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## Road To Recovery

A new physiotherapy clinic is open in Beeton. Pleasance Physiotherapy will offer several different services. Clinic owner Lindsay Pleasance is an experienced physiotherapist who has been working in New Tecumseth for over a decade. The clinic is hosting an open house on Friday, Oct. 25. The clinic is located at 60 Main Street in Beeton. Read a full story on Page 12.

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# County Council changes procedure to appoint full-time warden

**BY BRIAN LOCKHART**

Local Journalism Initiative Reporter

Simcoe County Council approved a motion to move to an appointed, full-time warden.

The motion moves to include one additional member of Council who will be appointed by the 32-member Council as full-time warden.

This appointed warden will be chosen

by Council among eligible electors.

To take effect, this decision must be approved through a triple majority process. If approved, this decision will take effect for the 2026-30 term.

Similar council structures with appointed heads of Council are used in many regions and districts across Ontario including the neighbouring municipalities of York Region and Muskoka District.

Approval by County Council to proceed

with the full-time, appointed warden position is the first step in the legislative process.

The next step is a requirement to hold a public meeting to consider a draft by-law that would change the composition of County Council.

If the by-law is ultimately passed by Council, it would then be sent to the 16 lower-tier member municipalities where a majority of their Councils must consent to

the by-law.

The majority of municipalities consenting must also represent a majority of electors in the County.

If approved, the current structure – a part-time Warden elected by sitting County Councillors – will continue for the remainder of the current term.

County Council may address further guidelines related to the full-time warden position at future meetings.

## Blood donation clinics coming to New Tecumseth in November

**BY BRIAN LOCKHART**

Local Journalism Initiative Reporter

The need for blood and plasma is rising and patients are counting on eligible donors across Canada to donate this fall.

There are more patients needing blood products than have been seen over the past decade.

As the population of Canada grows and

ages, there has been an increase in surgeries and treatments that require blood transfusions. Donors are needed now to ensure hospitals remain stocked with blood for patients through the fall.

While the donor base has grown in the past year, it is not growing at a pace that is keeping up with the rising patient need.

One in two Canadians are eligible to give blood, yet only one in 72 people actually

donate. Thousands of available blood and plasma donation appointments are going unfilled each week.

If you make an appointment to donate blood – please keep it and be on time.

Blood plays a critical role in everyday medical care. Many people with various health conditions require blood transfusion therapy regularly.

A person living with thalassemia could need blood every two to five weeks. A person living with leukemia may need blood from up to eight donors every week.

As fall transitions to winter, severe weather events and cold and flu season can impact blood product inventory across the country. Patients are counting on new and existing donors to book donation appointments this fall and into the future to help ensure that the blood and plasma supply remains stable as winter approaches.

Donors of all types are needed, but it is particularly vital that people with type O blood donate.

O-negative blood is essential in emergency care. When a patient's blood type is unknown upon arrival at a hospital, O-negative blood is used to treat them.

O-negative blood is always in high demand and short supply. O-positive blood can be given to any patient with a positive blood type.

There are upcoming blood donation clinics in Alliston and Tottenham.

In Alliston, there will be a blood donation clinic at the Alliston Memorial Arena, 49 Nelson Street W., on Thursday, Nov. 21, from 2:30 to 7:30 p.m.



**IT'S IN YOU TO GIVE** – Blood donation clinics are coming to Alliston and Tottenham later next month. **CONTRIBUTED PHOTO**

There will be a second clinic in Alliston on Saturday, Nov. 30, from 9:30 to 11:30 a.m.

There will also be a clinic in Tottenham at the Tottenham Community Centre, 139 Queen Street North, on Saturday, Nov. 23, from 9 to 1 p.m.

Recent changes to donation criteria means that many people who weren't able to donate in the past might be able to donate now.

Book an appointment by downloading the GiveBlood app, calling 1-888 2 Donate (1-888-236-6283) or by booking on-line at blood.ca.



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### NEWS, EVENTS & INFORMATION

#### Notice to All Residents of New Tecumseth

Owners of vehicles are hereby advised that to facilitate street maintenance including snow clearing and/or removal, parking is prohibited, pursuant to By-Law 93-128, s.10, on all streets between 2 a.m. to 7 a.m.

effective from November 15<sup>th</sup> to April 15<sup>th</sup>

Vehicles parked on the streets between 2 a.m. and 7 a.m. will be ticketed and should it be necessary to remove the vehicle, the owner will be charged with the cost of removal. This prohibition is in effect whether it is snowing or not. If you park where prohibited during the time frame outlined above, you will receive a \$35 fine that must be voluntarily paid within 10 days. If the fine is not paid within 10 days, the set fine you will be responsible for is then \$52.50.

The Town will not be liable for any damage done by street maintenance equipment to vehicles parked on Town streets.

Outside of the above-mentioned dates, a 5-hour parking restriction is in effect, unless otherwise signed.

Pamela Fettes, Director of Administration Services/Clerk  
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# County creating more space for unhoused individuals through winter

**BY BRIAN LOCKHART**

Local Journalism Initiative Reporter

With another winter season approaching, the County of Simcoe has enacted its alternate spaces strategy within the shelter system across the region.

This system response increases shelter spaces during the coldest months of the year to encourage homeless individuals to seek safe and warm shelter indoors.

The alternate space strategy will go into effect on Oct. 15, 2024.

This strategy allows shelters to expand the number of warm indoor spaces for those who are unable to secure a shelter bed or a space in a warming centre location when required during the winter months.

To reduce the risk for individuals out in the elements, during the coldest nights, the County of Simcoe requests that shelter organizations activate additional alternate spaces to support

individuals onsite who wish to stay inside.

This is one part of the County's 10-point homelessness prevention strategy which provides significant investments and resources to help unhoused individuals across the region. The strategy makes affordable housing even more attainable by increasing supply, creating 'deep rent subsidies', increasing eviction prevention services, and improving available shelter.

To maximize options for access to warm,

indoor locations, all County of Simcoe Social and Community Services offices, located in Alliston, Barrie (3rd floor), Collingwood, Orillia and Midland, are open from 8:30 a.m. until 4:30 p.m. for individuals to come in from the cold.

In the coming week, the County will be announcing locations and details of warming centres in communities across the region.

Those in need of shelter or warmth can always call 2-1-1 to connect with a nearby shelter or visit one of the warming centre locations.

# Province of Ontario invests over \$2.4 million into infrastructure in New Tecumseth

**BY BRIAN LOCKHART**

Local Journalism Initiative Reporter

The Ontario government is investing \$15,898,362.00 in the Simcoe-Grey region of which New Tecumseth will receive over \$2.4 million to help renew and rehabilitate critical infrastructure.

The announcement was made by Brian Saunderson, MPP for Simcoe-Grey, on Thursday, Oct. 16.

Funding will be delivered in 2024 through the Ontario Community Infrastructure Fund.

This investment is part of the government's \$190 billion capital plan to build and expand more homes, highways, hospitals, transit, and high-speed internet across

the province.

"Supporting small and rural communities throughout the large and growing riding of Simcoe-Grey is vital, and that includes providing sustainable infrastructure," said MPP Saunderson.

"The Ontario Community Infrastructure Fund provides significant funding to our municipalities for new projects while also improving and updating aging and critical infrastructure."

The 2025 OCIF allocations for Simcoe-Grey include:

- New Tecumseth - \$2,409,548
- Adjala-Tosoronto - \$488,431
- Clearview - \$1,169,364
- Collingwood - \$1,169,364
- Essa - \$700,599

- Grey County - \$3,488,105
- Simcoe County - \$3,773,895
- The Blue Mountains - \$1,934,768
- Wasaga Beach - \$1,292,201

"Small, rural and northern communities are essential to the growth and prosperity of Ontario," said Kinga Surma, Ontario's Minister of Infrastructure. "By providing direct and stable funding to these communities, our government is helping create local jobs, drive economic growth and build stronger, more resilient communities for generations to come."

In 2022, the government doubled its annual investment for OCIF to nearly \$2 billion over five years to support more local infrastructure projects in small, rural, and northern communities.

In 2025, Ontario will allocate \$400 million in OCIF funding to help 423 small, rural and northern communities build roads, bridges, water and wastewater infrastructure.

Communities may accumulate funding for up to five years to address larger infrastructure projects.

The OCIF provides funding for local infrastructure projects in municipalities with populations under 100,000, rural and northern municipalities, as well as for Local Services Boards that own water or wastewater systems.

Funding allocations are based on a formula that accounts for the different needs and economic conditions of each community.

# Nottawasaga OPP lay additional sexual assault charges against Beeton man

**BY BRIAN LOCKHART**

Local Journalism Initiative Reporter

The Nottawasaga Detachment of the Ontario Provincial Police Major Crime Unit has laid additional charges on an individual in relation to a historical sexual assault.

Police began an investigation in September 2024. They released more information on Oct. 17.

Following the initial investigation and subsequent news release, additional victims have come forward.

One victim disclosed two separate assaults dating back to 2015 and 2019.

As a result, John Wilkinson was arrested

and charged with sexual assault (two counts) and sexual interference (two counts).

A second victim reported an assault that took place in 2017, leading to additional charges against Wilkinson for sexual assault.

Wilkinson has been arrested and was held for a bail hearing.

None of the listed charges have been tested in court.

Anyone with information about these incidents or similar cases is encouraged to contact the Nottawasaga OPP at 1-888-310-1122. If you wish to remain anonymous, please reach out to Simcoe-Dufferin-Muskoka Crime Stoppers at 1-800-222-8477.

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# Editorial, Letters & Opinion

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

~ Stanislaw Jerzy Lec

## Intensification

I'm starting to understand why so many Ontarians have decided to sell their home and move to Nova Scotia or New Brunswick.

Every once in a while, someone on Facebook will post a photo of some Italian fishing village built on a rocky cliff overlooking a beach.

Someone will always reply with a comment “oh, I could so live there.”

For a North American, living in a village like that would get old, real quick.

There are no real roads, you're living on top of your neighbour in a really old house. There are no amenities. There's no place to park your car.

Fishing village life would quickly become a case of cabin fever.

Another post I've seen is a photo of Barcelona, Spain, from the air. It is indeed, an interesting photo of a city that was definitely planned. The streets are laid out well, with a massive cathedral in the city centre.

When you look closer, the entire city is a series of hundreds, maybe thousands of apartment buildings built in squares. Some streets will never see sunlight.

That's 1.6 million souls jammed into

39 square miles. If you're a muscle car enthusiast or enjoy outdoor sports or activities, this is not the place for you.

New York City is also one jam-packed concrete canyon of fun where you have the privilege of paying thousands of dollars per month for an apartment so small you have a bathtub in the kitchen.

People choose to live there. Although I suspect if you took many native New Yorkers for a drive outside of the city, they may have a spiritual awakening of sorts.

For some reason, the provincial government has decided that new development in Ontario should be based on 'intensification.' You jam as many people possible into the smallest area, and tell them they are happy.

Well, it's not working.

A couple of weeks ago I was invited to a dinner being held in Niagara Falls. That should be about a two-hour drive from where I live.

Normally, I give myself plenty of time because I know the QEW can get pretty slow at times. I've had some frustrating times on the QEW – but there really isn't an alternative since Lake Ontario gets in the way.

This time, however, it was just an exercise in futility.

Traffic started to slow as soon as I entered the QEW from Highway 27. From there, it became a nightmare of stop-and-go driving.

Four hours after leaving home, I was still in Burlington. A line of around 30 transport trucks blocked the right-hand lane. I was trapped.

I noticed that at least half of the cars in the car-pool lane were occupied by single drivers. People were so frustrated, they didn't care, and there was no place for police to position themselves to monitor that lane anyway.

The minutes ticked by. It was now 6 p.m. - dinner time. I figured at the current rate of travel, it would be another 1.5 hours just to get through Hamilton, then at least another 45 minutes to get to my destination if traffic started moving at a normal rate.

Yup, I was going to miss the party.

I finally managed to pull off of the highway, and as I crossed the bridge to find the on-ramp to head the opposite way, I could see the traffic stopped for miles heading west and south.

What a waste of a day.

When I started back on the highway, in the opposite direction, I noticed the impact of 'intensification' going through Oakville. There were massive condominium buildings on the north side of town – a town which used to be a small enclave of nice houses and parks.

Now there are thousands of people living on top of each other and everyone leaving the same place to go to work in the morning. And this is just one of many areas in the GTA where there massive buildings that dominate the skyline.

Whether we like it or not, our society relies on automobiles to get around. There is no appropriate mass transit to conveniently get people to their destination, and many people wouldn't use mass transit even if it were available.

Intensification is only going to make the situation and driving, worse in the future. Especially since the federal government is allowing one million people per year, to land in Ontario.

Newfoundland is starting to look pretty good.

**BRIAN LOCKHART**  
FROM THE SECOND ROW



## Reduce and rejoice!

Every year, I cringe when the Christmas decorations show up in the stores the day after Thanksgiving. The Christmas shopping season, or at least the planning of it, is upon us.

Christmas can be extravagant and expensive. And let's face it – a lot of gifts are unnecessary. A celebration that is supposed to be about non-material values has become rooted in materialism.

Christmas shopping excesses harm the environment. The majority of holiday “stuff” we purchase creates the majority of the waste at this time of year.

This is especially problematic when you consider how many gifts people do not like or have no intention of using. How many of these gifts simply end up in the landfill after a short period of time?

The materials used to wrap gifts also have an immense impact. Much of the wrapping paper, and most of the ribbon and tape, cannot be recycled and ends up in our almost-at-capacity landfills.

Let's rethink our Christmas gift-giving practices. Does everyone need 5 gifts? Consider less but meaningful gifts. Have a discussion with your family – perhaps most will agree to cut down or reduce the number of gifts.

Pull names from a hat and give a gift, with a spending limit, to only one extended family member. Give the gift of time or an experience. Reconsider “Secret Santa” gifts at work or feeling obligated to give to everyone who touches your life. Support your local businesses rather than the mega-brands. Consider making your own gifts. Traditions are not really about the stuff but the action or experience.

A beautifully wrapped gift shows you care, but let's reduce and rethink gift wrapping. Ditch the glitter and their harmful chemicals. Use reusable household items as wrapping – for

example, wrap the gift in a new tea towel for the cook in your family. Use reusable gift bags. Challenge yourself to learn how to wrap without using tape. Save the “still-useable” wrap for next year.

There are a lot of other ways we can reduce our consumption and reduce waste at Christmas. Reducing the number of hours the Christmas lights are on or planning meal portions to avoid waste are two simple ways. Gift-giving is a wonderful way for us to connect with those in our lives. Giving builds families, friendships and communities. But let's give mindfully. Let there be gifts this year – but fewer, and not to everyone.

Louise is a member of Greys for Green in New Tecumseth. She is on a journey to reduce her carbon footprint and is interested in helping others learn how to make sustainable living the norm. Contact Greys for Green at [contactus@greysforgreen.org](mailto:contactus@greysforgreen.org).

**LOUISE MONTAGUE**  
GREYS FOR GREEN



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# Seeking solace – even in spooky season

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Halloween is just a week away and our communities are in full swing, keen on celebrating the spooky season in style.

Whether they are municipally-organized events and gatherings, or myriad fun ideas brought to life by local businesses – from getting a head-start on trick-or-treating to a chance to decorate pumpkins in what might be, for some, new and novel ways – there is no shortage of opportunities to embrace your inner ghoul in the best possible way.

As most of my own plans for this

past weekend were scuttled due to a scratchy throat in a bid to not spread whatever wealth was kindly bestowed upon me – in this post-free rapid test world we're living in, it's probably best now to assume the worst until you're otherwise sure – it was a matter of getting into the spirit of occasion from home.

So, naturally, a few scary movies were considered.

With a veritable bounty of cinematic creepiness available thanks to countless streaming services and specialty

channels, it was hard to settle on just one movie. Would it be a return to well-loved classics, the more ridiculous the better? A brand-new one focused more on gore rather than suspense? A spoof designed to upend some of the more eye-rolling horror or thriller tropes?

With no decision ultimately made, conversation about the aforementioned tropes was the order of the day.

Take watching a scary movie taking place in an old house when you're all by yourself; the last thing you want to hear is the creak of a floor on-screen or off. A creak under normal circumstances is not normally a cause for concern. But, under those circumstances, that commonplace sound can make the hair on your arms stand on end.

If you light upon a movie taking place in the woods, a camp, or another wilderness setting, the distant and distinct hoot of an owl – or, at the very least, what you and the characters might just think is hoot – or the sound of a twig snap underfoot, chances are they're harbingers of some sort of upcoming bloody cinematic calamity.

Yet, hearing a distant crack of a branch or the snap of a twig can spur no end of panic on screen, hearing the same sound on a calm walk down one of our scores

of trails or more woody destinations can be a sign of calm, helping to attune your senses to nature and the world around you.

If you are an 80s or 90s kid, you know all too well what I'm talking about. After all, what household in that era didn't have at least one CD lying around with music marrying the sounds of pan flutes, saxophones or harps, or some combo thereof, with those of waterfalls, rustling leaves and the sounds of distant seabirds in a bid for some sort of relaxation or New Age Zen?

Heck, in those days, you didn't even have to have one at home; all you needed to do was find a little kiosk at your local Shopper's Drug Mart, and they all had one, grab the headset affixed to the side of the display, and press a button to listen to Whispering Willows, A Winsome Walk, or Bodacious Babbling Brooks, or whatever the name of the track might be.

Of course, these tracks never really went away; they remain as they always have been, but they've also been retrofitted to suit the age we live in.

If you were a news junkie during the last US Presidential Election, for instance, you might recall these sounds coming from your TV on Election Night – and in the several days of nonsense that followed. The good people behind Calm, an app designed to help you meditate and get to sleep, were clever enough to read the pulse of the nation – and, indeed, much of the world – and dedicated their ad space on multiple news networks to their "soothing sounds." It pushed their product, of course, but it also served to help those who were particularly anxious about the results take some deep breaths – if only for a minute – and regroup before coverage continued.

Continued on Page 10



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## CROSSWORD

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<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><b>CLUES ACROSS</b></p> <p>1. "60 Minutes" network</p> <p>4. Train line</p> <p>10. Go quickly</p> <p>11. Straightforward</p> <p>12. Canadian province</p> <p>14. At any rate (abbr.)</p> <p>15. Genealogy</p> <p>16. Make changes</p> <p>18. Utter repeatedly</p> <p>22. In a way, turned up</p> <p>23. Type of ship</p> <p>24. Agents of one's downfall</p> <p>26. Not out</p> <p>27. Something to scratch</p> <p>28. Round water pot</p> <p>30. Refreshing green fruit (slang)</p> <p>31. Promotions</p> </div> <div style="width: 45%;"> <p>34. Primordial matters parties</p> <p>36. One-time world power (abbr.)</p> <p>37. Source of illumination</p> <p>39. The content of cognition</p> <p>40. An Arab ruler</p> <p>41. South Dakota</p> <p>42. Gnawed at with teeth</p> <p>48. Hawaiian island</p> <p>50. Smaller</p> <p>51. Of a single person</p> <p>52. Rigid bracelet</p> <p>53. Barbary sheep (Fr.)</p> <p>54. Not even</p> <p>55. Specific gravity</p> <p>56. Engage in petty bargaining</p> <p>58. Boxing's "GOAT" liquid</p> <p>59. Split between</p> </div> </div>	<p>29. CNN's founder</p> <p>31. Texans can't forget it</p> <p>32. "Oppenheimer" actor Matt</p> <p>33. Expression</p> <p>35. Vessel</p> <p>38. Lacking poetic beauty</p> <p>41. Tall, swift and slender dog</p> <p>43. Sports personality</p> <p>44. Robber</p> <p>45. Liquefied natural gas</p> <p>46. Snakelike fishes</p> <p>47. The most worthless part of something</p> <p>49. City in Crimea</p> <p>56. Bad grades</p> <p>57. Reichsmark</p>
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No one has more self-confidence than the person who does a crossword puzzle with a pen.

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# Coats for Kids celebrates 20 years of keeping kids warm

**BY BRIAN LOCKHART**

Local Journalism Initiative Reporter

The Grandmothers Embrace of South SimcDuring the cold Canadian winter, everyone appreciates the warmth of a nice coat or snowsuit.

CONTACT Community Service's Coats for Kids initiative aims to make sure everyone who needs a warm winter coat will have one.

For the past 20 years, the Clothes Line store on Victoria Street in Alliston has been collecting new and gently used winter clothing for families in need during the organization's annual clothing drive.

"It's more than just providing clothing, it's about community coming together and caring for one another," said Brenda Pufek, acting executive director of CONTACT. "We are so fortunate to have such a caring community."

Donna Ramsay and Ed Chambers have been providing hundreds of these 'warm hugs' every year for the past 18 years. When asked why they contribute to this cause, Donna replied, "It's so important to support this coat drive, especially with the cost of clothing today. It's one way we can help families."

Every year, Donna and Ed shop for coats and store them until the Coats for Kids drive starts in October. They arrive at The Clothes Line store with a van full of all sizes of winter clothing and a big smile.

Jackie Curd, manager of The Clothes Line was overwhelmed by the number of coats donated again this year.

"We are so grateful for their generous support, especially as the need continues to grow," Jackie said.

Volunteers and staff gathered the coats by the armful and brought them into the store where they are sorted and given to those in need.

On Thursday, Oct. 10, the 20th year of this initiative was celebrated with an anniversary cake with volunteers, staff, and shoppers.

CONTACT is still collecting new and gently used winter items. If you would like to contribute, you can drop items off at 55

Victoria Street, West, in Alliston during store hours.

If you are a family in need of warm winter-wear for your children or yourself, visit the Clothes Line in Alliston and speak with the staff.



**KEEPING KIDS WARM** – CONTACT Community Services is currently collecting warm winter wear for its Coats for Kids initiative. The Clothes Line store in Alliston provides new and gently used winter clothing for families in need. This is the 20th year the store has collected clothing. Clothes Line store manager Jackie Curd (centre) is joined by Donna Ramsay and Ed Chambers, two local residents who are contributors to the program during a celebration of 20 years on Thursday, Oct. 10. **CONTRIBUTED PHOTO**

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# Bra Amnesty raises funds for women in need with collection of bras

**BY BRIAN LOCKHART**

Local Journalism Initiative Reporter

The Tec We Gwill Women's Institute has a unique way of raising funds in support of women's health.

The women's institute has been collecting bras at various locations. Gently used or new bras are accepted.

At the end of the initiative, the bras will be weighed and the Tec We Gwill Women's Institute will give a cash donation to local causes.

Last year, they managed to collect 400 lbs of bras and they donated \$200 to Stevenson Memorial Hospital and Southlake Health Care Centre for mammograms and the women's wellness centre.

The bras are then donated locally to the Clothes Line in Alliston, a community thrift store operated by CONTACT Community Services.

This helps local women, especially the local women's shelters.

The women's institute has been collecting the bras through October and will continue to do so until the end of the month.

You can contribute by depositing your new or gently used bras in plastic bags, at the Bra Bank.

The banks are located in the change rooms at the Tottenham Recreation Centre, the Bradford Recreation Centre, and at the ladies' washroom at the New Tecumseth Recreation Centre.

**BRING ON THE BRAS** – The Tec We Gwill Women's Institute is collecting new and gently used bras through the month of October at recreation centres throughout New Tecumseth. The total collected will be weighed and based on the outcome, a cash donation will be made in support of women's health. All bras donated will be given to the Clothes Line, a thrift store in Alliston ran by CONTACT Community Services to support local women in need.



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# Arts & Entertainment

## S.H.I.F.T homeless shelter to hold inaugural gala next month

BY SAM ODROWSKI

Local Journalism Initiative Reporter

Support and Hope for Individuals and Families Today (S.H.I.F.T) is holding a gala at Tangle Creek Golf Club on Nov. 8.

The Raising Hope Gala will support S.H.I.F.T's operations in Alliston, which includes providing shelter services, food, and support to individuals in need throughout South Simcoe.

The emergency overnight shelter also offers daytime drop-in and outreach programming, which supports youth, adults and families facing homelessness or at risk of becoming homeless.

"Attendees can expect a fabulous evening filled with delicious dining of a three-course meal, photo booth, DJ, door prize and exciting auction items that will leave you buzzing with anticipation," said S.H.I.F.T in a press release on Oct. 22.

S.H.I.F.T is encouraging the public to attend for several reasons, which include

the three-course meal, bottles of wine at each table, a DJ that will provide top-notch entertainment, silent and live auctions featuring incredible items and experiences and door prize giveaways.

"Join us to ensure that hope continues to thrive in our community," said S.H.I.F.T's press release. "Together, we can make a significant impact."

Ticket sales close on Oct. 30, so organizers are encouraging those interested in attending the event to grab them now at [www.shiftforgood.ca/gala](http://www.shiftforgood.ca/gala).

Individual tickets are \$120, and table packages are \$840 for 8 seats.

The dress code for the event is semi-formal. "Bring your own kind of sparkle!" said S.H.I.F.T.

Tangle Creek Golf Club, where the gala is being held, is located at 4730 Side Road 25, Thornton, Ont.

The doors open at 5 p.m. on Nov. 8, and the dinner starts at 7 p.m.

S.H.I.F.T



**SUPPORTING THE SHELTER** – Support and Hope for Individuals and Families Today (S.H.I.F.T), located at 123 Victoria St. W., Alliston, is holding its first annual gala at Tangle Creek Golf Course in Throton on Nov. 8. Funds raised will support S.H.I.F.T's emergency shelter in Alliston, which provides support to youth, adults, and families experiencing or at-risk of homelessness and food insecurity. The organization offers shelter, drop-in, outreach, housing, and social service-related support. **FILE PHOTO**

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## Grandmothers Embrace upcoming sale features gently used items

BY BRIAN LOCKHART

Local Journalism Initiative Reporter

The Grandmothers Embrace of South Simcoe's annual sale of gently used jewellery, purses, and scarves is returning to Alliston next month.

The sale will take place on Saturday, Nov. 2, at St. John's United Church in Alliston (56 Victoria St. E.) from 11 a.m. to 2 p.m.

Grandmothers Embrace is a non-profit group that supports the Stephen Lewis Foundation.

They support African grandmothers who are raising their orphaned grandchildren due to the AIDS epidemic in that continent.

The Stephen Lewis Foundation works with

community-level organizations which are turning the tide of HIV and AIDS in Africa by providing care and support to women, orphaned children, grandmothers and people living with HIV and AIDS. Since 2003, Grandmothers Embrace groups around the country have partnered with more than 325 community-based organizations in the 15 African countries hardest hit by the global AIDS pandemic.

In Alliston, this year's sale will include a silent auction, fabric squares and cards.

Proceeds from the sale will go to the Stephen Lewis Foundation.

Please note, this is cash only sale, and all are welcome.



**SUPPORTING ORPHANED CHILDREN** – The Grandmothers Embrace of South Simcoe is holding its annual sale at St. John's United Church in Alliston on Nov. 2 to raise money for African grandmothers who are raising their orphaned grandchildren due to the AIDS epidemic in that continent. **FILE PHOTO**

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# Owners of Adjala Acres pledge \$50,000 to Stevenson Memorial Hospital

BY BRIAN LOCKHART

Local Journalism Initiative Reporter

The Stevenson Memorial Hospital Foundation has announced a \$50,000 pledge from Brian and Patricia Snell, owners of Adjala Acres, in support of the Foundation's 'Because of You, We Can,' campaign.

This second installment of \$10,000 towards this pledge was presented at 'The Next Chapter, Harvesting Connections' event hosted at Adjala Acres in September, where Brian and Patricia, alongside their family, expressed unwavering support for the hospital and its vital role in the community.

"We believe in giving back to the community that has given so much to us," said Brian and Patricia Snell. "We are proud to support Stevenson Memorial Hospital's new build and ensure that our family and neighbours have access to the best healthcare for future generations."

With their \$50,000 pledge, the Snells are helping to advance critical infrastructure upgrades and enhance healthcare services at Stevenson Memorial Hospital.

"We are incredibly grateful for the continued generosity and support from Brian and Patricia Snell," said Frank Cerisano, CEO of the Stevenson Memorial Hospital Foundation. "Their commitment to Stevenson Memorial Hospital is a testament to the power of community in driving positive change. Contributions like this enable us to support the new build and build a stronger future for all we serve."



**COMMUNITY DONATION** – The second installment of a \$50,000 pledge to the Stevenson Memorial Hospital Foundation's 'Because of you, we can' campaign, was made by Brian and Patricia Snell of Adjala Acres during The Next Chapter, Harvesting Connections event hosted at Adjala Acres held last month. Patricia and Brian Snell and their grandson Cory, make a \$10,000 donation to SMH's senior director of corporate infrastructure and redevelopment Wayne Willcott, Dr. Ted Vandeviss (SMHF board chair), and Frank Cerisano (CEO of SMHF).

CONTRIBUTED PHOTO

Continued from Page 5

## Brock's Banter: Seeking solace – even in spooky season

On that front, just like every vote, every minute counted as well.

Amid that electoral horror show, that humble twig snap was ultimately a welcome break.

Now, four years later, here we are again.

There are less than two weeks now before Americans go to the polls, and I think everyone can see that anxiety ramping up again as the day inches ever-

closer – and we're feeling it on both sides of the border.

Of course, our own homegrown politics, and the uncertainty therein, is not helping matters, and here it seems Canadians are being bombarded by stressors from just about every direction.

Election stress, found the US-based Henry Ford Health, is real – citing data from the American Psychiatric Association stating that 73 per cent of those

polled said the greater poll was causing them anxiety.

"There are two big factors at play," said Dr. Deepak Prabhakar, Chair of Psychiatry and Behavioural Medicine at Henry Ford Health, on why this election seems a bit different. "Several years ago, we did not have social media engagement at the level we see today. The only way we'd learn about an election would be on TV or in the newspaper once or twice

a day. Now the news cycle is constant. And everyone is trying to get their stories picked up by consumers so headlines tend to be sensationalized – even those that are factual.

"Secondly, a lack of social media meant that even if someone was constantly thinking about an election, they did not have a way to share their feelings. But today, there are social media channels in which to do that."



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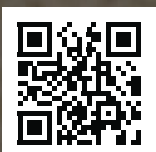
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# Families encouraged to make physical activity part of fall routine

**BY BRIAN LOCKHART**

Local Journalism Initiative Reporter

According to the 2024 ParticipACTION Report Card on physical activity for children and youth, 62 per cent of Canadian kids aged five to 17 are not getting the recommended 60 minutes of daily moderate to vigorous physical activity they need.

This activity is important for growth and development.

As families settle into the new school year and the seasons change, the Simcoe Muskoka District Health Unit is sharing tips to help young people get the physical activity

they need to be healthy.

“We know that physical activity and overall health are closely linked,” said Christine Bushey, manager of the Simcoe Muskoka District Health Unit’s Chronic Disease Prevention Program.

“Physical activity is important for children and teens, and the benefits include stronger bones and muscles, better brain, heart and lung health. This improves their mental, emotional and social well-being, all of which can help them be better able to learn while in school.”

Busy schedules and being unsure of ways to start building physical activity into your

day, along with changing weather, can be barriers to physical activity.

There are ways to work around this and build more activity into your family’s routine.

Encourage your children to walk or wheel the places they need to go rather than drive them there, including school. This will also reduce the number of cars in school zones, decrease traffic congestion, and improve safety in school zones.

Have outdoor play be a part of a kid’s after-school routine. This helps them stay active.

Don’t let them sit all the time.

Children and teens should spend less than two hours a day using or watching screens

when it’s not for school work. Try creating a family media plan that sets limits on screen time. Try alternative activities to encourage movement indoors when the weather keeps you inside.

During weekends and after school, choose activities that get the whole family moving. When it’s an active indoor game on a rainy day or a hike on a sunny afternoon, family activities promote movement and social connectedness which are important for physical and mental health.

Children are more likely to be active if their parents and caregivers enjoy being physically active.

# Pleasance physiotherapy clinic opens up its doors in Beeton

**BY BRIAN LOCKHART**

Local Journalism Initiative Reporter

A new physiotherapy clinic in Beeton is offering a variety of services to the community. Pleasance Physiotherapy is hosting an open house on Friday, Oct. 25, from 5 to 7:30 p.m. and is welcoming the public to

come out, tour the new clinic, and meet its dedicated team.

Clinic owner and experienced physiotherapist Lindsay Pleasance has served the New Tecumseth community for over a decade. She is excited to fulfill her dream of providing exceptional physiotherapy and wellness services.

The clinic offers a multidisciplinary approach to care, ensuring treatments are tailored to your unique goals and needs.

“We provide a range of services, including advanced orthopaedic physiotherapy, pelvic health physiotherapy, vestibular therapy for dizziness and vertigo, clinical Pilates, and dry needling acupuncture,” Lindsay explained.

“Massage therapy, personal training, nutrition consulting, and wellness workshops are also available to support your recovery and enhance your overall well-being.”

Psychotherapy is also offered at the clinic and TCM acupuncture will be introduced soon.

The clinic is located at 60 Main Street in Beeton.

# Street names to be auctioned off in support of hospital foundation

**BY BRIAN LOCKHART**

Local Journalism Initiative Reporter

A new physiotherapy clinic in Beeton is ofThe Town of New Tecumseth has donated three street naming opportunities to be auctioned off in support of the Stevenson Memorial Hospital Foundation.

The Stevenson Memorial Hospital Foun-

dation will auction off three street naming privileges in New Tecumseth through the online platform called ‘Zeffy’ for one street in Tottenham, Beeton, and Alliston.

Proceeds from the auction will be donated to the Stevenson Memorial Hospital Foundation in support of the ‘Because of you, we can,’ campaign that’s focused on the redevelopment of the hospital.

The auction will take place from Monday, Oct. 21 to Dec. 1, 2024, at 8 p.m.

For details on the auction as well as access to bidding, visit online at [www.bit.ly/StreetsForStevenson](http://www.bit.ly/StreetsForStevenson).

This fundraiser will help support the Stevenson Memorial Hospital Foundation, for equipment, diagnostic lab materials, and the hospital’s redevelopment.



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# SPORTS

NEW TECUMSETH TIMES



**TAKING THE SHOT** – Alliston Hornets forward David Harvey takes the shot after getting a breakaway in the second period of Friday (Oct. 18) night's game against the Penetang Kings at the New Tecumseth Recreation Centre in Alliston. The Hornets won the game 6-2. The Alliston Hornets are now in first place in the North Carruthers Division and remain undefeated after nine games.

BRIAN LOCKHART PHOTO

## Hornets remain undefeated after nine games, take first place

**BY BRIAN LOCKHART**

Local Journalism Initiative Reporter

The Alliston Hornets picked up another two points after winning both of their week-

end games.

On Friday, Oct. 18, the Hornets hosted the Penetang Kings at the New Tecumseth Recreation Centre in Alliston.

The Hornets were leading 2-0 after the

first period on goals from Jaeden French and David Harvey.

They opened the lead to 3-0 when Nick Lamont scored at 1:32 into the second period.

The Kings were on the scoreboard with a single goal at the midway mark in the period.

Alliston forward Will Millington and defenceman, Jacob Holmes found the back of the Kings' net later in the period to make it a 5-1 game.

Hunter Martell scored the last Hornets goal of the night early in the third period.

Penetang scored late in the third period. The game ended with a 6-2 win. The Hornets out-shot Penetang 49-21 for the game.

The Hornets were back on the ice the following night (Oct. 19) when they travelled to Orillia to take on the Orillia Terriers.

At the end of the first period, the Hornets were leading 2-1 on goals from Nick Lamont and Cole Turcotte.

It was a tie game when Orillia scored at 1:14 into the second period.

Alliston's Jaeden French broke the tie with

a goal just 1:25 later.

The game was again tied when Orillia scored late in the period to make it a 2-2 game with one period remaining.

The Hornets came out with a big effort in the third period scoring two early goals.

Cole Turcotte got his second of the game at 1:23 into the period followed by a marker from Duncan Grube just under three minutes later.

Orillia scored at 16:48 to close the gap to one goal.

Alliston's Will Millington got the cap on the game with an empty netter with 21 seconds remaining in the game.

The Hornets are now undefeated after nine games into the season. The win over Orillia moved the Alliston squad into first place in the North Carruthers division with 18 points and knocked the Stayner Siskins down a notch into the number two spot.

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

Game time is 7:30 p.m.



**SIX STRAIGHT WINS** – A Banting Memorial High School Marauders player is surrounded by Barrie North Vikings defenders during a senior girl's flag football game on the field at Banting on Thursday, Oct. 17. The Marauders won this game 6-0 and are undefeated after five games. The Banting team is now in first place in the standings.

BRIAN LOCKHART PHOTO

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# NVCA seeks feedback to identify challenges on resource management strategy

**BY BRIAN LOCKHART**  
Local Journalism Initiative Reporter

The Nottawasaga Valley Conservation Authority is developing a Watershed-Based Resource Management Strategy to identify the risks, issues, and challenges the Nottawasaga Watershed is facing.

The plan will also identify actions to address these concerns.

NVCA is conducting a public consultation to seek feedback on these risks and mitigation strategies.

The identified risks include development pressure and urban growth, climate change, biodiversity and habitat loss, pressure from agriculture, aging infrastructure, water resources, flooding concerns and erosion.

"The Nottawasaga Watershed contains a mosaic of woodlands, wetlands, valleys and river systems situated amongst agricultural, rural, and urban land uses," said Kyra

Howes, NVCA's director of conservation services. "Since 1960, NVCA has worked with many funders, partners, volunteers, landowners and residents to sustainably manage the Nottawasaga Watershed. We do this by balancing social, economic, and environmental interests while carrying out our legislative responsibilities."

Natural resources such as wetlands, rivers, streams, forests, and groundwater are critical to our society, economy, and environment. Not only do these natural resources sustain human lives and benefit our health and well-being, but they help to remove air pollution, control flooding, protect from summer heat, and improve mental and physical health.

A healthy watershed is resilient to climate change and urban growth.

You can participate in the public consultation by visiting online at the NVCA's website before Nov. 3, 2024.



**RESOURCE MANAGEMENT** – The Nottawasaga Valley Conservation Authority is conducting public consultation for developing a Watershed-Based Resource Management Strategy to identify the risks, issues, and challenges the Nottawasaga Watershed is facing. **STOCK PHOTO**

# Health Unit recommends taking precautions against seasonal respiratory illness

**BY BRIAN LOCKHART**  
Local Journalism Initiative Reporter

As autumn brings cool days and changes leaves, it also means the start of respiratory illness season.

With an expected rise in cases of common colds, COVID-19, seasonal influenza, respiratory syncytial virus, and other respiratory infections, the Simcoe Muskoka District Health Unit (SMDHU) is recommending that the public takes precautions to protect themselves and others throughout fall and winter.

Young children, the elderly, and those with medical conditions are at increased risk of serious illness from respiratory viruses.

The SMDHU says residents in the region can protect themselves and their families by taking simple and effective steps to reduce the risk of becoming ill.

Staying home when sick with any symptoms of respiratory illness and keeping children home from school or child care if they are ill is one important precaution.

Avoiding non-essential visits to friends and family in vulnerable settings like hos-

pitals, long-term care or retirement homes when sick will also help to reduce the spread of illnesses.

Washing your hands often and regularly cleaning them helps to prevent sickness. Disinfecting high-touch surfaces can also prevent the spread of illness.

The SMDHU says to consider wearing a tight-fitting medical mask in indoor public settings, especially if you are at higher risk of severe infection.

Getting vaccinated for influenza, COVID-19, and RSV (if eligible) can add another layer of protection.

Flu and COVID-19 vaccines will be available to those who are at higher risk of severe infection. Vaccines will become available to everyone starting Oct. 28.

Flu and COVID-19 vaccines are available free of charge from participating local pharmacies and some health care providers.

The RSV vaccine is available through the province's Older Adult High-Risk RSV Vaccine Program, for people aged 60 years of age and older, and are a resident of a long-term care home, Elder Care Lodge, or retirement home.



# NEW TECUMSETH TIMES

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## Tottenham man charged with dangerous driving following hit-and-run

**BY BRIAN LOCKHART**

Local Journalism Initiative Reporter

A Tottenham man has been charged after police responded to a two-vehicle collision on The Gore Road, just south of Finnerty Sideroad in Caledon.

Officers responded to the collision at

approximately 5:30 a.m. on Oct. 5. Minor injuries were sustained during the collision.

An investigation led officers to the arrest of a Tottenham man.

Tevaughn Brown, 27, of Tottenham was charged with fail to remain and dangerous operation.

The driver of the vehicle Brown collided

with sustained minor injuries.

Brown fled the scene following the collision.

He is scheduled to appear at the Ontario Court of Justice on Nov. 7 to answer to charges.

None of the listed charges have been tested in court.



## OPP Central Region reports over 6,000 wildlife-related collision in three years

The Central Region of the Ontario Provincial Police (OPP) would like to raise the public's awareness of the increasing risks of wildlife-related motor vehicle collisions in the upcoming months.

Between 2021 and 2023, there were 6,066 wildlife-related collisions in OPP Central Region, which includes Simcoe County, Dufferin County.

In 2021 there were 1,820 wildlife-related collisions. The following year there were 2,053 and in 2023 there were 2,193.

The majority of wildlife-related collisions occur from October to December, with 85.5 per cent involving deer. Deer are more active during the end of the year due to mating season and are often on the move searching for food.

### Safety Tips for Drivers:

- **Reduce Speed:** Slower speeds give you more time to react if an animal suddenly appears on the road, especially at dawn or dusk when visibility is reduced.

- **Watch For Signs:** Use caution in areas of known high animal populations, which are often indicated by roadway signs.

- **Use High Beams Wisely:** When driving at night, use high beams on empty roads when there's no oncoming traffic to give yourself more time to spot and react to wildlife on the road.

- **Watch for Movement:** Look for reflections from your headlights, which often catch the eyes of wildlife.

- **Brake Firmly, but Don't Swerve:** If a

collision seems imminent, it's safer to brake firmly rather than swerving, which could lead to losing control of your vehicle or colliding with another vehicle or fixed object.

- **Always stay sober, alert, undistracted and seat-belted when driving.**

"If you see wildlife near the road, reduce your speed and be prepared to stop. Honk your horn to alert the animal and signal other drivers. Let's work together to ensure a safe driving environment for everyone," said Central Region OPP.

## South Simcoe Police warn public of email extortion scam following several reports

South Simcoe Police are warning the public to be aware of an ongoing email extortion scam after receiving multiple reports.

In this scam, an extortion email claims that the recipient has visited explicit websites, and it alleges that malware has captured compromising photos and videos of them. The suspect threatens to release the history and/or footage unless a bitcoin payment is made. Along with the threatening message, a screenshot of a Google map street view showing the victim's residence and other personal information, such as their name and phone number, are included as proof of their knowledge about the victim's identity. They then demand immediate payment to

a Bitcoin payment account, threatening to release the compromising material to the victim's family and friends if the demand is not met.

South Simcoe Police urge the public to exercise caution to avoid falling victim to this scam and to report scams through its online reporting portal.

To help prevent being a victim of this type of scam, members of the public are encouraged to:

- **Protect your personal information and be mindful of what information is posted online.** Scammers can use details shared on social media platforms and dating sites for targeting purposes.

- **Keep your online passwords more secure** by using a password generator, setting up two-factor authentication, and using a password manager.

- **Avoid engaging with or replying to these types of phishing scams.**

If you have been a victim of a scam and suffered a financial loss, please report the

incident online at [www.southsimcoepolice.on.ca/online-reporting/](http://www.southsimcoepolice.on.ca/online-reporting/) or contact South Simcoe Police at (905) 775-3311 or (705) 436-2141. If you received one of these emails but did not experience a financial loss, please contact the Canadian Anti-Fraud Centre at 1-888-495-8501 or online at [www.antifraud-centre-centreantifraude.ca/index-eng.htm](http://www.antifraud-centre-centreantifraude.ca/index-eng.htm).

## OPP warns scammers are posing as friends on Facebook

**BY BRIAN LOCKHART**

Local Journalism Initiative Reporter

The Central Region of the Ontario Provincial Police (OPP) is warning the public about the risks of purchasing concert tickets and other items on Facebook.

There has been an increase in fraud reports on Facebook – particularly through Facebook Marketplace and Messenger. A common trend involves hacked Facebook accounts, making it seem like friends are selling concert tickets or other items.

However, profiles have been hacked by scammers to exploit the trust between you and your friends.

The OPP advises the public to verify these transactions by contacting the person directly outside of Facebook or arranging to

meet them in person.

There are several warning signs of a fraudulent offer.

These include the price being suspiciously low compared to typical prices, the seller requesting payment via e-transfer, the messages containing grammatical errors, and listings being posted for sale in Facebook groups.

To avoid becoming a victim, check with another family member or trusted friend to verify the information before sending money.

Anyone who suspects they have been the victim of cybercrime or fraud should report it to their local police and to the Canadian Anti-Fraud Centre's online reporting system or by telephone at 1-888-495-8501.

If you are not a victim but an attempt to defraud or scam you was made, report it to the Canadian Anti-Fraud Centre.

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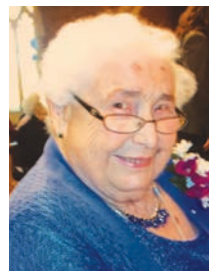
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## 708 OBITUARIES



### Agnew, Mary (Wilson)

1928-2024

Mary passed away peacefully at Hospice Vaughan surrounded by family on Wednesday, October 16, 2024. Predeceased by her husband John. Beloved Mother to Fran (Bob deceased), Patti and John, Gramma A to Mary, Meghan (Kyle), Madi, Julia (Sean) and GIGI to Liam, Reghan and Zoey. Loving sister to Alan and the late Shirley, Bob, Jim, and Beth. Caring sister-in-law to Jean and the late Norman, Joyce, and Joan. Devoted Aunt to many nieces and nephews and great nieces and great nephews across Canada and Northern Ireland. She was very dedicated to her family, friends and the United Church. Mary had a lifelong love of music and was a member of many choirs over her lifetime. She was a fantastic baker and won many prizes at our local fair. Mary loved to garden and was an expert on MANY zucchini and rhubarb recipes. Mary enjoyed participating in many community service groups including Daughters of the Nile, Eastern Star and UCW. She was very resilient in facing any life and health challenges. Mary was a shining example to her family of strength and determination, always delivered in a kind manner. She also could deliver a few stern looks as a warning to us (all of us) on occasion.

The family will receive their friends at the Egan Funeral Home, 203 Queen Street S., Bolton on Thursday morning, October 24 from 10 o'clock until time of the Celebration of Life at 11 o'clock. Interment at Schomberg Union Cemetery to follow the service.

Reception will be held at 1 pm at Saint Mary Magdalene Anglican Church, 116 Church Street, Schomberg. In lieu of flowers, donations can be made to the Heart and Stroke Foundation, Alzheimer's Society, Hospice Vaughan, Shriners Hospitals or a charity of your choice. We appreciate the care provided by the many healthcare providers who took care of Mary (Gina, Alex, Lisa and Semhar). We also appreciated the assistance our friend Hilary provided to our mother for many years. Hospice Vaughan provided a peaceful and tranquil place for our mother and family at the end of her life journey. Special thanks to Dr Longarini for his attentive holistic approach and support to Mary and our family. We will miss her presence in our daily lives, but we take strength in our Mom's advice that we will carry with us always. Condolences for the family may be offered at [www.EganFuneralHome.com](http://www.EganFuneralHome.com)

### Hazel Berta Johanssen (née: Kerr)

December 5, 1929 – October 10, 2024

Hazel passed away peacefully at Simcoe Manor, Beeton, in her 95th year.

Born to the Late Haddon and Pearl Kerr and raised on Silver Creek Farm, Howick, Quebec; Hazel was loyal, hardworking and humble. She was feminine but not fragile, showing the quiet strength and perseverance of her Scottish heritage. She was a gentle, patient and devoted mother to her girls. She set the finest example of honesty, integrity and class. The only F word she used was fuddle duddle!

A single Mom in the 70s, ubiquitous volunteer, devoted horticulturalist, fledgling artist and early recycler – Hazel was a beloved member of the Beeton community for over 50 years. She was an active participant in many clubs and organizations; secretary to the board that brought The Gibson Centre to life, member of the original Beeton Honeyfest Committee, the South Simcoe Palette Club, the Historical Society, and past president of the Beeton Horticultural Society. Perhaps closest to her heart, she was a devoted congregant of St. Andrew's Presbyterian Church, Beeton.

An example of volunteerism was set by her that lives on in her grandchildren. She had such gratitude for any small kindness done for her in return, exclaiming, "Such service!" Hazel is survived by daughters Linda (Roger) of Bond Head, Karen of Beeton, Kim (Rob) of Leamington, and Tina (Matt) of Victoria, BC. Grandchildren Owen, Kate (Nate), Teddy, Piper and Willow. Great-grandchildren Huey and Maude. Beloved by Rob, Eric and Stephanie. Treasured Aunt of the Kerr cousins. Predeceased by daughter Kirsten, sisters Marguerite and Shirley.

It's not an exaggeration to say she meant everything to us. Almost 95 years of good health, family, and an abundance of love, yet we are heartbroken to let her go. We wish we could keep her forever.

Fuddle duddle.

Cremation has taken place. The family will receive friends at St. Andrew's Presbyterian Church, 128 Main Street W, Beeton, ON, on Saturday, Nov. 2 from 10:30 am – 11:00 am. Memorial service at 11:00 am followed by reception in St. Andrew's Presbyterian Church Hall. In lieu of flowers, donations to the Alzheimer's Society of Canada would be gratefully appreciated. Online condolences and memories may be shared with the family at [www.RodAbramsFuneralHome.com](http://www.RodAbramsFuneralHome.com)



### Karen Veronica McCabe



Passed peacefully surrounded by her family on Saturday, October 19, 2024 at Victoria Village Long Term Care Home in Barrie in her 81st year. Karen, beloved wife of the late John. Loving mother and mother in law of Samantha (Robert), Tammy (Shane), Sean (Melissa), Daniel (Kristina) and Kylie Bolton. Dear grandmother to Meghan, Ryan, Katie (Preston), Matthew, Brett, Colby, Shaye, Eila & John. Karen will be fondly remembered by her brothers & sisters, as well as her many nieces & nephews, and friends. The family wants to express their heartfelt gratitude to all staff at Victoria Village for their amazing & loving care of Karen during her time with them, they treated her like their own family and that love was felt by all.

A Memorial Visitation will be held at Rod Abrams Funeral Home, 1666 Tottenham Rd., Tottenham 905-936-3477, on Saturday, October 26, 2024 from 10am until the time of Memorial Service in the chapel at 11am, with reception to follow in the funeral home's Cliffside Hall. Interment will follow in Morningside Cemetery. For those who wish donations in Karen's memory to the Canadian Mental Health Association or Barrie Food Bank would be appreciated by the family. Condolences and memories may be left for the family at [www.RodAbramsFuneralHome.com](http://www.RodAbramsFuneralHome.com)

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# Break the Silence, Walk in My Shoes shines light on harsh reality of gender-based violence

## Yellow Brick House's annual event takes place next month at SAC

BY BROCK WEIR

If Yellow Brick House was able to open up a third shelter for women and children fleeing domestic and gender-based violence tomorrow, it would be overflowing from the outset, leaving many to look elsewhere to find a safe space for the night.

While a third shelter might still be out of reach for Yellow Brick House, every available bed helps, and your efforts this fall can help support spaces as the organization gears up for their annual Break the Silence, Walk in My Shoes fundraiser.

Set for Sunday, November 3, at Aurora's St. Andrew's College, this year's event aims to raise funds for the 16 shelter beds under their umbrella that do not receive Provincial support. Participants are invited to register for the walk, which has a number of routes through the school's scenic campus, all the while collecting pledges to help support the goal.

It's also a chance to raise much-needed awareness of the stark realities of domestic and gender-based violence both close to home and across the country.

"The basic principle is to raise awareness of the issue of domestic violence and to offer support to Yellow Brick House (YBH) to fund unfunded shelter beds," says YBH Executive Director Lorris Herenda. "Out of the 41 beds Yellow Brick House offers through two emergency shelters, only 25 beds are funded. We need to raise funds for

16 unfunded shelter beds at a cost of approximately \$50,000 a year per shelter bed.

"Last year, we started [the event] with a very symbolic practice where we tie purple ribbons to a pole in memory of the women and children we lost this past year. Last year, that meant 67 ribbons were tied for the lost lives in Ontario. This year, our numbers are still very high. At the end of August, we were at 49 women and children, but we also know there were several deaths in the month of September and, unfortunately, already in October. It's important as we break the silence to remember all the lives lost because domestic violence is still prevalent."

It takes a while to see a shift in these statistics, and sometimes it takes a generational shift, but Herenda says the pandemic created a backlog on access to community services which is still being addressed, particularly a rise in calls to YBH's community counselling and support services.

"We are trying to address the wait list because we're encouraging women and children who are living in violent situations to reach out and get support," she says. "At the same time, we're recognizing that we may not have the capacity to address that immediately. We're trying to be innovative and come up with short-term interventions to stabilize the family while they are on the waitlist to get longer-term counselling support."

Also exacerbating the challenge is the affordability crisis.

"Food insecurity and the whole affordability crisis has absolutely 100 per cent impact on the women and children we serve. When a woman leaves a violent home with her children, she is not only faced with the uncertainty of what her future is going to hold in terms of housing and lack of affordable housing, but also how she is going to feed her children," says Herenda. "The financial supports, if she doesn't have a job, results in struggles. Access to food banks has been reduced in terms of available food. We often get calls from women who are really trying to establish themselves in the community to lead violence-free lives, saying basically, 'I don't have enough money to feed my children, to afford the food prices, or utilities, or skyrocketing rent.' In addition to dealing with the trauma of intimate partner violence, they are now dealing also with uncertainty of surviving.

"For some women that may translate into having to return to their abuser because there is no other solution for the current time being, until the economy stabilizes. Definitely we are hearing a lot of the concerns from the families we serve about the struggles they are dealing with and trying to balance stabilizing their mental health, stabilizing the trauma from the violence and abuse they are experiencing, while at the same time trying to balance being able to afford groceries for themselves and their children. It's a crisis situation, I believe, currently that we are experiencing in Ontario

and we don't have any solution for it. We rely on our community a great deal to help us support the families we serve through donations of gift cards for grocery stores or food itself that we have our volunteers prepare food packages and transitional food packages for the clients who are leaving our shelters and moving independently, but it is a challenge."

To step up and be a part of the solution, more information, including registration and how to pledge, can be found at yellowbrickhouse-2024walk.raiselysite.com.

The November 3 event will be hosted by students and teachers at both St. Andrew's College and St. Anne's School.

"It's great to see young people taking on leadership roles and emceeding the event – really driving it forward in their community and beyond," says Herenda. "It's really empowering [for] the young girls at St. Anne's to see their colleagues, the boys, really be on the same page to change the future of domestic violence, to change the stats. We need boys' voices, we need men's voices on this particular issue because it is perpetuated by men against women and we need to start changing that societal pathway of thinking. Messaging is the same: gender-based violence is not acceptable for our younger generation, it is not acceptable for any age group, but to have them really driving this forward is enlightening to many of our elected officials and it has been an eye-opening experience."

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