



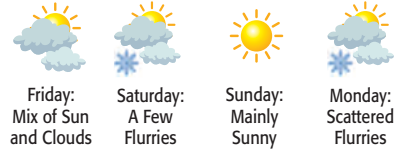
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\$1.50 per copy (\$1.43 + 7¢ G.S.T.)

Thursday, January 24, 2019

Volume 45, Issue 4

PUBLICATIONS MAIL AGREEMENT NO. 0040036642 RETURN UNDELIVERABLE CANADIAN ADDRESSES TO 30 MARTHA ST., #205, BOLTON ON L7E 5V1

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Birthday Pancakes

PANCAKES FOR MY BIRTHDAY BREAKFAST PLEASE! – Miller, age 3, spent his birthday with mom Rachel and little sister Ryann, just 5-weeks, at Stacked Pancake & Breakfast House in Alliston. Wearing his, “Dude, it’s my birthday” shirt, the birthday boy got a special visit from the Mayor of New Tecumseth, Rick Milne, who was on site for the restaurant’s Grand Opening and ‘Pancake’ Cutting ceremony. For the full story and additional photo highlights, see page 7. PHOTO BY WENDY GABREK

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Bouncing Back can be just a phone call away, says Mental Health Association

BY BROCK WEIR

This Wednesday, January 30, thousands of people from across Canada will band together to help erase the stigma surrounding mental health on Bell Let's Talk Day.

But, as much as this initiative from the Canadian telecommunications giant has helped spark a very valuable conversation, the York Region and South Simcoe branch of the Canadian Mental Health Association (CMHA) is urging you to pick up the phone and "Bounce Back."

BounceBack: Reclaim Your Health is a free skill-building program facilitated by the local CMHA designed to help adults and youth aged 15 and over manage symptoms of depression and anxiety.

"BounceBack is really important because it is a free, telephone-based cognitive behaviour therapy coaching program," explains Rebecca Shields, Executive Director of the CMHA of York Region and South Simcoe. "It is for anyone with mild to moderate depression and anxiety. They can just call, what we refer to as 'self referral', and it is an evidence-based program to reduce symptoms of depression and anxiety, and it is all over the phone."

"It is for anybody who is dealing with mild to moderate depression and anxiety, if you're feeling down, if you're feeling anxious, and you want to get immediate access to support."

BounceBack is cognitive behavioural therapy, which Ms. Shields says is a "modality of helping people deal with that unwanted thinking, or, what we call 'unhelpful' thinking" and the over-the-phone service helps callers manage that – what the CMHA likes to call "good mental hygiene."

"Everybody is hearing about – and thinking about – mental health and maybe feeling like you want to get some support," she continues.

"This is one modality that makes it really easy for people to get that support – and there's no wait list!"

The CMHA is currently in the middle of ramping up the BounceBack program across Ontario. They currently have about 35 coaches available with a total of 42 just around the corner. Their goal is to have a full complement of 90 coaches across the Province that could potentially serve up to 40,000 Ontarians each year. The program has been running successfully across Canada for over 12 years, and in this region for four years.

"We know that it works," says Ms. Shields. BounceBack offers two streams for help. Online videos offer practical tips on managing mood, sleeping better, building confidence, increasing activity, problem solving and healthy living. Videos are available in English, French, Mandarin, Cantonese, Punjabi, Arabic and Farsi, reflective of the multicultural makeup of the Region.

Coaching is available over the phone for additional support in managing depression. A referral is required for the service, either from your primary care provider (family doctor or nurse practitioner) or through self-referral, which can be completed in an online form.

The program involves three to six over-the-phone coaching sessions and your coach is there to help you develop new skills, keep you motivated and monitor how you're doing.

"With our phone program, you will get some books through the mail and you will have a coach to support and help you understand and motivate you to understand the material," says Ms. Shields. "Everyone gets the first book, which is about starting out and how to keep going when you're feeling stuck, understand low mood and understand depression. There are over 20 books available and people can then choose the books that are meaningful for them. Maybe



IN THE COMMUNITY – Canadian Mental Health Association of York Region and South Simcoe volunteers Behnaz, Sharlene, Angelo, Constantin, Brian, Chris, Heidi, Charyse, Laurie, Maggie, Shannon and Erin are dedicated to improving the mental health of this community.

PHOTO BY BROCK WEIR

it is how they are responding to a chronic illness. One of our most popular books is on disordered sleeping and overcoming sleep problems. Others can be dealing with anxiety, practical problem solving, understanding phobias. There is a whole host of different books depending on what your interests are. You get the books and work with a coach, and then it is all delivered over the phone.

"This is helping understand cognitive behaviour therapy, which works, but to be clear, it is not a counselling program. This is about really supported skill-building."

In the four years since BounceBack was established in York Region and South Simcoe, the CMHA has been working with primary care doctors in supporting their patients in using this program because, in many instances, people reach out first to their primary care provider. Now, they're ramping up in making sure people are getting the support they need through a variety of access points.

"There is data coming out of the Canadian Physicians Association that people will often wait over four to ten years before they will actually go and seek help or support for a men-

tal health issue because of stigma," says Ms. Shields. "People are struggling far more than they need to and it is an issue like any other illness. You wouldn't wait four years if you had a cough, but for some reason people have misunderstood that brain illness is an illness like any other, whether it is cancer, diabetes or a broken arm. Early and effective treatment is the best chance for overall recovery."

"With good mental hygiene, good skills may or may not, in association with a medication, have the ability to turn people around so they can lead the best quality of life possible. We really want people to get the support they need and that recovery is possible, and perhaps people can resume and have a full and healthy, happy life."

For more information on BounceBack, call 1-866-345-0224 or visit bouncebackontario.ca. Hours of operation are Monday through Thursday from 8 a.m. to 8 p.m., Friday from 8 a.m. to 5 p.m., and sessions are also available on Saturday and Sunday.



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PUBLIC INPUT SESSION – 2019 BUDGETS

A Public Input Session for the Town of New Tecumseth's 2019 Operating and Capital Budgets will be held on Thursday, January 31, 2019 at 7pm in Council Chambers, 10 Wellington St. E., Alliston. To view the draft 2019 budget package, please visit the Town's website at www.newtecumseth.ca

CITIZEN APPOINTMENTS TO COMMITTEES, BOARDS & TASK FORCES

The Council of the Town of New Tecumseth will receive written applications until Friday, February 1, 2019 at 4:30 p.m. from residents or qualified ratepayers interested in being appointed as a member to represent the Town of New Tecumseth on the following committees, boards and task forces for the 2018-2022 term:

- **Accessibility Advisory Committee – 8 to be appointed**
Meets bi-monthly – 6:30 p.m. - Dates to be determined.
(Under the provisions of the Ontarians with Disabilities Act, 2001, a majority of the members shall be persons with disabilities as defined under the Act.)
- **Heritage New Tecumseth Advisory Committee - 5 to be appointed**
Meets bi-monthly – 7:00 p.m. - Dates to be determined.
- **Museum on the Boyne Advisory Committee – 3 to be appointed**
Meets bi-monthly - 4th Wednesday of the month at 10:00 a.m.
- **Youth Advisory Committee – 1 Adult Facilitator – Up to 11 Youth to be appointed**
Current academic year must be between grades 8 and 12
Meets at the Call of the Chair – dates and times to be determined.
- **Environmental Advisory Committee – 4 to be appointed**
Dates and times to be determined pending Council approval
- **Committee of Adjustment – 5 members to be appointed**
Meets monthly - 4th Thursday of the month - Times to be determined
- **New Tecumseth Public Library Board – 5 to be appointed**
Meets monthly - 2nd Thursday at 9:00 a.m.
- **Beeton Facility Planning Task Force - 3 to be appointed**
Meets at the Call of the Chair – dates and times to be determined.

Applications are available at the Administration Centre in Alliston, Joint Operations Centre in Beeton, or can be downloaded from the Town website at www.newtecumseth.ca
For further information regarding the above, please contact the undersigned.
Cindy Maher, Clerk/Director of Administration Services
10 Wellington Street, Alliston, Ontario L9R 1A1 Tel: (705) 435-3900 Ext 1226

FOR FURTHER INFORMATION PLEASE VISIT WWW.NEWTECUMSETH.CA



Lions gather with building materials to construct the original Lions Club room at the Tottenham Community Centre. **CONTRIBUTED PHOTO**

Tottenham Lions Club celebrates 50 years

BY WENDY GABREK

It's been 50 years since the formation of the Tottenham & District Lions Club Inc. and a celebratory party has been planned to acknowledge the accomplishments of the popular local service club.

On Saturday, February 9, the Tottenham Lions will celebrate their half-century achievement with a dinner and dance at the Tottenham Community & Fitness Centre.

Set to the musical styling of Shawn Bourke and AJ the DJ, Lions will share stories from days gone by, and spend time with old friends.

“We made it! This Club has done such great things as a Service Club so we want to celebrate. We are throwing a big party on Saturday, February 9, 2019 and have invited all our past and present members to attend.”

The schedule of events is as follows:
 6–7 p.m. Cocktails and camaraderie
 7–9 p.m. Dinner
 9 p.m. Entertainment by Sean Bourke and AJ the DJ

Cost: \$30/person
 For more information or to RSVP, email Lions secretary, Kathy Prowse at tottenham-lionsclub@gmail.com or call 905 936-5194.

Have your say in New Tec's future: Apply to a Committee or Board

The Council of the Town of New Tecumseth will receive written applications until Friday, February 1, 2019 at 4:30 p.m. from residents or qualified ratepayers interested in being appointed as a member to represent the Town of New Tecumseth on the following committees, boards and task forces for the 2018-2022 term:

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Applications are available at the Administration Centre in Alliston, Joint Operations Centre in Beeton, or can be downloaded from the Town website at www.newtecumseth.ca/en/town-hall/committees.aspx.

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Editorial, Letters & Opinion

“The window to the world can be covered by a newspaper.”

~ Stanislaw Jerzy Lec

BROCK'S BANTER: Think of the children! If it's convenient

BY BROCK WEIR

I often worry about the youth of today.

Some of you – youth and not-so-youthful alike – might be rolling your eyes right now, but in the interest of full disclosure, I think it should be pointed out right here and now that I am still in the first half of my thirties. So, for the nay-sayers, I'm old enough for my own youth to be well in the rear-view mirror, but it's not so far back as to not remember what being a youth was like.

Some, however, seem to forget more quickly than others.

And the reasons they forget at a greater speed has nothing to do with an individual feeling the march of time at a different pace, or a particularly rapid tick-tock on whatever it is they used to call a “biological clock,” but in many instances it is usually a matter of expediency, at best, and, at worst, one of wilful ignorance.

People who knew me in elementary school and high school are another demographic reading this column potentially rolling their eyes right now. I was the proverbial “dork” growing up, a viewpoint that people were all too eager to point out as the dorkdom was in full swing.

Growing up with a brother ten years older than myself, a brother who didn't live with us full-time until I was in my teens, a lot of my time was spent with adults and, for better or worse, I usually gravitated towards the adults in a social situation rather than hanging out with my peers.

Maybe this has given me additional perspective on the subject, or maybe I'm trying to subconsciously make up for lost time, but

I think in this day and age more consideration needs to be given to the young people of today. And, yes, I feel exceedingly old just writing that.

There seems to be a disconnect with lawmakers in the upper levels of government between protecting future generations – invariably and folksily referred to as “our children and grandchildren” no matter what programs are being discussed – and the purse strings they've tasked themselves with tightening.

Last fall, for instance, Ontarians were greeted by alarming reports from Queen's Park on just what the Province's fiscal situation is.

From the outset, and rightly so, there were calls for spending to be reigned in and some programs be reviewed ostensibly to protect the province from going further into the red. Of course, when government brass touted this obvious necessity, it was couched in the time-tested phrase that such measures were integral in stopping “our children and grandchildren” and future generations down the line from being saddled with the debt of today.

On its face, it is something that is hard to argue and I won't be doing that in this column space, but this sentiment doesn't quite hold water when pumping the brakes on a program or initiative to combat a spending spiral results in “our children and grandchildren” and indeed their futures being the first demo caught in the crosshairs.

Take our education system, for instance. It is usually the case that the first programs to go are ones that are not directly related to the core subjects of

math, English and science. Arts funding goes out the window, despite clear evidence that arts programs – and “arts” as a term is used very loosely here – are integral not only to the development of the child, but in engaging and stimulating the minds of youth in ways more traditional textbook subjects cannot. Thus, they play a key part in broadening their respective worldviews for today's global society.

Outside of tightening the purse strings, it is hard to reconcile concern about the future “our children and grandchildren” will be left with when one considers the proposed rollback of health and sexual education lessons in this Province. It is certainly difficult to reconcile this movement with the negative impact this will have directly on the youth who are allegedly at the forefront of this decision-making process.

Such moves, if they are indeed born to fruition, will have the ignominious honour of rolling back the clock two decades to prepare “our children and grandchildren” for navigating a world that no longer exists for, perhaps, the trade-off of sparing the blushes of parents who would prefer to not address real-world around the dinner table when their kids get home from school.

Then, we have the thorny world of carbon – whether you want to call it a “carbon tax”, “carbon pricing” or whatever term you're most comfortable using, whether you are pro or con.

This is an issue that will be on the lips of many – if they are not already – as the various parties jostling to form government after the Federal Election state their cases for voters.

At the start of this election cycle, the Province got into the act by reiterating its position against the Federal Carbon Tax stating they were “standing up for families and businesses.”

“Ontario's Government for the People is standing up for families and businesses that will be hurt by the combined impact of the federal government's job-killing carbon tax and Can-

ada Pension Plan enhancement, both of which come into force today,” said the Government in a press release on New Year's Day.

There is little in the release, however, to indicate just how opposing such measures is standing up for families. Businesses, yes, but families, decidedly no.

A few weeks previous to the January 1 statement, the Province said it would

be releasing its plan to reduce industrial greenhouse gas emissions for public comment beginning this month, a plan, they said, that would “regulate industry without imposing the Federal government's carbon tax, which threatens Ontario jobs and the ability of our industries to compete internationally.”

Continued on Page 10



The Times New Tecumseth

WEBPOLL
www.newtectimes.com

Results from last week's poll:
At the start of the municipal budget season, do you think you're getting good bang for your tax buck?

a) Yes **50%**

b) No **50%**

The results of this poll are in no way considered to be valid or infallible.

THIS WEEK'S QUESTION

Did Council make the right decision, opting in on retail cannabis sales?

a) Yes
b) No

So go to the website and cast a vote!

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The Times New Tecumseth

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PUBLISHER: Simcoe-York Printing & Publishing Ltd.
GENERAL MANAGER: Zach Shoub
EDITOR: Brock Weir newtectimeseditorial@gmail.com
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Slo-Pitch league looks to “Light it Up!” at Coventry Park

BY KIRA WRONSKA
DORWARD

Tottenham’s Oldtimers are continuing efforts to “Light Up” Coventry Park.

Regarding New Matters set before Council on January 14, Council received correspondence from the Tottenham Oldtimers Slo-Pitch League regarding the

lighting of Diamond #1 at Coventry Park, a motion which requires 2/3 of the vote of Council.

The Light It Up! Fund-raising campaign hopes to see lights in Coventry Park by May 1, 2019.

Paul Piellusch, speaking on behalf of the organization, affirmed to Council that the League can no

longer meet the demand of community growth, especially in southern New Tecumseth, and has no more room in the schedule for planning more games, or making up for lost games in case of weather, etc., necessitating the lighting up of Diamond #1 by the projected May 1 date.

Piellusch wanted to ensure the league has Council’s support, as well as confirming budget and building requests.

Piellusch also announced that the league is 70 per cent along towards their goal of raising the necessary \$50,000, and wished for Council to consider freezing diamond fees. The motion was received and approved into budget.

SUPPORT OF CRIC

Addressing new matters and following up on correspondence received by Council on January 8, one of the significant presentations made at Council last week regarded support of Tottenham & District Community Recreation Improvement Committee (CRIC).

Chris Ross, representing the Committee, spoke about CRIC’s signature Annual Car Draw and Dance fundraiser, which last year gave out almost \$50,000 in elimination draw prizes. This year’s gala is coming up, so stay tuned for infor-

mation about ticket sales.

Ross also highlighted that in 2018 CRIC gave \$87,400 back to the community, local groups, and committees such as the local Food Bank, parks and events, sports leagues, the Tottenham Community Week, the Santa Claus Parade, Grate Groan-Up Spelling Bee and more.

In light of this, CRIC is asking Council to wave fees for use of the TCFC, community centres and facilities.

Councillors debated about whether other organizations received such concessions and if it would be fair, and subsequently Council decided to grant the waiver.

Ross then asked if the ice rink could be ripped up the

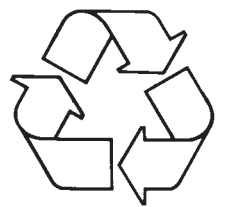
week of May 4 to get the park ready for other events, and Council moved that the date be pushed to later in May.



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Start kids early on eye exams: Health Unit

Comprehensive eye exams by an optometrist are recommended for children beginning at a young age so that vision issues can be found and corrected early.

“Regular eye exams in childhood are important because not every child will show signs of vision problems,” said Debby Oakley, Program Manager, Oral Health and Vision Screening, at the Simcoe Muskoka District Health Unit. “Undetected and untreated vision issues can have a negative effect on children, especially once they get to school where so much of learning is visual.”

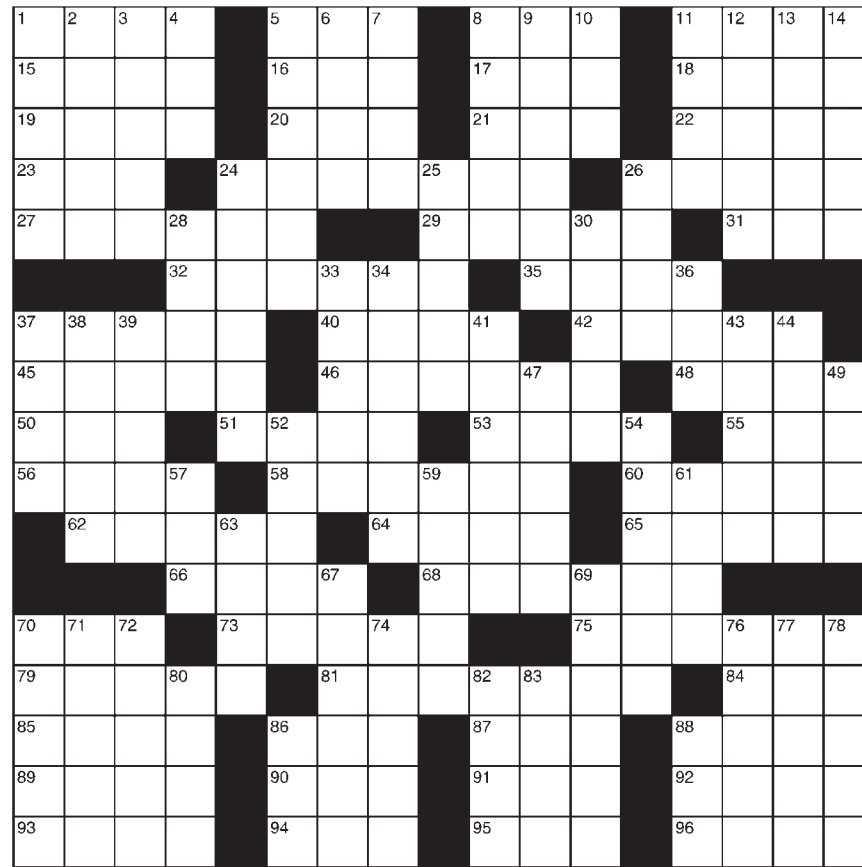
Undetected eye problems can result in learning issues, poor achievement in school and social isolation. It’s estimated that 80 per cent of learning in school is visual.

Eye exams are recommended for children beginning when they are between six and nine months of age, again between two and five years old, and every year after starting school. Eye exams are free with an OHIP card for children 19 years of age and under.

For more information, check the health unit’s website at www.smdhu.org or call Health Connection weekdays 8:30 a.m. to 4:30 p.m. at 705-721-7520 or toll free at 1-877-721-7520.

X CROSSWORD

PUZZLE NO. 464



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ACROSS

- Brush’s kin
- On the ____ (in flight)
- Grassy field
- Truism
- Wings
- “____ Which Way You Can”
- Stale
- Grimm heavy
- Grain
- Came in first
- Purge
- ____ Bator
- Reproductive cells
- Energetic
- Hand warmer
- Watch out!
- Apart
- Dripping
- Just

35. Mind

- Punctuation mark
- Pokes
- Parasite
- Common phrase
- Sneaker feature
- Make tea
- Spasm
- Mexican entree
- Of a historic time
- Actress Merkel
- Mongolian dwelling
- Artist’s workplace
- Fix
- Cowboy’s ride
- Clothes
- Bristles
- Simmer
- One-deity believer
- 23rd Greek letter
- Gush

75. Cut one’s choppers

- Historical record
- Useful legume
- Kind of room, shortly
- Beguile
- That thing’s
- Bird that gives a hoot
- Type of pickle
- Bald eagle’s kin
- Legal thing
- Bloomin’ necklace
- Earthen vessel
- Rod’s companion
- Previous to, in verse
- Parabola
- Curdle

DOWN

- St. John’s-bread
- Oil source
- Tropical bird

- Quilter’s gathering
- Attorney
- Before long
- Talking bird
- Lemur’s cousin
- Call forth
- Do sums
- Disgusting
- Aflame
- Desire
- Principle
- Had aspirations
- Perhaps
- Chromosome component
- Cartridge-box contents
- Alluvial deposit
- Throw out
- Sketch
- Young society woman
- Salt Lake ____
- Antipathy
- Extremely small
- Toboggan
- Vinegar container
- Hair dye
- Eaten away
- Walk in water
- Lively
- Drop off
- Bathroom feature
- Eccentric
- Dispense
- Holiday tune
- Shine
- Type of type
- Harness-racing horse
- Van Winkle’s sound
- Wacky
- Mario Van Peebles film
- Warble
- Word of greeting
- Showy display
- Figure-skating maneuver
- South American weapon
- Water jug
- Great wrath
- Physician, briefly

Solution on page 10

Beeton & District Agricultural Society

ANNUAL GENERAL MEETING

at Beeton Rotary Hall

Saturday February 2, 2019

Membership Renewals 6:30pm

Dinner 7:00pm

Meeting 8:00pm

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SPORTS

NEW TECUMSETH TIMES

Steam edged out by Northumberland in Tottenham home game



The Tottenham Steam host the Northumberland Stars at the Tottenham Community Centre arena on Saturday, January 19. The Stars took a first period lead and held on for a 4-2 win over the Steam.

PHOTO BY BRIAN LOCKHART

BY BRIAN LOCKHART

It came down to the third period of Saturday night, January 19's GMHL game in Tottenham between the Tottenham Steam and the Northumberland Stars.

Both teams were battling hard for the two points. With only six games left on the regular season schedule for the Steam, they are going to need some wins to secure a playoff berth.

Northumberland arrived in Tottenham as a seventh place team with 30 points – two ahead of the Tottenham squad before Saturday's game.

The Stars opened the scoring at 9:31 into

the game.

The Steam responded late in the period with a goal from Oldrich Matejka.

The only second period scoring happened when the Stars hit the back of the Tottenham net late in the frame to lead by a single goal going into the third period.

Northumberland scored early in the final period to make it a 3-1 game and put all the pressure on the Steam to get back in the game.

Matejka got his second of the night at the 7:52 mark in the period to close the gap.

With time running out, the Steam pulled their goalie and put the extra attacker on the ice in hopes of tying the game up with a

minute left on the clock.

A final Stars goal on the empty net with five seconds remaining on the clock gave Northumberland a 4 – 2 win.

It was an unusually rough game for a GMHL match-up which usually have fairly low penalty minutes.

The Steam were assessed 18 minutes in minors as well as a bench penalty.

The Stars spent 28 minutes in the box as well as a five-minute high sticking penalty and a ten-minute misconduct.

After the weekend the Steam have a 12 – 24 record including four overtime losses. They are in ninth place in the 12 team South Division of the GMHL.

St. George maintains the number one spot in the division with 64 points, followed by Tillsonburg with 53, and Windsor with 49.

The Steam will be back on home ice at the Tottenham Community Centre arena this Saturday night, January 26, when they host the Tillsonburg Hurricanes.

The puck drop is slated for 7:30 p.m.

Hornets move into second place after win in Huntsville

BY BRIAN LOCKHART

A successful weekend has moved the Alliston Hornets up a notch in the Carruthers division standings of the PJHL.

The Hornets have been in third place for a while behind the Stayner Siskins and the Caledon Golden Hawks but that all changed on Sunday night when the Hornets left the Caledon arena with a win.

The squad picked up their first two points of the weekend when they travelled up to Huntsville on Friday night to take on the Otters.

After taking a 2-0 lead in the first period, the Hornets made it a 4-0 game early in the second frame.

The Otters came back with two of their own, one on a powerplay.

Joey Visconti scored the final goal of the night with eight seconds left in the second period.

With not scoring in the final period the Hornet left the ice with a 5-2 win.

The win moved the Hornets into second place taking over from Caledon by a single point.

The Hornets travelled to Caledon

to take on the Golden Hawks on Sunday night, January 20.

The teams played to a 2 – 2 tie at the end of the first period with Joe Visconti and Caden Maher picking up the Alliston goals.

Caledon took the lead at the midway mark in the second period but the Hornets again made it a tie game a minute and a-half later on a goal from Jack Beck.

Adrian Ludiciani got the tie breaker at the 13:58 mark in the period to give the Alliston squad a one goal lead with one period left to go.

The final came when the Golden Hawks put the extra attacker on the ice in a bid to get back in the game.

Ryan Sallows hit the empty net with another empty netter from Garret Watson to end the game with a 6 - 3 Hornets win.

The Hornets now have a 26-10-1 record including one overtime loss and 54 points – eight points behind the first place Siskins.

The Hornets will be back on home ice at the New Tecumseth Recreation Centre this Friday night, January 25, when they host the Midland Flyers.

Game time is 7:30 p.m.



194 McEwan Dr. East, Bolton
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Showtimes for Friday, January 25 to Thursday, January 31, 2019

AQUAMAN 2D (PG) FRI, TUE 3:30, 6:45, 9:55; SAT-SUN 12:15, 3:30, 6:45, 9:55; MON, WED, THUR 6:45, 9:55

GREEN BOOK (PG) FRI, TUE 4:10, 7:10, 10:10; SAT-SUN 1:10, 4:10, 7:10, 10:10; MON, WED, THUR 6:50, 10:10

A DOG'S WAY HOME (G) FRI, TUE 3:40; SAT-SUN 12:05, 2:30, 4:55

ESCAPE ROOM (PG) FRI-THUR 7:20, 10:20

GLASS (PG) FRI, TUE 4:00, 7:00, 10:00; SAT-SUN 1:00, 4:00, 7:00, 10:00; MON, WED, THUR 7:00, 10:00

THE UPSIDE (PG) FRI, TUE 4:15, 7:15, 10:15; SAT-SUN 1:15, 4:15, 7:15, 10:15; MON, WED, THUR 7:15, 10:15

LEGO MOVIE 2: SECOND PART (TBC) SAT 2:00

KID WHO WOULD BE KING (PG) FRI, TUE 3:50, 6:55, 9:45; SAT-SUN 12:50, 3:50, 6:55, 9:45; MON, WED, THUR 6:55, 9:45

VICE (14A) FRI, TUE 4:05, 7:05, 10:05; SAT-SUN 1:05, 4:05, 7:05, 10:05; MON, WED, THUR 6:30, 9:30

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STACKING THE DECK ON A GOOD BREAKFAST BET
 – Members of Council and local business associations welcome the owners of Stacked Pancake & Breakfast House to the community of Alliston during their official Grand Opening and “Pancake Cutting” celebration last Friday, January 18. Pictured, from left: Mayor Rick Milne, Manish Mehra CEO of Stacked Pancake & Breakfast House Canada, Stacked Alliston owners Sean and Ryan Fleming, Alliston BIA General Manager Linda Spurr, Alliston & District Chamber of Commerce president Colin Oake, Deputy Mayor Richard Norcross.

PHOTO BY WENDY GABREK

Stacked Pancake House opens in Alliston with a warm winter welcome

BY WENDY GABREK

pan·cake
 noun

1. a thin, flat cake of batter, usually fried and turned in a pan. Pancakes are usually eaten with syrup or rolled up with a filling.
2. the best way to get kids to eat breakfast
3. happiness

Stacked Pancake & Breakfast House celebrated its Grand Opening on Friday, January 18 in Alliston. The event was attended by the Mayor, Rick Milne, and the Deputy Mayor Richard Norcross, as well as representatives from the Alliston & District Chamber of Commerce and the Alliston BIA.

The restaurant, owned by Ryan and Sean Flemming, has been open for business since November 8, however the “Pancake Cutting” ceremony was held off until after the holidays.

Ryan and Sean told The Times they are excited about their new restaurant and partnership, as well as the response from the community. So much so, they are adding a new location.

“This is our first Stacked, the second one is going to be this upcoming summer in Bradford,” Ryan told The Times.

They started in Alliston because, “We feel Alliston is a great town with great people and we have past connections to the area,” Ryan confirmed. “Alliston has been great, we have had a lot of people tell us this is a great fit for this town and they have been waiting for a great breakfast place for a long time.”

As for the menu, Stacked features a large selection of items – from bacon and eggs, French toast, and of course, pancakes, to lunch items too.

Stacked is located at 140 Young Street W. Alliston, and is open 7-days a week from 7 a.m. until 3 p.m. The restaurant seats 112 people, with staff comprised of Simcoe County residents from Barrie and Alliston.

“Stacked Pancake & Breakfast House is a family breakfast and lunch hot spot that focuses on combining quality food with quality service,” said Ryan. “We believe in bringing back the ‘family’ in family restaurants. We even have our young ones here on Sunday afternoons to help us out and seat people to add that family touch.”

For more information call Stacked at 705 434-2006.

CORRECTION

Last week’s article, “New Tecumseth opts in on retail cannabis sales,” erroneously attributed a quote to Councillor Donna Jebb, when it was actually said by Councillor Fran Sainsbury. Councillor Sainsbury said, “I don’t like the term ‘recreational marijuana’. To me, recreation is playing soccer in the park... I have a real concern that we’re catering to a small group of people. I’m worried about the health aspect of this... if we’re going to do this, we’re going to do it with the staff we have. I don’t want this to turn into hiring a completely new department.” We regret the error.

ONTARIO ENERGY BOARD NOTICE TO CUSTOMERS OF ENBRIDGE GAS INC. (FORMERLY ENBRIDGE GAS DISTRIBUTION INC. AND UNION GAS LIMITED)

Enbridge Gas Inc. has applied to raise its natural gas rates effective January 1, 2019.

Learn more. Have your say.

The Ontario Energy Board approved the amalgamation of Enbridge Gas Distribution Inc. and Union Gas Limited in August 2018. The companies have amalgamated to form Enbridge Gas Inc.

Enbridge Gas Inc. has applied to the Ontario Energy Board to raise its natural gas rates effective January 1, 2019. If the application is approved as filed, the yearly bill of a typical residential customer within the former Enbridge Gas Distribution Inc. and Union Gas Limited rate zones will increase by the following amounts:

Rate Zones	Residential Annual Bill Increase
Enbridge Gas	\$ 5.74
Union South	\$ 9.98
Union North East	\$ 4.88
Union North West	\$ 6.81

The rates are based on a rate-setting framework and other adjustments previously approved by the Ontario Energy Board for the period 2019-2023. The rates are set using a formula that is tied to inflation and other factors intended to promote efficiency.

Enbridge Gas Inc. is also asking the Ontario Energy Board to approve its rate design proposal and the costs of certain capital projects that are not part of their regular capital expenditures.

Other customers of Enbridge Gas Inc. may be affected. It is important to review the application carefully to determine whether you will be affected by the changes.

THE ONTARIO ENERGY BOARD IS HOLDING A PUBLIC HEARING

The Ontario Energy Board (OEB) will hold a public hearing to consider the application filed by Enbridge Gas Inc. We will question Enbridge Gas Inc. on the case. We will also hear questions and arguments from individual customers and from groups that represent the customers of Enbridge Gas Inc. At the end of this hearing, the OEB will decide whether the rate increase requested in the application will be approved.

The OEB is an independent and impartial public agency. We make decisions that serve the public interest. Our goal is to promote a financially viable and efficient energy sector that provides you with reliable energy services at a reasonable cost.

BE INFORMED AND HAVE YOUR SAY

You have the right to information regarding this application and to be involved in the process.

- You can review the application filed by Enbridge Gas Inc. on the OEB’s website now.
- You can file a letter with your comments, which will be considered during the hearing.
- You can become an active participant (called an intervenor). Apply by **February 5, 2019** or the hearing will go ahead without you and you will not receive any further notice of the proceeding.
- At the end of the process, you can review the OEB’s decision and its reasons on our website.

LEARN MORE

Our file number for this case is **EB-2018-0305**. To learn more about this hearing, find instructions on how to file letters or become an intervenor, or to access any document related to this case, please enter the file number **EB-2018-0305** on the OEB website: www.oeb.ca/participate. You can also phone our Consumer Relations Centre at 1-877-632-2727 with any questions.

ORAL VS. WRITTEN HEARINGS

There are two types of OEB hearings – oral and written. The OEB will determine at a later date whether to proceed by way of a written or oral hearing. If you think an oral hearing is needed, you can write to the OEB to explain why by **February 5, 2019**.

PRIVACY

If you write a letter of comment, your name and the content of your letter will be put on the public record and the OEB website. However, your personal telephone number, home address and e-mail address will be removed. If you are a business, all your information will remain public. If you apply to become an intervenor, all information will be public.

This hearing will be held under section 36 of the Ontario Energy Board Act, S.O. 1998 c.15 (Schedule B).



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New Tec tow truck driver arrested on theft charge

On Tuesday, January 8, officers from the Nottawasaga Detachment of the Ontario Provincial Police (OPP) responded to a motor vehicle collision on Tottenham Road, between the 5th and 6th Line of New Tecumseth, involving a crew cab pick-up truck.

A local tow company from Alliston was the choice tow that arrived on scene and successfully removed the motor vehicle, transporting it from the scene to their impound lot.

Police were later informed by an anonymous complainant, that the tow truck driver had stolen the floor mats from the pick-up truck that was towed from the accident scene.

Through further Police investigation, it was determined that the local tow truck driver had removed the weather tech floor mats from the towed pick-up truck and attempted to sell them on Facebook.

On January 14, 28-year-old Scott Balliu from the Town of New Tecumseth was arrested and charged with:

Theft Under \$5000

Possession of Property Obtained by Crime

The accused was released from police custody and will attend a future court date at the Ontario Court of Justice in Bradford.

The charges have not been proven in court.

CRIMINAL RECORDS CHECK BLITZ SET FOR FEBRUARY 9

The Nottawasaga Detachment of the OPP will be running a one-day blitz for those requiring a Criminal Record Check.

On Saturday, February 9, Nottawasaga OPP will be conducting Criminal Record Checks from 9 a.m. to 4:00 p.m. at their detachment located at 4601 Industrial Parkway, Alliston. Criminal record checks will be completed while you wait.

All volunteers must provide a letter from the agency they are volunteering at. The letter must be on the agencies letterhead and must be signed by someone at the agency. If volunteering at multiple organizations then a letter is required from each organization.

All applicants who require a Vulnerable Sector Check, which would include anyone working/volunteering with children or the elderly, must also provide a letter from the agency requesting the Vulnerable Sector.

Two pieces of identification must be provided at the time of application (one must be photo identification). Copies of identification will not be accepted.

Acceptable forms of photo identification include Driver's Licence, LCBO BYID (Bring Your Identification) Card, Military Employment Cards, Canadian Citizenship Cards, First Nations Status Card, Passports, Permanent Resident Card, Canadian National Institute for the Blind Card, Firearms Possession and Acquisition Licences, Ontario Photo ID card (issued by the MTO), Nexus Card and Fast Pass Card.

Acceptable non-photo identification includes Birth Certificates, Baptismal Certificates, Hunting Licences, Outdoors Card, Canadian Blood Donor Card and Immigration Papers.

Ontario Health Cards, Social Insurance Number Cards and Old Age Security Cards are

not permitted to be used as identification due to legislative restrictions.

Anyone who has any questions is asked to call the Nottawasaga OPP ahead of time so that the process can run smoothly at the event. The Nottawasaga Detachment can be reached at 705-434-1939.

HALF OF SEASON'S SNOWMOBILER DEATHS INVOLVED RIDING ON UNSAFE ICE

With Snowmobile Safety Week getting underway this week, the OPP are dismayed by the recurring causal factors in snowmobiler deaths, most notably, those that stem from snowmobilers travelling on unsafe ice again this season.

Three of this season's six snowmobilers who died were travelling on unsafe ice. Two of the snowmobilers went through the ice. In the third ice-related incident, the snowmobiler drove into open water.

Speed, driving too fast for the conditions and alcohol/drugs were factors in the other three fatal incidents.

During the 2017/2018 season, three of the 14 snowmobilers who died were also travelling on unsafe ice when they drove into open water. Alcohol/drugs were linked to six of last season's fatalities and speed played a role in five of the deaths.

In an effort to enhance snowmobile safety, the OPP is now engaging its aviation and Unmanned Aerial Systems (UAS). Aviation support is an effective tool in a number of situations such as speed enforcement, search and rescue and detecting dangerous snowmobile operation. UAS support is a valuable resource at snowmobile collision scenes and for accessing locations that are inaccessible by other means.

"The use of OPP aviation and UAS support demonstrates our latest efforts to keep snowmobile communities safe," said Deputy Commissioner Brad Blair, Provincial Commander, Traffic Safety and Operational Support. "Despite our commitment to saving lives, our use of innovative technology and our valued partnership with the Ontario Federation of Snowmobile Clubs, it is not enough. We need all snowmobilers to understand that regardless of where they are riding, the only safe ride is a risk-free

ride." "Snowmobiling is a great way to explore the province in the winter, but we need everyone to be safe and obey the law," added Kinga Surma, Parliamentary Assistant to the Minister of Transportation. "It doesn't matter whether you're driving a snowmobile, a car or any other type of vehicle - there's no place for impaired or unsafe drivers in Ontario."

Rick Eickmeier, Executive Director of the Ontario Federation of Snowmobile Clubs agreed, noting, "Safety is a shared responsibility for every snowmobiler on OFSC Prescribed Snowmobile Trails. Riders should remember that no ice is safe ice. Travel on staked trails, and check the Interactive Trail Guide before you go. The OFSC commends the OPP for their continued dedication to ensuring our trails remain safe for riders of all experience levels."

ASSAULT WITH WEAPON

A 41-year-old Innisfil woman is charged with Assault With a Weapon after South Simcoe Police Service officers were called to an Innisfil home.

On Saturday, January 19, around 12:42 a.m., police were dispatched to a home regarding a domestic assault with a weapon. A 42-year-old man told police he had been assaulted with an object during an argument. Paramedics arrived and treated the man at the scene for a minor injury. A 41-year-old woman was arrested at the scene and take to South Division. She was released with a future court date.

BREAK AND ENTER

South Simcoe Police Service officers are investigating a break and enter at a Cookstown business. On Sunday, January 20, around 10:30 p.m., police were dispatched to a business on Queen Street North for a reported break and enter. When officers arrived, they learned that a suspect had entered the shop and stolen a quantity of items.

Anyone with information about this break and enter is asked to contact South Simcoe Police Service at 705-436-2141, 905-775-3311 or Crime Stoppers at 1-800-222-8477 (TIPS). Information can be submitted online at www.crimestoppersdcm.com.

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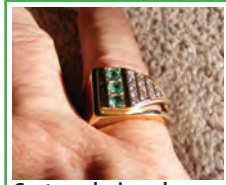
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Art sale aids volunteer mission to Rwanda
For sale is "Greenland Memories," an original acrylic on canvas painting by Austrian-Canadian artist Ernestine Tahedl. The internationally renowned artist painted this as part of a small series in 2008, after a trip to Greenland. Measures 56 x 51 cm. Valued at \$2,300. One of a kind by a sought-after artist. Proceeds from the sale help support University of Western student Alexandria Hesketh-Pavilons, who will be doing volunteer mission work in Kigali, Rwanda through the university's interdisciplinary experiential learning course offered at Western. She will engage in 5 weeks of active and interactive community service. She will be an "ambassador" of not only Western University, but of Canada. Contact me at mpavilons@rogers.com if interested in the painting.

602 ARTICLES FOR SALE



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Early bird tickets for Hospital gala on sale through Thursday

Do you have your tickets to attend the 2019 Fire & Ice Hospital Gala? Early bird rates end January 31!

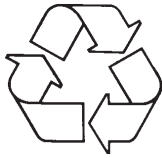
This year's Gala promises to be A Hot Night For A Cool Cause. It will include delectable dining and electrifying entertainment. You will be helping Stevenson Memorial Hospital set a new standard for community hospital care.

The event is taking place on Saturday, June 8 at the Nottawasaga Inn Resort & Conference Centre.

Book your seats today. Order online at transformingstevenson.ca/2019-fire-ice-gala-ticket-earlybird/ or by contacting Whitney Neilson at wneilson@smhosp.on.ca or 705-435-6281 ext. 2351.

701 COMING EVENTS

MOUNT TEGART CEMETERY Annual General Meeting. Open to those with purchased sites. To be held Sunday February 3, 2019 at Royal Canadian Legion, 25 Richmond East, Tottenham, downstairs at 2:30 pm.



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Brock's Banter: Think of the Children!

Continued from Page 4

While the Made-in-Ontario approach that the Government is offering positively identifies climate change as a reality, I hope in time that a more concrete action plan is submitted for public approval. The plan, as it stands now, outlines some actions that are on the table, as well as a pathway to future actions, but a significant portion of the document pertains to how Ontarians can adapt for the reality of climate change rather than what the government is planning to do to be proactive.

The idea that a carbon tax might have an adverse effect on families today might indeed hold water, but thoughts should be spared for the families of tomorrow.

In the interests of safe-guarding "our children and grandchildren" down the line and truly prioritizing their future rather than our present, perhaps there's money in the budget that can be earmarked for a set of adjustable water wings for every Ontario newborn to protect against what seems to be a climate change inevitability thanks to inaction.

Maybe, just maybe, it is more practical to come up with concrete solutions.

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ON STAGE AT THE BLACKHORSE VILLAGE PLAYERS – Morris Durante, Laurie Laing, Mark Hayward and Dorothy Hart co-star in the Canadian premiere production of playwright T. Gregory Argall's play, "South of Hope," now through February 3. **CONTRIBUTED PHOTO**

"South of Hope" points to success at BVP

BY ANNE RITCHIE

The traumas faced by a blue collar amputee, a blind artist, and an immobilized hockey player become a valuable life lesson for us all in Blackhorse Village Players' newest offering, "South of Hope".

T. Gregory Argall's touching narrative, creatively directed by Kim Blacklock and produced by Cheryl Phillips, gives voice to a journey of hope.

When sight is lost, the course must be steered with imagination, injury appears as empathy, and an onset of grief leaves room for laughter.

How magically and sensitively this occurs is due to the talents of an excellent cast that allow us to see a transformed vision through the eyes of each character in turn.

Laurie Laing plays Catherine Dunhill, a doctor whose inspiration to heal began not with her learning but with her own life.

Laing offers an impressive performance as the journey to warmth and empathy develop through personal fears and challenges.

Johnny Greer (Mark Hayward) thought his star would shine as a hockey player. Instead, he finds himself immobilized, facing life's score in a wheelchair.

Hayward handles the performance so well that the audience shares the bitterness of defeat on the rink, commiserating silently with the angry, humorously blunt jock, and rejoicing as, with the help of a blind artist, he literally dances into the spotlight once again. His performance is exciting and highly entertaining.

That artist, Jayne Kobish (Dorothy Hart) must set her sights on success in a newly found perspective. Hart plays a demanding role to perfection: knocked from her niche in the art world, Hart's journey takes her from outrage to understanding art in a unique way, and only in mastering this can she survive.

Morris Durante, a veteran whose talents have grown with each Blackhorse role, plays Larry Foster, an amiable, self-styled buffoon.

The cast is blindsided by his jokes as he tries so very hard to be funny but laughter can only change its self-destructive course when recovery begins, leaving a touching message in its wake. Durante's performance has us tolerant, aggravated, and finally loving Larry Foster.

"South of Hope" plays January 25-27 and February 1-3, brings hope closer: hope for empathy, understanding, and kindness. Be there to receive your share: call 905-880-5002 for ticket information, and enjoy.



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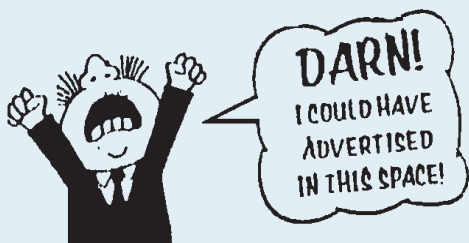
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