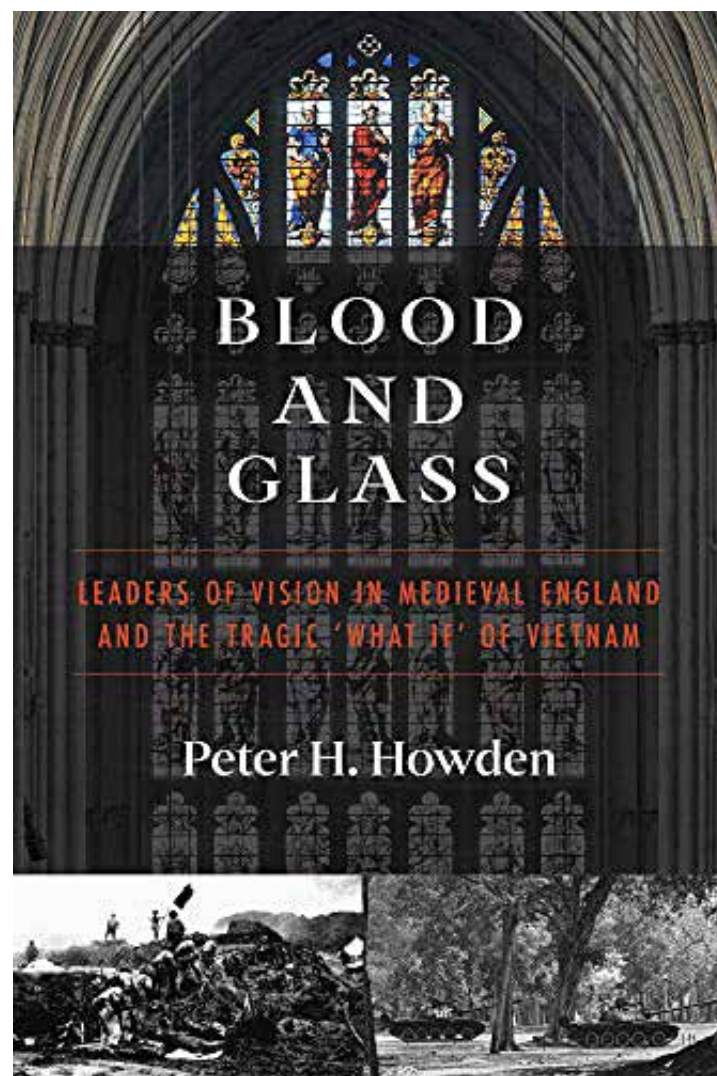
Many of our loyal NS life readers may remember our columnist Peter Howden, and his columns, *From the Case Files Of...* detailing many court cases he has been involved in, as a lawyer and a judge in our area. You may have wondered where he went and what he has been up to.

The answer? He has been busy writing a book, *Blood and Glass: Leaders of Vision in Medieval England and The Tragic What If of Vietnam*, and it is now published and available through all platforms.

Here is an excerpt from the book:

“In the years following the Second World War, France tried to re-establish its position as the chief colonial power in Indochina, as it was for one hundred years prior to the war. It failed to make a decision granting some level of autonomy to Vietnam. The choices were not necessarily all or nothing. France could have suggested partial autonomy within a limited area and the Vietnamese might have accepted that. They accepted an initial agreement that granted partial autonomy to Vietnam within the French Union. But the problem in subsequent negotiations was that both sides had conflicting intentions. France wanted to rebuild its prior colonial hegemony in the entire region while Vietnam wanted the French out and independence for a unified Vietnam. The French failed to see that their time in Indochina was not to last. Vietnam was more than ready to fight for independence and when France opened fire on Haiphong, it did not understand its own position. The French assumed that they were the superior power and would win against a people who were not up to European standards. In the end, they were defeated by the Viet Minh, the Vietnamese resistance force under Ho Chi Minh, and by an astute and patient general, Vo Minh Giap.”

If this excerpt has touched your fancy, you can pick up Howden's book here <https://www.chapters.indigo.ca/en-ca/books/product/9781525581762-item.html> or in your local independent bookstore.



Ask Risha by Risha Yorke

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

How do I retain talent? Why can't I find anyone to hire? —Anonymous

We live in a very different world than we did only ten years ago. It was all headed this way, we could see the path from an HR perspective ten years ago, but Covid-19 has sped up the shift in the economy.

As a business coach, I had been preaching about this shift at the top of my lungs, but it felt like it was falling on deaf ears. Anyone else who deals with interviewing, talent coaching, or leadership consulting will tell you the same thing.

It's not about millennials vs. boomers. It's a conversation about living wage, classism, and how we treat people who have entry level jobs. It's been a long time coming. Anyone who has worked in retail, restaurants, customer service, front line jobs, manufacturing, service jobs, or education will tell you. So, what do you do?

Put your people first. You need to take a long hard look at your business and ask yourself: Given the way you have your roles structured, the pay scale, the hours you require commitment for, the responsibility of the role, Is it fair? Is it a healthy workplace? Do you care about the people who work for you? Company culture goes a LONG way. People are generally tired of being treated like garbage. We are shifting towards a people first economy, not a profit first economy. The profit will follow.

Be flexible where you can. Can they work from

home? Can they manage their own schedule? Does the work have to happen between set hours? Do you provide sick pay? Do you provide benefits? Do you allow shift switching? Do you talk about them taking their vacation? People are looking for jobs that fit their lifestyle. This will continue to be the direction the younger generations are headed. They have watched the 80-hour work week generation from afar and they are not having it. Self-care, boundaries and rights are at the forefront when people are job hunting. We have been doing terrible things in the workforce for a long time under the guise that it's just how it's done. That won't fly anymore.

Focus on training and development. Believe it or not, not everyone is motivated by the almighty dollar. Some of us want an opportunity to grow and learn. You may think there isn't room in your business for this, but I am here to tell you as a professional development coach, there is room in EVERY business for this. A day of your staff learning about themselves and their career goals will give you a major uptick in their efficiency and drive. I've seen it happen with my own eyes over and over again. You can't afford it? You can't afford not to!

Remember we are all experiencing a collective trauma. People are scared. People are dying. Front-line workers are being pummeled with short-staffed situations, abuse from customers, new rules for safety, politicization of healthcare, fundamental beliefs being challenged, racism, classism, and they are risking their lives to work through all this. It is going to take a toll. Burn out is a real concern. As a business, how are you combating this?

You are already doing all this and still there's no one? Call a professional. Recruiters, business coaches and your local CDC can help. Call for backup! I'm here if you need me.

Dress for Success Orillia and Barrie: Programming

by Cameron Sauder

At Dress for Success Orillia and Barrie, we strive to better the lives of vulnerable women in our community, helping them to attain the tools necessary for today's working world. Entering or re-entering the workforce is no simple task, but Dress for Success Orillia and Barrie provides a variety of programs targeted towards helping women do just that.

With expectations rising and technology advancing, sometimes the most difficult part of employment is knowing where to start: that's where the Breakfast Club program comes in. This program is a nine-week workshop that helps to prepare current Dress for Success clients for the job search. Here, we discuss and learn critical skills when it comes to looking for work, like how to find support in your community, and how to navigate a job interview. Women in the Breakfast Club program will also develop their communication skills, confidence, and mindfulness.

After the program, we provide additional services as well: mock interviews, suiting sessions, headshots, and a free hair and makeup session. During the Covid-19 pandemic there will not be headshots or hair and makeup sessions provided, but if participants attend seven out of the nine weeks they will receive a salon gift card and a grocery gift card.

Finding good quality, professional clothing can be a struggle, especially when money is tight. Dress for Success Orillia and Barrie provides a Professional Clothing Assistance Program (also known as our Suiting Program) for unemployed and underemployed women. We can supply two outfits for job interviews, then, once the woman secures a job, up to a week's worth of professional attire intended for employment. What makes this program ideal for unemployed and underemployed women is that every article of clothing is free: no loans, no catches, just clothes. And if you're worried about your fashion sense, worry no longer. One of our Dress for Success volunteers will work with you to ensure that you find the right outfits. Other women who can benefit from this program are students entering placements and those with scheduled court appearances.

Another program at Dress for Success is the Professional Women's Group (PWG). Some people may think that once they've finally gotten the job they want, the hardest part is behind them. For most, however, this is not the case. The working world can be full of unspoken rules and obstacles like personal finance management or getting accus-

tomed to corporate culture. The PWG offers support, practical information, and inspiration for these newly working women to help them truly thrive in their employment.

To do this, Dress for Success hosts workshops that tackle real-world employment topics related to creating stability in the workplace, financial health, work/life balance, personal and professional growth, as well as leadership and responsibility. Each workshop is hosted by experts in the associated subject matter. We've estimated that about 80% of PWG program completers retain the employment position they achieved with the help of Dress for Success. We're extremely proud of these women and hope that many more will follow in their footsteps with the PWG.



This past year-and-a-half has been a tough one, especially in the world of work. In these strange times, it's been harder to find a job than ever. However, we at Dress for Success Orillia and Barrie are proud to say that we still provided professional clothing assistance through our suiting program to over 100 women in 2020. These women have proved that every obstacle can be overcome, even during such a difficult time.

Due to the pandemic, we've transitioned all our services to an online format. All programming will continue to run online until further notice. We will continue to closely follow provincial Covid-19 restrictions and evaluate the risks and benefits of reopening in-person programming during the pandemic.

We are proud to announce a new online program called Helping Women Now. Using online services, this program will provide coaching, training, and support for women looking for work coming out of COVID-19. Due to the program's virtual nature, Dress for Success Orillia and Barrie will be able to assist women in all communities across Simcoe County, Muskoka and more, something we are very excited about.

Our dedication to helping women push past obstacles in the workforce is what drives Dress for Success Orillia and Barrie. Watch our website (orilliaandbarrie.dressforsuccess.org) and sign up for our newsletter there, plus follow us on social media for more details on our new Helping Women Now program and our eventual return to in-person programming. Until then, we will continue to do all that we can for women's employment in our community and improve the working lives of those who need our help.

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Coldwater...A Village on the River

by Sue Piitz

I certainly wish that I could tell you that the Coldwater Fall Fair was going ahead as it has in the past but that is not the case. It has been postponed and hopefully will be up and running next fall. The theme was to be "Christmas in September". I don't know if that will be carried on to next year's fair but if you had started on a craft with that theme in mind it wouldn't hurt to follow through just for the fun of it.

On the internet site of the Coldwater Curling Club, it is announced that registrations are being taken. You can check that out for yourself if you are interested by calling 705-686-3946.

Coldwater bowling on Michael Anne Drive, behind the Coldwater Post Office, is open to all with a very busy schedule planned for all ages. Check out their site on the internet. According to that it is \$29.95 per hour per person and that includes your shoe rental. I don't know what the cost will be if you have your own shoes, as many dedicated players do. Give them a call to set up your time or to join a league, 705-686-3321. In another part of that building is the laundromat offering supersized washer and dryer etc. and all the necessities to do your laundry.

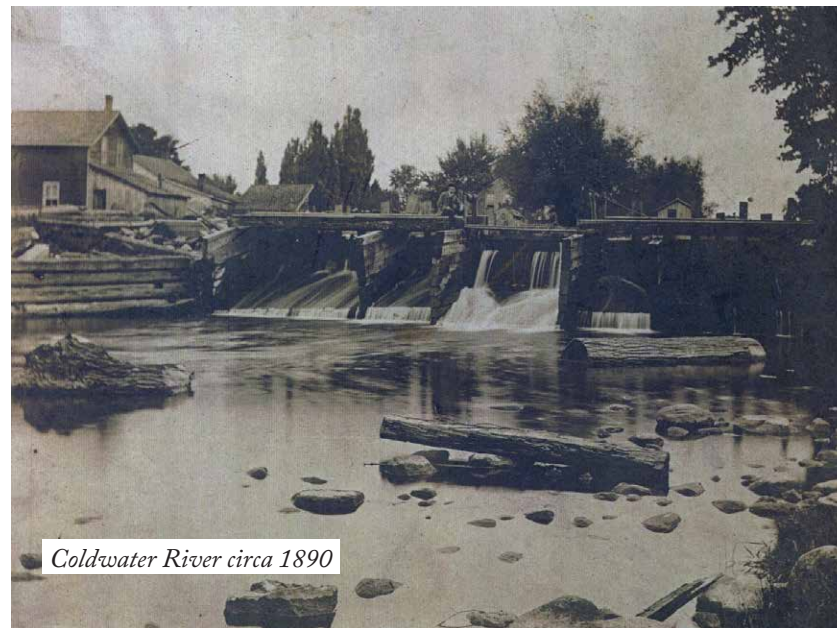
In case you didn't know, there is also extra parking in a lot off Gray St. where Michael Anne Drive and Gray St meet, across from the Copperpot Nut Store. There is also parking at the

Fairgrounds near the Arena. Parking is limited on the main street and side streets and folks definitely do not take kindly to you parking in their backyards or driveways. As we continue to grow this may become a problem.

The Christmas Villager is open most days at 9:30 am. As that time of year is just a few short months away, keep that shop in mind for some of your gifts. Other shops on the main street (Coldwater Road) for gifts are the Clothes Closet, the Purple Sock and the flower shop now called the Flower Nook by Fresh, 705-686-3687.

St. Andrew's Presbyterian Church is on Facebook with updates for members and friends. The Coldwater/Eady United Church Pastoral Charge has a site on the internet as does the Anglican Church of Canada, St. George Fairvalley. The Roman Catholic Archdiocese of Toronto has a site as well. I'm sorry I don't have any information at hand for other denominations. All church congregations are doing their best to keep their members safe and keeping in touch as much as possible.

At this time, the school buses are going by early in the morn-



Coldwater River circa 1890

ing and mid-afternoon. Hopefully we will all be safe and this pandemic will be over soon. Stay safe and be kind to each other. It hasn't been easy for anyone. Some of us just don't show our pain. Until next time...

Rugby Hall News

by Ellenor Dixon

We even saw hugs.

Are things really starting to get back to normal?

The Rugby Community reunited at the hall on a Friday night in August for an old-fashioned Corn Roast. Everyone was thrilled to be together and enjoy good company, corn and homemade desserts! It was a fantastic evening with our largest turnout ever!

Our century old building continues to need repairs. Outside foundation work, upgraded windows and doors plus extensive repairs on the lower level. Once again community members are very willing to step up and donate their time.

Thank you to all.

Rentals are still slow to return; however, we carry on.

The next fundraising event is:

Rugby Market Place/Country Store

On October 1 and 2 from 9 am to pm

A unique shopping experience featuring local artisans and entrepreneurs, all displayed at the century old Rugby Community Hall.

Come check it out! You will not be disappointed!
Pandemic Precautions in place.

Rugby Community Hall is operated/maintained by volunteers and is located at 1911 Old Barrie Road, Oro-Medonte.

For further information on happenings, or rental inquiries contact Ellenor Dixon at 705-326-8247.



photo by Deb Halbot

Carley Community Hall News

by Kelly Skinner-Meyer

The Carley Community Hall has been a beehive of activity. The hall, which was once a one-room school house (opened in 1912), is once again a functioning school. We welcome Brookstone Academy, a new school, to the Carley Community Hall. We are excited to see the children once again learning and using the hall as a school.

The school is operated by Shelly Long-Bokma and she opened the doors of Brookstone Academy on September 8, 2021. We welcome Shelly to the community as a daily renter to the Car-

ley Community Hall. We also want to reassure the community that Carley Community Hall is still available for evening and weekend rentals.

Enjoy artists from the Images Thanksgiving Studio Tour in the Carley Hall this Thanksgiving weekend, from Friday to Monday.

We look forward to having our Christmas Craft Sale on November 6 and 7 (Covid-19 restrictions permitting) and continued hall annual events in 2022.



photo by Deb Halbot

Sustainable Simcoe North: Yes or No?

Editor's Note: This article appeared on the Sustainable Orillia website on September 13, 2021. Did we vote for sustainability on September 20? Or not?

"September 20, 2021 is shaping up to be a crucial date in Canadian history. The Report of the International Panel on Climate Change (IPCC) has just warned that time is running out for action to be taken to restrict climate change impacts. Hurricane Ida's devastation of Louisiana and subsequent flooding in the American Northeast—along with reports of people dying in flooded basements or trapped in their cars, power outages, and property damage in the millions of dollars—is sending humankind a message that we ignore at our peril.

As bad as these natural disasters are and have been, the IPCC report tells us that things will get even worse—especially if we fail to act now. Our political leaders—and we as citizens—must realize that action cannot be put off any longer if the world we know is to be prevented from becoming much more inhospitable for human life.

The blinders we and our political leaders have been wearing for years have to come off now—in 2021. The Canadian government has pledged to meet targets of CO2 reductions of 40-45% by 2030—just 8 years away. Such pledges have been made in the past – and NONE of the targets set by Canadians have yet been met.

Canadians must call on their political leaders to commit to—and take—serious action. There is no better time to make our voices heard than when candidates come door to door or meet, even on a Zoom call, for debate and discussion of issues.

And there are a lot of issues that Canadians care about in this election. Affordable housing has long been an issue in Canada, and it has become more urgent in recent years as house prices soar in many parts of the country. Health care has never been more

top of mind given the past 18 months of the Covid-19 pandemic. Long-term care has been spotlighted by the many deaths that took place there during this pandemic. Reconciliation with our Indigenous brothers and sisters is also a priority. The economy, which has been dealt a huge blow by the pandemic, also requires close attention from our leaders. Many small business owners have either been put out of business or have found it a struggle to hold on over the past months, and they need support, as do the employees who work for them.

Even fiscal reform is a key issue, given the enormous profits that some corporations—and individuals—have made over the pandemic. Our economy has been revealed as a very uneven playing field that requires action from governments to level it and to ensure that those who earn obscene profits while other people struggle or starve end up paying their fair share in taxes so that the overall economy of our country and others can provide for all of its people.

In spite of the urgency of these and other issues in this 2021 election, **Sustainable Orillia believes that the crucial issue of our time is the Climate Crisis.** Each of the above issues will become even worse if humanity is unable to address the need to reduce emissions quickly over the next 10, 20 and 30 years. The Climate Crisis impacts all of the issues and impacts all of us, no matter where we live in this world. Orillia and area may turn out to be one of the safest places to live, but even here we can foresee potential threats from fire, from droughts and the ensuing food shortages, from diseases, including possible future pandemics (and Covid-19 seems in no hurry to leave us at this time)—just to name a few. We will also see increased migrations of peoples as the climate threatens various parts of the world—including, we can see even now, parts of the southern and eastern U.S. that are threatened by storms and flooding and parts of the western U.S. and Canada that are threatened by fire and drought.

All parties have talked about their climate change policies in this election so far. Some plans are better than others. No party, according to many scientists and environmental observers, has outlined a plan that is aggressive enough to deal with the needs before our country—the need to try to reduce emissions to limit the severity of the changes to our climate in future, but also the need to act now to mitigate the kinds of damage we are already seeing from the severe storms, drought and fire that threaten.

Sustainable Orillia has urged citizens before to raise their voices, to speak out—to demand that our leaders, whether in municipal, provincial or federal governments, take action to meet the crisis (crises?) we face as a consequence of the changes humans have unleashed on the planet's climate. Right now we are in the midst of a campaign to choose a national government. Next year, in 2022, we will see campaigns to choose both a provincial government and a City Council.

NOW is the time to raise our voices as never before. All of us—men, women and children—need to call with one loud and urgent voice for action from our leaders.

And then we must vote for those who are listening. And promise to hold them to account.

The Climate Crisis is the priority issue in 2021. We must make it so for the party that ends up governing after September 20th."

What did we do? Are you satisfied with the choice that was made?

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GREGORY SARJEANT, MBA

Brookstone Academy

by Anna Proctor

What and where is Brookstone Academy?

Brookstone Academy is a registered, non-profit, private school for students in Kindergarten to Grade Eight. This innovative school offers research-based programming in a multi-age, multi-grade learning environment and focuses on individualized student learning to meet the needs and interests of each child.

The program focuses on helping children find their personal strengths, learn to be themselves, and build confidence to become innovators, creators and leaders in a caring atmosphere of acceptance and trust.

With low student to teacher ratios, children attending Brookstone Academy will benefit from the attention of qualified and experienced teachers who are able to support interest-led learning for all types of learners in a small class size environment.

Brookstone Academy has recently opened in Carley Community Hall, right here in Oro-Medonte.

NS life met with founder, Shelly Long-Bookma recently to find out more! Here is our interview:

NS life: Tell us all about Brookstone Academy!

SLB: Brookstone is in a one room school-house with students from Junior Kindergarten through to Grade Eight intermingling throughout the day. There are a total of 25 children; some full-time and some part-time. We have three certified teachers, and with volunteers



we aim for a 1 to 5 ratio so we can genuinely support individual needs and allow students to drive their own learning.

NS life: Why Carley Hall for Brookstone?

SLB: We wanted a space that was quiet, peaceful and immersed in nature to allow for outdoor learning as well as just using the outdoors as a

venue for learning as much as possible. And a space that was somewhat centrally located for ease of access for local families and those joining us from Orillia, Barrie and Midland. Carley Hall definitely fit that vision and the fact that it used to be a schoolhouse when it was first built over 100 years ago was a fun fact! We loved the idea of bringing the “ol gal” back to her original purpose.

We rent from the Township and are grateful for the hall board who remain the passionate caretakers of the building.

NS life: What gave you the idea to open the school?

SLB: I have been working in education with the private and public-school boards as a teacher and vice-principal for over twenty years and have a Master’s degree in Education. While I enjoyed my time in the public system, I longed for the opportunity to work with students on a more individual level.

Brookstone Academy is the realization of a life-long dream to create a school that offers all students individualized programming and allows them to feel accepted and supported as

they are. My number one mission is to provide a supportive student-led learning environment that empowers, motivates, and develops the whole child.

NS life: What are some of your interests?

SLB: I am also interested in supporting social-emotional well being, art, dance, theatre. Dance and drama remain a big party of my life, so I love to integrate these into learning and use them to learn as much as possible.

NS life: Anything else you would like to tell us?

SLB: The concept of our school has really caught on and while working hard to meet the needs of our current students with engaging, experiential learning we are also thinking about options for expansion; which may look like additional facilities with the same small cozy country feel.

We want to be sure we can preserve the intimate feel of the learning environment, so small, satellite campuses may be an option in the future.

Welcome to Oro-Medonte, Brookstone Academy!

ORILLIAMATTERS.com

OBWA In Person Dinner Meeting in October

—submitted

The Orillia Business Women’s Association is a not-for-profit organization of members which gathers for the purpose of networking. Our intent is to bring women together in a safe and welcoming space to network and for those who have businesses, to showcase and share about their products or services. We also want women to have a place where they can come to meet others and build relationships, to learn from and enjoy listening to guest speakers, to enjoy a delicious dinner, to establish support and, most of all, to have fun. All women, whether in business

or not, are welcome to join the group and details are on the website www.orilliabusinesswomen.com.

On Wednesday, October 13 we plan to have our first in person dinner meeting since March of 2020. Covid-19 protocols will be in place. The dinner meeting will take place at the Best Western PLUS Mariposa Inn and Conference Centre, 400 Memorial Avenue, Orillia. Reservations must be made by Friday October 8 at 3 pm. The details will be available soon on our website and also on our Facebook page. Please check in for details in case we have to make changes. If you have any questions email us at networking@orilliabusinesswomen.com. Our dinner meetings are always held the second Wednesday of the month.

Clear your calendar and come out for a fun evening!

Millennial Perspectives by Laura Proctor

I'm writing this on September 13th, one week before the federal election. I voted yesterday, on a Sunday. There were four advance voting days available to me, in addition to election day. The polls are open on each of those days for 12 hours, and it took me about fifteen minutes. With accessibility like that, it's hard to say that you don't have time to vote.

In 2015, our voter turnout was 68.5%, which was the highest it had been since 1993. It's disappointing to me that 31.5% of eligible voters still didn't vote that year. When you don't vote, you're not contributing your voice and opinion to your community. You're letting others make decisions without you. I believe that if you don't vote, you have less of a right to complain. It's not just about which party is in power; it's about which MP will be representing your community.

I especially hope that young people will be voting in record numbers this election. It's easy to feel cynical and let down by politics, but voting is one of the many (and the easiest) things you can do to have an impact on your

community and your country. Our votes tell political parties what we want. I hope that what most Canadians want is real action on climate change (since the world is quite literally on fire), to have a real middle class again, and to support society's most vulnerable.

I like political parties who are *for* something; mainly for ensuring health, safety, shelter, food, and quality of life for people living in Canada. Regardless of who they are, what they look like, where they come from, how they dress, how they choose to spend their money. I don't think that anyone should have to live in poverty. With some political parties, I can't figure out what they're for. They seem to just be against everything; against every value I hold. I don't think I'll be on my deathbed, regretting that I voted to help people.

I hope Canadians aren't losing touch with their empathy. There's always been an outraged group of people here (despite Canadians pretending we're perfect), always feeling inconvenienced and personally attacked by any changes to their cozy lives. But this group is

getting angrier, and it may be growing. Ironically, this group is mainly made up of people who have a lot of privilege. I suppose they're not used to having to adapt to anything or give anything up for the good of their community.

A tip: if you get your news from a website that no one has ever heard of, or some guy's blog, or some YouTube video, and none of them are citing multiple sources that people have heard of, you're going down a conspiracy rabbit hole. Any individual can say anything on the internet. Ensure that what you're consuming is true, instead of it just confirming (from some guy's website) what you already believe. People who jump to conclusions and make assumptions are most prone to getting swept up in conspiracy theories. Here's a question to ask yourself: how many people would have to keep a secret, in order for this theory to be true? Every federal and provincial government employee? Every employee of every hospital across the entire country? The world? Does that seem even remotely possible?

Over 27,200 people in Canada have died from Covid-19 so far. Approximately 2,000-8,000 people in Canada die every year from the flu or from flu-like complications; that is an

estimate based on computer models. Canada doesn't actually count flu deaths via autopsies, lab tests, or body counts. The USA estimates that they had 34,000 flu deaths (again, estimating) between 2018-2019. Covid-19 has killed 660,000 people so far in the States. We know that Covid-19 is also incredibly contagious, and that the Delta variant can kill unvaccinated 30-year-olds who have no pre-existing health conditions.

So there's your dose of reality for today. Leave your computer desk or your phone screen and go interact with your neighbours today. They're real people who aren't so bad. Connect face-to-face. Don't say things online that you wouldn't say to someone in person. And if you like to shout at neighbours and healthcare workers in person too, please look inwards. Why are you so angry? Why do you threaten people? Look to the future with hope and determination. There's so much we could accomplish if people would let go of anger and paranoia.

This article is coming out one week after the election. I hope Canadians voted with courage and optimism.



Gardening with Gail by Gail McIlroy

As we embrace fall, there are still steps to take in preparation for winter approaching in our gardens.

Here, I include some thoughts that are good tips to practice before the snow arrives. By this time of the year, we have removed all of the annuals, and checked for any disease or mildew. Other pre-winter jobs include:

- Collect herbs for drying
- Cover water features to prevent leaves from clogging
- Check houseplants for pests before bringing indoors
- Plant new trees and shrubs to give them six weeks to stabilize before the frost sets in
- Plant your bulbs for spring
- Still water trees and shrubs before the frost settles in
- Clay pots should be stored inside
- Still pull weeds before they go to seed
- Fertilize your lawn
- Cut back perennial foliage to discourage over-wintering pests
- Leave flowers and seeds for the birds
- Dig up tender plants such as dahlia, canna lillies, gladioli, wrap these in moist material and store in a cool dark place
- Mulch your rose bushes
- Turn off and drain your garden hose
- Sharpen your lawnmower blades and clean for the winter
- Move or cut back any grass or shrubs away from your house in order to discourage rodents from moving in
- Also, a good time to start your paper whites and amaryllis for indoor winter bloom

Straw will compost quickly in your gardens. It insulates nicely and is easy to remove in the

spring. It also provides nutrients, as do pine needles. Pine needles are an excellent source of nutrients for perennials, shrubs, and even spread around the base of trees. Straw mulch is sold at most major hardware stores as well as nurseries. It's important to purchase 100% hay, not having any additives. Some manufacturers will add other components; however, when using as mulch just be aware and stay with the 100% natural.

Now that we are into cooler weather, it's time to talk about how to store certain vegetables over the winter.

Avoid storing cucumbers with apples or tomatoes. The reason is, ethylene given off by those fruits will cause cucumbers to yellow. Cucumbers in the refrigerator turn to mush in a very short period of time.

There is so much to share in October. Some people think the season is over; however, there is lots of preparation to be done in order to have a healthier garden in the spring. Another thing I want to share is methods of protecting asparagus from cold temperatures and damage to the mother plants. Examples are mulching the asparagus bed with compost, aged manure,



or straw before the freezing temperatures of winter and snow.

Leave asparagus stems on plants as long as they stay green. When the stalks turn brown and brittle, cut then off at ground level, then top dress the bed with compost or manure. It's important to remember that cutting the stalks back too soon means sacrificing photosynthesis, causing less spear production next spring.

Sharing some thoughts about our bird friends that are migrating south or staying over in the winter:

- Scatter seeds
- Leave the leaves on the ground
- Leave the oriental grasses
- Replace old dirty nests
- Clean and wash bird feeders

Moving water in your birdbath is another way to attract birds and they need water to keep their feathers lubricated. A heated bird bath is a good thing to have, because water is essential to maintain good health for the birds.

I always leave tomatoes on the vine, and the dried seeds from sunflowers. The birds thank us by leaving seeds around. Migrant birds are not familiar with backyard delights. This is a time when adult birds are joined by naive babies making their first trip south.

It's not only interesting but important to leave edibles wherever possible.

As we gather with family and friends to celebrate Thanksgiving, some of the fall harvest not only add an abundance of colour but are pleasing to the eye and tummy too. Some favourites in our family include leafy greens, all root vegetables along with all members

of the cabbage family. Squash, beets, carrots, radishes, and turnip make an appearance on our Thanksgiving table.

Have a wonderful fall, and a safe and healthy Thanksgiving!



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Dustyn Paton and his sons

Georgian College News—submitted

OPERATION REMOTE IMMUNITY

When Ornge invited students in *Georgian's Advanced Care Paramedic (ACP) program* for a *second time* to help administer COVID-19 vaccinations in remote, fly-in Indigenous communities, *Dustyn Paton* knew he had to participate.

"I have Indigenous (Mohawk) heritage; I grew up on the *Six Nations of the Grand River* reserve; I was born and raised there; and I currently work there as a paramedic," he says.

"Six Nations was the reason I was able to go to college and get to where I am in life right now. So, when I had an opportunity to give back to some Indigenous communities, I was so excited about it."

Dustyn, along with fellow ACP student Evan Daemke, volunteered to join *Operation Remote Immunity*, a COVID-19 vaccination program developed between *Nishnawbe Aski Nation* and Ornge, the province's provider of air ambulance and critical care transport services.

How was the Operation Remote Immunity trip?

The trip was amazing. We vaccinated hundreds of people 12 years old and up.

It was pretty unique working with so many different agencies, too. We worked alongside public health, nursing agencies and Ornge. To work on such a large-scale operation and see how smooth everything went was pretty cool.

I've been a paramedic for 13 years and this trip was completely unique from anything I've ever done before. It's one of a kind.

As soon as I heard about the initiative, I knew I had to be a part of it.

Why were you so motivated to be part of Operation Remote Immunity?

When I first decided I wanted to go to college, I reached out for help from my high school guidance counsellors and the education department in my community of Six Nations.

No one else in my family had gone to college at that time, so Six Nations was the reason I was able to go to college and get to where I am in life right now.

Being Indigenous and being able to go north to help

protect communities means a lot to me.

What was it like being part of Operation Remote Immunity as someone with Indigenous heritage?

It made the experience more personal for me.

Six Nations, where I grew up, is a pretty large reserve, so it's not as rural and it's fairly central to larger towns and cities like Brantford and Hamilton.

I had never been to any reserve outside of Six Nations before, and I certainly hadn't visited any remote communities like the ones supported by Operation Remote Immunity.

It was really interesting for me because even though these communities are very remote and face a lot of adversity, there was a similar theme between them and my home reserve: the importance of community.

Their primary concern is the protection of the community and protecting the elders. That's pretty consistent even at Six Nations. For me, that was pretty refreshing to see.

While we were there, I also got an opportunity to talk to a lady who was a residential school survivor, which was a little bit more personal for me because my grandparents were part of the residential school system.

Like the stories you hear about in the news, my grandparents were pulled from their homes as children.

That system led to a lot of generational trauma and long-term trust issues among our communities.

With the recent discoveries at the former residential schools across Canada coinciding with our time in community, the vaccination team had a heightened awareness of how our presence could be perceived.

Being Indigenous myself, it was perhaps easier for me to foster more trust with the communities we visited.



Edgar Clowes Community News

by Patricia Shellswell

Fall is upon us. We all hope for better days ahead, despite the threat of the fourth wave of Covid-19.

Summer activities were enjoyed by many, although contacts were limited.

Members of Clowes Women's Institute enjoyed a lunch at a local restaurant followed by a patio meeting at the home of Darlene Cousins. It was the first meeting since March of 2020. Although the group's activities were limited the past 18 months, a monetary donation was made to RVH; shut-ins were recognized at Christmas; and the donation of 31 Bear Blanket and Book packages were delivered to the paramedics to be distributed to children in a trauma situation.

Hats off to Darlene and neighbour Jessie, who found a way to raise money so that the project can be continued during this year.

If you are interested in becoming a member of this small but friendly group working within the community, give me a call at 705-739-7579.

Sympathy is extended to the families of two former, long-time residents from Line 3.

Ilene Caldwell lived for many years on Line 3 until she moved to Barrie to live with her daughter. Ilene was always very supportive of our community hall.

Ann Moore moved to Barrie following her retirement from the Edgar Adult Occupational Centre. Her sense of humour was contagious, and an asset as she served as a volunteer.

Best wishes to Carole Livingstone who celebrated a significant birthday with family in August. Carole has always been a big supporter of the Strawberry Supper and euchre tournament. It was disappointing that the celebration of her birthday could not be held at the hall, as we did not have a confirmation date of the completion of our new septic system.

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

Eady News

by Evelyn Reid

Fall arrived very quickly this year with a quick change of temperature, and evening darkness suddenly upon us early in the evening. Children are back to school now, trees are starting to change their colour, and summer flowers are starting to prepare themselves for the long winter ahead. Orillia Fair has had a one-day fair this year, and the Coldwater Fall Fair and Coldwater Museum are teaming up for a mini-fair held at the Coldwater Museum on Saturday, September 25.

Our local churches have resumed services again with Covid-19 protocols and social distancing in place. St. George's Anglican Church, Fairvalley, resumed services on August 8 and an outdoor evening service was held on the church lawn on September 5 with a beautiful sunset in front of everyone. Wesley Eady United Church resumed their services on September 12.

The Eady-Grenard Women's Institute ladies met at the home of Rita Whiston on August 11 with a large number of members present. It was the first time the group had met in over a year and a half, so it was nice to see everyone again and to be able to socialize with them.

Bonnie Smith and myself, Evelyn Reid, visited with Ralph and Wendy Hough on August 30 at their new place in Big Cedar Estates. Ralph and Wendy seem to have settled in their lovely home nicely, and are enjoying themselves living in Big Cedar.

Beth Bennett and her daughter, Pauline Schneider, visited at my home for lunch on September 5. They also visited with Bruce and Brenda Goss of Fairvalley later in the day, before returning to their homes in Guelph and Kitchener. Beth moved from Fairvalley a few years ago after her husband, Jim, passed away, to be closer to her family.

In early August, Andrew Smith and his girlfriend Andrea Robichaud from Calgary spent time over a two-week period with Bonnie and Brian Smith, as did Trevor Smith, currently of London. During the same period, Cmdr. Nicole Robichaud, of Halifax, also visited with them.

The Eady Community Hall continues to remain closed at this time due to Covid-19 restrictions. There is no word yet as to when the hall will reopen.

I hope everyone enjoys the lovely fall weather that hopefully lies ahead!

The Toddler Tourist: Exploring Hidden Gems in your own Backyard

by Hillary Handy

THE COLDWATER CAPER

The seasons have changed from summer to autumn and the frugal mom is here for it! There are so many fun, fall activities to do with your children. The classics include apple picking, visiting the pumpkin patch and carving your pumpkin closer to Halloween, corn mazes, and raking and jumping in leaves. In the North Simcoe region, we are so lucky to have many farms that we can visit to do these typical fall-themed activities so I'm certain you will check them off your autumn bucket list. But I'm here to highlight a lesser-known gem in our area and an outing that won't cost you anything. In fact, it's the whole village of Coldwater. I'm calling this outing: The Coldwater Caper.

If you've ever travelled along Highway 12 towards Midland, you've seen this little hamlet. But if you've never trekked that way, maybe you never even thought Coldwater could meet your adventuring needs. I am here to tell you that I have successfully filled both an hour of time and also an afternoon's worth of time with two little ones in tow, and that was without shopping or spending a dime.

So, load up the stroller and make your way to downtown Coldwater on Coldwater Road. There you will find the historic main street and your journey begins. I took my kids on a loop of Mill Street, down Eplett Street to Sturgeon Bay Road and back again. A one block radius offered so much for my little ones.

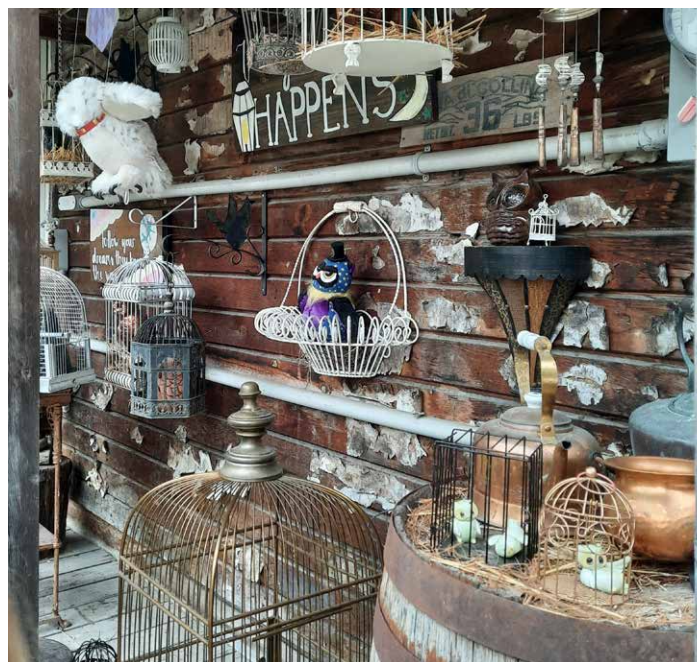


Firstly, we enjoyed a nature scavenger hunt while on our trek. With falling leaves of various colours, acorns and pinecones, it can take kids 10 minutes to walk 10 feet as they collect their items! My kids are also obsessed with bridges and rivers, so as you pass over the Coldwater

River twice, it's fun to look down and see what lies below. There are not trolls, as I told my son repeatedly, but he's not convinced. You pass the historic Coldwater Mill along this route, which is so fun to

look around both inside and out and offers a bit of a history lesson too. Once back on the main strip, enjoy some hopscotch on your way to the Steampunk-inspired alleyway (as a year-round nod to the Coldwater Steampunk Festival) located at 20 Coldwater Road. Together, you can travel back in time in the Time Machine (which is so fun for photos) and check-out a Wizarding World Community Apothecary Exhibit.

There is a great deal of retro signage decorating the exterior



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walls that you can play I-Spy with for ages. There's even a community piano that kids love to tinker with, regardless of their skill level. We love that these local businesses are encouraging kids to explore and play in their backyards along the river. While pressing on, you can cross the road to the Coldwater Library or continue onto the Coldwater Fairgrounds Park. There's a skate-park, climbers, tunnels and slides, along with field space and forest. Throughout the whole walk, you can keep your eyes peeled for poster boards of a story called "The Things Lou Couldn't Do" scattered around the main street. This StoryWalk is a fun, socially distant activity and promotes literacy and exercise all in one! I count that as a win.

This outing requires no money in particular, but if you want to beef up your experience, you can check out all the cute shops on the main strip and support local while you're at it! You can grab lunch or a snack, and get some Christmas shopping in as well...or is that too soon? Check out the Farmer's Market at the Mill on Saturdays until

Thanksgiving and see local artists and artisans in action. While this whole experience is weather dependent, it will be good to make the effort for outdoor time before things get too cool. Sweater weather is just around the corner.

Coldwater has become one of our favourite places to roam. So, if you're looking to fill an hour or tucker your little ones out before nap-time, Coldwater can do it for you! Let us know if you check it out. And we will be back again to tell you about another hidden gem in Coldwater, another time. Our adventures continue...





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)

We hope, with all the vaccinations received, that you'll have a good fall, with some new freedoms and are able to resume your connections with family and friends. Also, Happy Thanksgiving!

At the D-CH and FH churches, we are continuing to provide worship services each Sunday, via Zoom. Folks can listen to the service through their home phones, or view and listen to the services on their cell phones, tablets or computers. Attendance at the churches is still limited, but if you would like to attend either service, a quick call to reserve your place can be done. For Forest Home's 9 am service, please call Anna at 705-327-1079, and for Dalston-Crown Hill's 10:30 am service, please call Joe at 705-722-6965.

Our churches have been enjoying some outdoor afternoon worship services (in addition to the morning service), while social distancing on a lawn. Mother Nature has been good to us, even on days that rain has been predicted, we've had sun in the afternoon, just in time for our gatherings. It is wonderful to be able to sing with others during the time. It's also great to see each other and be able to visit. As our congregations have a lot of senior and very-senior members, the majority of us

are double-vaccinated now so we feel a little safer going out occasionally.

The Dalston-Crown Hill church building is receiving a lot of attention, as the property committee keeps things cleaned and repaired. While there are few people in the building, a lot of maintenance is being done. When we are able to return to the church, it will be so welcoming.

Our "All Cooped Up" newsletter is still in production, with lots of jokes, stories, quizzes, trivia, and always a word search. If you would like to be on the emailing list, just contact me (see contact information below).

A message from Rev. Will:

After that He appeared to more than five hundred brothers and sisters at one time, most of whom remain until now, but some have fallen asleep. - 1 Corinthians 15:6

On a recent Sunday afternoon, our Forest Home congregation had an outdoor worship on the lawn of the church property. While our Dalston-Crown Hill folk have done this a few times already, it was a first for Forest Home since the beginning of the pandemic. Since many of us had not been together in-person for around 18 months, I joked that it reminded me of a story told by a friend who remembers going once to his 25th high school reunion. He walked into the gymnasium of his old school, looked around and asked himself, "Where did all these old people come from?"

There are many things that alert us to the passage of time and remind us that we are getting older. Usually, these are not pleasant things to think about. When I was young, I was a pretty good athlete and played several sports competitively. While I am still able to stay fairly active in my 40s, I often lament that I am not as physically capable as I once was. Unfortunately, I know that this situation is only going to get worse. One of the great gifts to us of older generations is that they show us that it is ok to pass through the cycle of life. Though we will likely experience grief of many kinds which seems to overwhelm us, older generations teach us that it will be okay. I think of another friend who just lost her mother with whom she was very close. While that is a deeply felt loss, and will remain so, I suggested to this friend that in years past her dear mother had once lost her own parents and still gone on to live a full and loving life. Though it hurts now, I tried to assure my friend that she will be able to do the same.

In 1 Corinthians 15, the Apostle Paul wrote of the appearance of the risen Jesus, after Easter, to Peter, then to the rest of the Disciples, then to more than 500 of his followers, "most of who remain," he wrote, "but some have fallen asleep." As followers of Jesus, we grieve at aging and death, but we do not despair. In death, as in life, we know we are with God. The decline of our bodies and of creation itself, is but one stage on the journey towards the comple-

tion of God's eternal new creation. May we find comfort and strength in the wonderful promises of God!

Take care, and Stay Safe!
If you would like to join either of our Zoom worship services, please call Rev. Will for the information.

To reach Rev. Will Haughton
Phone: 249-877-0393 (local call)
or Email: howareyall2@gmail.com

To receive the "All Cooped Up" Newsletter,
Contact Janet Panting
janetpanting@gmail.com or call 705-737-2552

Check out the websites at:
www.ForestHomeUC.ca
or email: foresthometeunitedchurch@yahoo.ca
www.DalstonCrownHillUnitedChurch.net
or email: dalcrown@gmail.com





Oro-Medonte Ganaraska Hiking Club

Fall 2021 Events

Anyone is welcome to join any of the hikes when the club resumes hiking in September. Please bring drinking water on all hikes; hiking boots are recommended

Sunday, September 12 @ 1:30 pm

Midhurst MODERATE—5 km—2 hours
Meet in the parking lot of the Simcoe County Administration Building, #1110 Highway 26,
Must contact Christine 705-733-3825 or Gerda 705-722-8568

Sunday, September 19 @ 1:30 pm

Copeland Forest MODERATE—5 km—2 hours
Meet in the P2 parking lot on Ingram Road just east of Line 4. The hike will be followed by a corn and wiener roast at 4:00 pm at 2056 Brown Rd, Springwater. (Drury Residence) Bring a lawn chair and \$6. **Must register with Wayne 705-718-0143 or Sue 705-722-0395 by Friday, September 17**

Monday, September 27 @ 10:00 am

Holland Landing EASY—7.5 km—4 hours
Meet on Queens Court, Holland Landing (East of Yonge St and on the south side of Queensville Side Road). Bring a lunch. **Must contact Wayne 705-718-0143 or Christine 705-733-3825**

Monday, October 4 @ 10:00 am

Hardy Lake Provincial Park
EASY/MODERATE—8 km—4 hours
Meet at Hardy Lake — 2346 Muskoka District Road 169, Torrance. Poles are suggested. Mostly flat terrain. Bring a lunch. **Must contact Sue 705-722-0395 or Christine 705-733-3825**

Sunday, October 17 @ 1:30 pm

Matchedash Bay and Sturgeon River
MODERATE—2 km and 3 km—2 to 2 1/2 hours
Meet at 2665-2667 Kinnear Sideroad, Waubaushene. Hike the Matchedash Bay Loop Trail and then drive to Sturgeon River Forest Loop Trail (south of 1428 Rosemount Road). **Must contact Wayne 705-718-1043 or Pierre 705-733-2078**

Monday, October 25 @ 10:00 am

Monument Hill
MODERATE-DIFFICULT—8.7 km —3to4 hours
Meet at 2294 Klondike Park Rd, Wasaga Beach. This will be a 3-hour hike with some hill climbing through the forest. Poles are suggested. Bring a lunch. **Must contact Pierre 705-733-2078 or Kim 705-721-0502**

Sunday, October 31 @ 1:30 pm

Ardagh Bluffs MODERATE—5.2 Km —2 hours
Meet at Holly Meadows Elementary School parking lot at 151 Mapleton Ave.
Must contact Christine 705-733-3825 or Gerda 705-722-8568

Monday, November 8 @ 10:00 am

Steam Whistle Trail & East Coulson Swamp Reserve (Schumaker Trail)
MODERATE—6.8 Km and 4.4 km—4 hours
Meet just east of Line 7 on Bass Lake Road. Poles are suggested. Bring a lunch. East Coulson Swamp hike will follow at 510 Bass Lake Sideroad East (between Line 8 and 9). **Must contact Wayne 705-718-0143 or Kim 705-721-0502**

Sunday, November 14 @ 1:30 pm

Tiffin Conversation Area
MODERATE/EASY—5 Km—2 hours
Meet at 8195 8th Line Essa Township at the parking lot near the road. There is a parking fee.
Must contact Gerda 705-722-8568 or Sue 705-722-0395

Monday, November 22 @ 10:00 am

Midhurst Community Center
MODERATE—6 km—2to3 hours
Meet at the Midhurst Community Centre (74 Doran Rd in Springwater). Bring a lunch. **Must contact Gerda 705-722-8568 or Christine 705-733-3825**

Sunday, November 28 @ 1:30 pm

Church Woods Trail Barrie EASY—4 km—2 hours
Meet at the parking lot on Oro-Medonte Line 2, Shanty Bay (near Ridge Road West). **Must contact Sue 705-722-0395 or Pat 705-733-2078**



Monday, December 6 @ 10:00 am

Mulmur Hills MODERATE some hills—9 km—4to5 hours
Meet at the Bruce Trail Parking area on 1st Line E of Mulmur (Mansfield). Directions: Airport Road South toward Mansfield turning right at the lights in Mansfield onto 10 sideroad, continuing on the 10th until you reach 1st Line E. Turn left onto 1st Line with parking lot on the left or east side of road. Poles are suggested. Bring a lunch. **Must contact Pat or Pierre at 705-733-2078**

Sunday, December 12 @ 4:00 pm

Mystery Hike and Pot Luck
Phone ahead for details of the hike.
5:30 pm Potluck supper at 2056 Brown Rd, Springwater (Drury Residence). Bring a prepared salad or main course or dessert to feed 8. **Must register with Kim 705-721-0502 or Christine 705-733-3825 by Friday, December 10.**

Couchiching Conservancy News —submitted

With a global backdrop of fires, floods, pestilence and war, and development pressure ramping up in every way, it seems odd to say The Couchiching Conservancy is thriving; but there it is.

Environmental degradation does not seem to be slowing, despite millions of words spilled on the subject on a daily basis. But, the number of people who are moved to take positive action to support obvious solutions seems to be inching upward, and that means there are more of you: the people who are responsible for the success of our enterprise; people who understand the gravity of the situation and are willing to invest in nature for its own sake.

We are still relatively small in number. Despite all the chatter, only about 3.5 per cent of charitable donations go to environmental causes in Canada, and that number includes animal welfare groups.

That means you, and the people following your leadership, are playing an outsized role in the race to turn things around.

And we're getting results.

We are advancing acquisition: three projects totalling close to 200 acres are expected to be completed by the end of the year, and there are several additional prospects being pursued tenaciously. But we can't slow down. There is so much yet to do and every square inch we protect today will pay dividends well into the future. To that end, our Corridors Campaign is ramping up, driven by a dedicated band of volunteers and donors who are clear-eyed and motivated.

So many events in the future! But the key one is a virtual tour and unveiling of one of the newest Nature Reserves. We are hosting a small in person gathering and then sharing footage of the event on World Habitat Day, Monday, October 4 at 7 pm.

The video will be available on our YouTube channel, here: <http://couchichingconserv.ca/2021/09/14/virtual-unveiling-tour-of-the-taylor-reserve/>

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photo by Deb Halbot

Orillia Regional Arts and Heritage Awards Nominations Now Open

September 1, 2021 (Orillia and area) – Following the success of past awards nights, the Orillia & District Arts Council (ODAC) and Orillia Museum of Art & History (OMAH), along with the City of Orillia's Business Development, Culture and Tourism Department are planning the third annual Orillia Regional Arts and Heritage Awards. On November 24, 2021, we will come together once again to celebrate the best and brightest from the sector, either virtually or in person.

Members of the organizing committee have been working behind the scenes on the logistics and are excited to announce this year's 2021 award categories:

- Education in Arts, Culture and Heritage
- Emerging Artist
- Heritage: Restoration, Renovation and Publication
- Event in Arts, Culture and Heritage
- Qennefer Browne Achievement Award

Education in the Arts, Culture and Heritage Award looks to recognize an educator, not necessarily a teacher by profession, whose knowledge and teaching skills inspire others to pursue their interest in the arts and heritage.

Emerging Artist Award recognizes an individual of any age who is in the early years (under five years) of launching a career in the arts. Nominees can be pursuing any genre of art including, but not limited to, visual arts, performance arts, literary arts and many more.

Heritage: Restoration, Renovation and Publication Award recognizes an individual or group who brought to life regional history through a physical restoration or creation of a permanent public record.

Event in the Arts, Culture and Heritage Award looks to honour an individual, organization, or corporation for their part in organizing a single or annual event that showcases the region's creative talent or cultural heritage.

The Qennefer Browne Achievement Award recognizes an individual or group of individ-

uals who have made an outstanding contribution to the cultural life of their community. Nominees may include artists, historians, volunteers, cultural organizations and donors. This award honours Qennefer Browne, who gave much of herself to support both arts and heritage organizations within the region.

To nominate an individual or group for one of these prestigious awards, visit the portal at <https://forms.orillia.ca/Parks-Recreation-and-Culture-Surveys/Culture-Surveys/2021-Orillia-Regional-Arts-and-Heritage-Awards>. Similar to last year, all nominations will be gathered through this online portal, eliminating the need for hard copies. There will be no hard copies of nominations accepted. To help with this process and encourage nominations, a nominating committee has been formed with representatives from across the sector and region.

"We are excited to be able to once again honour our creatives and our heritage sector, particularly as they navigate the challenges presented by the pandemic," said nominating committee spokesperson Anna Proctor. "We have streamlined the nomination process

even further, and hope to exceed last year's record-breaking 24 nominations, this year. Get your nominations in today!"

The nomination deadline is October 18, 2021. Together, OMAH and ODAC serve the communities of Rama, Ramara, Oro-Medonte, Severn, and the City of Orillia. We are committed to recognizing the valuable contribution artists, historians, educators, event organizers and supporters make to the vibrancy of these communities and their citizens.

This year's awards ceremony is presented by eCapital.

Media Inquiries:
 Anna Proctor at annaproctor111@gmail.com





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photo by Deb Halbot