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Lots of Suds

Aspira Kingsmere Retirement Residence was the location of a car wash on Saturday, July 12. A total of 46 cars were washed, and the group raised \$2,060 for the Stevenson Memorial Hospital Foundation's 'Because of You' campaign. Volunteers were happy to be washing cars, and the weather cooperated, providing a beautiful day for the event. CONTRIBUTED PHOTO

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13 Queen Street S.,
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Downtown demolition to reshape the look of Tottenham

BY BRIAN LOCKHART
LOCAL JOURNALISM INITIATIVE REPORTER

The northwest corner of Queen Street and Mill Street in Tottenham will look a lot different by the end of the summer.

The property at 4 Mill Street currently has a former show-home, a car wash, and a driveshed barn.

Long-time residents may recall the Tottenham Hotel that was at that corner and destroyed by fire in the 1970s.

All three buildings on the site will be demolished as part of a project to expand public parking in the area.

Demolition is scheduled to take place from Aug. 11 through Aug. 15.

Work will begin with the removal of the show-home. The car wash and the driveshed barn will be taken down later in the fall.

Once both phases of demolition are completed, the entire area will be cleared and opened up for additional parking.

During demolition, the site will be fenced off, and sidewalks will be temporarily closed to ensure public safety. No road closures are expected.

Residents and visitors should expect some noise and dust during the demolition work.

People travelling through the Mill Street and Queen Street intersection are asked to use extra caution as crews and equipment will be active.

Once the site is cleaned up and safe to access, the new parking area will be opened to the public.



DEMO SITE – Downtown Tottenham will look a little different once demolition work is completed at the corner of Queen Street and Mill Street. The buildings are being demolished to create a parking lot. **BRIAN LOCKHART PHOTO**

Driver in Alliston strikes 7-year-old with vehicle before fleeing the scene

Nottawasaga Ontario Provincial Police (OPP) officers are investigating a motor vehicle collision involving a young child in New Tecumseth on Aug. 9.

Shortly before 11 p.m., officers responded to an emergency call regarding a motor vehicle that had struck a pedestrian and fled the scene on Church Street South in Alliston.

The pedestrian, a 7-year-old, was transported to a local hospital with minor injuries.

Officers located the suspect vehicle shortly after on Industrial Parkway.

As a result of their investigation, Matthew Zadran, 19, of Alliston, was charged with the following:

- Failure to stop after accident
- Dangerous operation
- Failure to comply with release order - other than to attend court (two counts)
- Assault with a Weapon (three counts)

- Possession of Weapon for Dangerous Purpose

- Drive motor vehicle - Perform stunt
- Uttering Threats - Cause death or Bodily Harm

A 16-year-old youth from Bradford (name withheld under the Youth Criminal Justice Act) was charged with the following:

- Failure to comply with release order - other than to attend court (two counts)

Both accused parties were held in custody for a bail hearing at a later time.

None of the listed charges have been proven in court.

The OPP Major Crime unit is assisting with the ongoing investigation, and police are asking anyone with information to call Nottawasaga OPP at 1-888-310-1122.

To remain anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477) or submit a tip online at ontariocrimestoppers.ca.

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Local establishment in full bloom: Bern's Flowers & Gifts turns 50

BY BRIAN LOCKHART
LOCAL JOURNALISM INITIATIVE REPORTER

From fresh flowers to fine chocolates, wine, and even ice cream, the Bern's Flowers & Gifts in Alliston is marking its golden anniversary with a community celebration on Aug. 16.

For half a century, Bern's Flowers & Gifts has been part of downtown Alliston's heartbeat, brightening celebrations, comforting families, and making everyday moments a little more beautiful.

Founded in 1975, Bern's quickly earned a reputation for quality and creativity. For nearly three decades, Leo and Margaret Kleiss built the business into one of Canada's top 25 Teleflora florists.

In January 2014, Lachlan and Sharon McGurk took the reins, determined to honour that legacy while bringing fresh ideas to keep Bern's blooming for the next generation.

"When we bought the business, we knew we had big shoes to fill," said Lachlan. "Bern's was built on care, creativity, and community. That's still at the heart of what we do."

Sharon, who had been the shop's senior designer for seven years, brought her floral artistry and UK training, while Lachlan

applied his IT and project management background to modernize operations and expand offerings.

Over the past decade, the McGurks have given the 2,000-square-foot shop a full interior refresh, grown the home décor and gift ranges, and introduced new services to meet changing customer tastes.

One of their boldest moves came in 2019 with the launch of Belfry Chocolates. After acquiring and rebranding Aarden's of Stayner, the McGurks began producing handcrafted Belgian chocolate on-site in a custom-built production room. Under the skill of full-time chocolatier Samantha, Belfry has quickly become a local favourite for its artistry, flavour, and freshness.

Bern's has since added a wine licence, making it possible to deliver flowers, chocolates, and wine together — a perfect trio for special occasions. And when the summer heat rolls in, customers flock to the Kawartha Dairy ice cream counter, which was introduced a couple of years ago to complement chocolate sales.

Now, as Bern's marks its 50th year, the McGurks are inviting the community to join in the celebration.

On Saturday, Aug. 16, from 11 a.m. to 3 p.m., the shop will host live music, sweet



MILESTONE – Bern's Flowers in Alliston is celebrating 50 years in business. The popular local shop is inviting the public to a celebration at the store on Saturday, Aug. 16. There will be live music, refreshments and the chance to win a gift card. **BRIAN LOCKHART PHOTO**

treats, refreshments, "Spin-the-Wheel" prizes, and a gift card draw with \$100, \$50, and \$25 prizes. Shoppers can also take advantage of in-store specials of up to 50 per cent off.

"It's been an amazing journey," says Lachlan. "From flowers to chocolates, wine to ice cream, we've loved growing Bern's while keeping the heart of what makes it special. We're excited for the next chapter."

Nominations open for volunteer award

BY BRIAN LOCKHART
LOCAL JOURNALISM INITIATIVE REPORTER

The Town of New Tecumseth is looking to residents for nominations of people in the community who are dedicated to selfless service.

Each year, the Town recognizes the outstanding contributions of the community's volunteers through the Adult Volunteer Service Award.

Nominations for the 2025 awards are now open.

You can complete the Ontario Volunteer Service Nomination Form online or pick up a copy at Town Hall.

This award recognizes volunteers for providing committed and dedicated service to an organization.

Adults are recognized by the length of time they have volunteered with one organization, ranging from five to 65 years of continuous service.

The nominee must be a living person residing and volunteering in Ontario, and not have received payment for their volunteer work.

They must be active beyond simple membership in an organization and not have performed the services as part of their regular business or professional duties.

An adult nominee must have volunteered with one organization for at least five consecutive years.

Required information includes the nominating organization name, address, email, phone number and year established.

The application must also include the volunteer's first name, last name, address, email, and phone number.

The head of the organization's personal information should also be included.

The deadline to nominate someone is Nov. 15.

Nominations received after the deadline will be considered in the following year.



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114 Green Briar Rd.
Offered at \$781,000

Gorgeous split level home, done from top to bottom backing onto the golf course. New windows, all new window coverings, all new light fixtures throughout, all new flooring top to bottom, renovated kitchen and bathrooms plus a new additional powder room downstairs, fresh paint throughout, new stair runner and lower level carpets - the list is long! Shows 10++



46 Sunset Blvd.
Offered at \$765,000

Looking for a bright, detached bungalow in Briar Hill - welcome home to 46 Sunset Blvd! Nicely appointed with things like granite countertops & lovely white cabinetry in the eat-in kitchen, open concept dining/living rooms with a walk out to the western facing deck, & a spacious, bright main floor primary with 3pc ensuite. The professionally finished lower level features a large but cozy family room with a fireplace. There is a spacious guest bedroom with a large closet, another bathroom and lots of storage room.



43 Bella Vista Trail
Offered at \$1,270,000

Beautiful bungalow in Briar Hill. This accessibility friendly home offers an outdoor ramp & inside elevator! Backing onto ravine and golf course, this home gives you space to stretch out while entertaining family or friends. Tastefully updated, features main floor living - spacious primary bedroom with updated 3 pc ensuite, main floor laundry, lovely eat-in kitchen with new 8' sliding door out to the updated deck, and direct entry from the garage. The loft offers another bedroom, 3 pc bath and space for a home office or den. Lower level features a beautiful family room with fireplace, wet bar and walk out to a beautiful patio area. Spacious guest room. Large 3 pc bathroom and additional room that could be another home office or occasional bedroom. This home is unique - perfect for you if you have made the decision to 'age at home'.

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Editorial, Letters & Opinion

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

~ Stanislaw Jerzy Lec

The guy next door

“The lady doth protest too much.”
That was quite a valid observation written by William Shakespeare in his play, “Hamlet.”

Whenever trouble has occurred and there is a group of people who are suspect, the person who talks the most is most likely the guilty party.

I guess it’s just human behaviour to try to eliminate yourself as a suspect by acting over the top, indignant about what has happened.

Maybe it’s not human behaviour, but a type of personality behaviour.

The same goes for fires. When an arsonist, who is a pyromaniac, sets a building on fire, you can almost guarantee the arsonist will be in the crowd watching the fire from the street.

After graduating college, I had a small one-bedroom basement apartment in the northwest end of Toronto.

One day, I came home from work, and something set off alarm bells. Sure enough, someone had been in my place and had stolen a small amount of money. This included a jar of coins, some of which were spilled on the floor.

I told my neighbour, then went to the local police station to report the break

and enter.

Later that evening, I returned home and was called to the second floor, where a group of my neighbours were discussing the incident and were concerned that an apartment in the building had been entered.

One guy in particular, who lived above me with his wife and two small kids, was indignant that this could happen.

“We have to do something about this!” he said excitedly. Then he kept talking about security and other things.

At the time, I found his over-the-top concern a little strange.

It wasn’t too long after that that his wife cut all ties with him. Mail arrived for him, and his wife pasted a big note in the lobby for the mailman.

It stated this man no longer lived there, and if they needed to find him, he could be located at the Mimico Jail.

It turns out, this guy had a long criminal history that even his wife was unaware of.

I realized later that the big and loud talker, was indeed the same guy who had robbed my apartment.

I had no real proof of this, so nothing was done about it. However, he was still

in jail on other charges, so I got the last laugh.

The moral of the story is, it’s good to know who your neighbours are.

According to recent reports from credible sources, including the Globe and Mail, there are almost 600 foreign nationals with criminal records who are due to be deported, but have simply disappeared in the country.

Canada Border Services Agency has lost track of them. There is a total of 1,635 foreign nationals convicted of crimes in Canada who are currently facing deportation.

How can you know if you have a dangerous criminal living next door if federal agencies don’t even know?

That’s almost 600 criminals, some convicted of serious crimes like sexual assault, and no one knows where they are. They could be living in the house next door to you.

Immigrating to this country is a privilege, it’s not a right. When you arrive on our shores, you are expected to follow the law of the land – regardless of the fact that in the old country, it is perfectly acceptable to murder your daughter for seeing the wrong boy.

There was a case in Toronto a few years ago of a man and woman who murdered their five-year-old daughter, cut her to pieces, and stashed her body parts by the lakeshore.

After they were apprehended, the man told police that since he got caught, he figured he would only spend six months in jail, because ‘it was only a girl’ that he killed.

A check on immigration and the courts reveals some other disturbing facts about how the justice system is handling this current situation.

There are plenty of stories about people committing serious crimes and judges giving them a break so it won’t interfere with their immigration status.

In one recent serious sexual assault case, the judge reduced a man’s sentence so it would not affect his wife’s chances of joining him here.

Wait a minute – what about the victim?

Maybe our elected officials should be vigorously questioned about the current situation, and see who protests the loudest.

BRIAN LOCKHART
FROM THE SECOND ROW



If you don’t laugh, you’ll cry

As I approach my 40th birthday next month, I find myself becoming – much to my own surprise – a little more wrinkle-conscious than I have ever been before.

Don’t get me wrong, I don’t begrudge the ones I’ve accumulated so far. Much like the scar I sport dead-centre in my forehead after being mowed down by a rogue soapbox derby racer while covering an event for the Shelburne Free Press ten years ago, the lines tell a story – no matter how unlikely that story might be!

Heck, I don’t even mind the so-called laugh lines; even if that’s just a more palatable label for a facial feature that denotes the passage of time, it’s nice to be reminded of joy, good times, and, of course, laughter.

If I ever get hostile towards the laugh lines, should I send the bill to some of those who are responsible for them? Surely, Mel Brooks has bigger fish to fry at this stage of his life, but the estates of all four Golden Girls? No, that would smack of ingratitude for all

the laughter they have provided, something of a medicine in and of itself.

Whether you laugh at a pratfall, a bit of slapstick, a witty remark, or even a meme, you’re laughing and that’s the important thing. We all feel better after a good laugh, and there’s science behind it.

The Mayo Clinic, for instance, thoroughly outlines the benefits of a good chuckle both long-term and short-term. It increases your intake of oxygen, benefiting your heart, lungs, muscles, and endorphin production, stimulates your body’s natural anti-stress response, and aids circulation to help soothe tension. Some of the longer-term benefits of laughter include triggering chemical reactions within that improve the immune system, the production of natural pain killers, and so much more.

Does it take a fair bit of effort to elicit laughter for you? Well, the Mayo Clinic has a few tips as well.

“Developing or refining your sense of humour may be easier than you think,”

they say. “Put humour on your horizon. Find a few simple items, such as photos, greeting cards or comic strips, that make you chuckle. Then hang them up at home or in your office, or collect them in a file or notebook. Keep funny movies, TV shows, books, magazines, or comedy videos on hand for when you need an added humour boost. Look online at joke websites or silly videos. Listen to humorous podcasts. Go to a comedy club.

“Laugh and the world laughs with you. Find a way to laugh about your own situations and watch your stress begin to fade away. Even if it feels forced at first, practice laughing. It does your body good.... Share a laugh – make it a habit to spend time with friends who make you laugh. And then return the favour by sharing funny stories or jokes with those around you. Knock, knock – browse through your local bookstore or library’s selection of joke books and add a few jokes to your list that you can share with friends. Know what isn’t funny – don’t laugh

at the expense of others. Some forms of humour aren’t appropriate. Use your best judgement to discern a good joke from a bad or hurtful one.”

That last point, in my view, speaks to the world we live in today; a time and a place where what’s an appropriate bit of humour for one person can be wildly inappropriate to others in certain circumstances, or even simply inappropriate in general given the state of the world internationally. But laughter still important.

August is the time of year when my family takes its annual trip to Jamestown, NY, for its annual Lucille Ball Comedy Festival. It’s been a tradition we’ve maintained more or less every year, sometimes twice a year, since 1999, and has always been a joy.

This year, however, was shaping up to be a slightly different story.

Continued on Page 19

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Advertising & Administration
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Gaza: Not quite the final solution

GWYNNE DYER
OUR WORLD TODAY



"Anyone who wants to thwart the establishment of a Palestinian state has to support bolstering Hamas and transferring money to Hamas [from Qatar]," Israel's Prime Minister Binyamin 'Bibi' Netanyahu told the parliamentary members of his Likud Party in 2019. They were questioning his policy of backing Hamas, and he was explaining why.

Keeping the Palestinians divided between Hamas in the Gaza Strip and the Palestine Liberation Organisation (PLO) in the West Bank was essential to avoid any revival of the 'two-state solution' that the rest of the world has been advocating since the 1990s.

Hamas are Islamist fanatics who oppose sharing Palestine with the Jews, just as right-wing Israelis reject sharing it with the Palestinians. So there was a deal to be made, and Netanyahu made it.

But it turned out that Hamas was only pretending. It took the money and played along until 7 October 2023, when it launched the surprise attack that killed 1,200 Israelis and took 250 hostages. Netanyahu

would normally have been hounded out of politics for that blunder, but he's still there.

He's still in power because he's now a war leader and the courts can't hold an inquiry into Netanyahu's behaviour until the war is over. They can't even conclude his ongoing trial for fraud, breach of trust and bribery until then.

The war is Netanyahu's friend, but is that the only reason why it continues? I raise this question because 'sources close to Netanyahu' are now saying that "the die has been cast. We're going for the full conquest of the Gaza Strip – and defeating Hamas."

There are two versions of Netanyahu. One is Bibi as the Artful Dodger, the amoral master tactician who can get himself out of any scrape but has no permanent allies or goals.

The other is a more sinister character whose goal has always been the expulsion of all Palestinians from the Gaza Strip and ultimately from the West Bank as well. So which one is he? I can't fully believe in either version for very long, but a mixture of the two is more plausible.

If Netanyahu really wants to defeat Hamas, for example, he must reckon with the fact that every militant the Israel Defence Force (IDF) kills probably creates two more young recruits dedicated to revenge. The only plausible solution is to expel them all from the Gaza Strip – but since the IDF doesn't know who the new recruits will be, only expelling all the Palestinians will suffice.

By happy coincidence that's just what the more radical members of his shaky coalition want anyway: two fixes for the price of one. And so it goes, motives and goals meshing and clashing: history as a pinball game. But there is one constant that suggests a bigger and more coherent plan is at work in Gaza. It is Israel's control of

Gaza's food supply.

Gaza is too small and crowded ever to be fully self-sufficient in food, but Israeli destruction of its agriculture and a ban on fishing have made it wholly dependent on food brought in from outside. It's all controlled by Israel. Twenty years ago the ration was calculated as a minimum of 2,279 calories a day, or 1.84 kilograms per person.

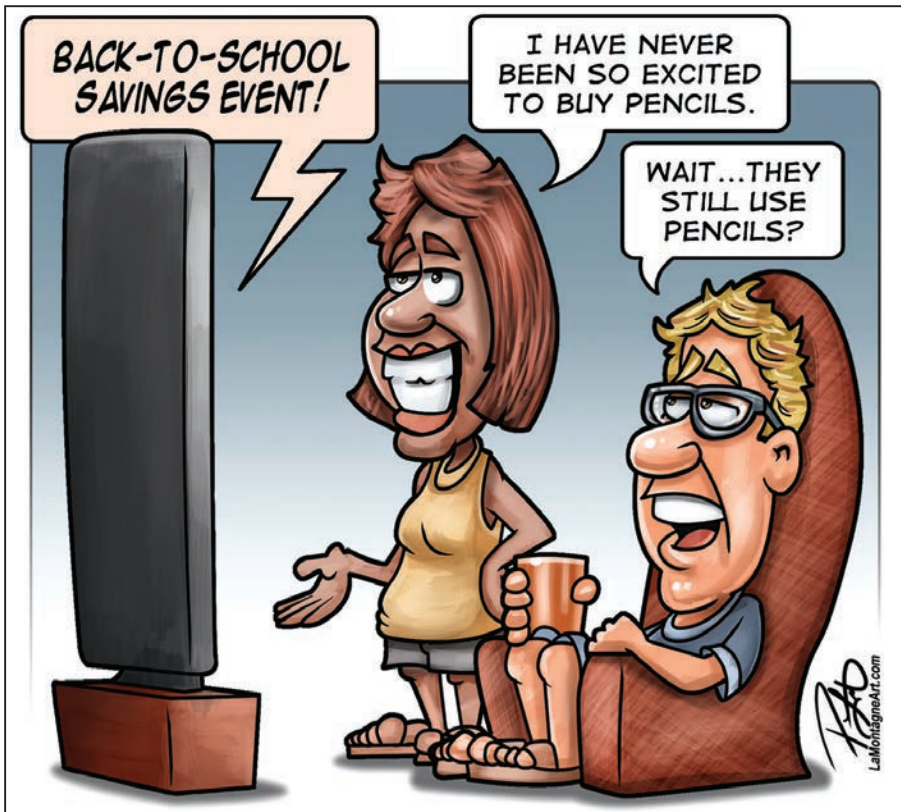
"The idea is to put the Palestinians on a diet," said then-prime minister Ehud Olmert, "but not to make them die of hunger." Now, however, the target is barely one kg. per person a day, and the violence around the food distribution sites in the Strip is killing between 50 to 100 people a day.

So far, the daily deaths from starvation are only about one-tenth as many. That will shift over the next month or so, because famine deaths do not grow in a linear fashion. They hit a tipping point and then, aided by the spread of disease among starving people with damaged immune systems, they rise almost exponentially.

At that point Netanyahu's government will have to juggle two priorities: keep the misery and death high enough to motivate large numbers of Gazans to accept 'voluntary' migration to other countries, but hold the famine deaths down below the level where even Donald Trump would feel obliged to call a halt to the process. A tricky business, but doable if you can fine-tune the food supply.

It's not the death camps of Nazi Germany, but it is still a genocide.

As Yuli Nocak, director of the Israel-based human rights organization B'Tselem said last week, "What we see is a clear, intentional attack on civilians in order to destroy a group. I think every human being has to ask himself: 'What do you do in the face of genocide?'"



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- CLUES ACROSS**
- Mongolian politician
 - Cooking ingredient
 - Iranian city
 - Publicly outs
 - Steep-sided hollow
 - Spoke
 - General law or rule
 - Extravagantly theatrical
 - Very fast airplane
 - Arm bones
 - Ancient kingdom near Dead Sea
 - ___ fide: legitimate
 - Gemstone
 - Counsels
 - Top exec
 - Cool!
 - Touch lightly
 - Extract money via taxation
 - Dyes
 - Cloying sweetness
 - Soft drinks
 - Capital of Guam
 - Chemical compound
 - The bill in a restaurant
 - Car mechanics group
 - Late comedian
 - Newhart
 - Health care for the aged
 - Wise individuals
 - A passage with access only at one end
 - Trim
 - Former OSS
 - The upper surface of the mouth
 - Edible lily bulbs
 - Type of reef
 - Vaccine developer
 - Mottled citrus fruit
 - A place to store lawn tools
 - Rare goose native to Hawaii
 - Hollywood pig
 - Musician Clapton
 - Take a chance
 - Spanish soldier
 - Mark Wahlberg comedy
- CLUES DOWN**
- Two-toed sloth
 - A place to dance
 - Performer ___ Lo Green
 - Beach accessory
 - Recipe measurement (abbr.)
 - Partly digested food
 - Pooch
 - Honorific title added to family name
 - Salts
 - Lichens genus
 - Lowest point of a ridge
 - Type of sword
 - Albanian language
 - Gold measurement
 - Italian seaport
 - Longtime late night host
 - Extremely angry
 - U. of Miami mascot
 - Mid-month day
 - Omitted from printed matter
 - Upper body part
 - Partner to cheese
 - About Sun

No one has more self-confidence than the person who does a crossword puzzle with a pen.

COMMUNITY VOICE

Monthly Message: One furnace is better than 500

During the past election, all politicians were outspoken about the need for more affordable housing. Canada stands at a critical point in addressing the housing crisis. There is urgency to build, baby, build.

Many Ontario municipalities are faced with the challenge of the provincial government's mandated growth targets, which will see some populations double by 2051. As Town Planners determine the best locations within the municipalities' boundaries, this pivotal moment presents the perfect opportunity to re-think how we build and to create housing that balances both affordability and sustainability.

Fast construction of cookie-cutter monster home subdivisions with natural gas furnaces, hot water heaters and separate air-conditioning units is not what is needed.

One solution for consideration is to build new home subdivisions with District Energy Systems to provide heat, cooling and electricity. District heating involves generating heat in a centralized location and then distributing



it to residences, businesses and industry in a local area. Imagine a new subdivision being heated with one furnace instead of 500. District energy networks offer great potential for efficient, cost-effective and flexible large-scale use of low-carbon energy.

Typically, District Energy brings heating and air conditioning to the whole community using a network of underground insulated pipes that use water to carry heat inside in the winter and remove heat in the summer. Equipment connected to a thermostat in each home or apartment allows residents to adjust temperatures for their comfort. In St. Paul, Minnesota, the underground network also runs under sidewalks, roads, and driveways to melt ice

and snow in the winter, thereby reducing the need for snow removal and salt.

District Energy's centralized approach allows for the use of a variety of low-carbon emission energy sources, including renewable energy, geothermal, wastewater or even recaptured heat from buildings like AI Data Centres or hockey rinks.

District Energy is being implemented all over the world, including Canada. In Toronto, over 180 buildings, such as critical care facilities, government buildings, data centers, universities, and commercial and residential towers in the downtown core, use the cold water from Lake Ontario to keep cool in the summer. The University of Toronto's St. George campus uses underground sources to heat and cool their facilities. District energy is a key component of Toronto's Climate Action Plan. It is also part of Edmonton's Community Energy Transition Strategy. And the Canada Infrastructure Bank helps fund upfront costs for systems.

District energy does have some challenges. For one thing, governments and businesses need to build them. Individuals can't make the choice to have a network. As we embark on the build, build, build momentum, let's do it as sustainably as possible. What if you never had to buy or fix an air conditioner, furnace or hot water heater? Wouldn't it be great if you could rely on your heating, cooling and lighting to work during a power outage, and you could count on it to be climate-friendly? That's the benefit of a shared centralized system. Now is the time to talk to your local councillor and politicians about District Heating to see what is possible in your community as it grows. One furnace is better than 2, or 500.

This Community Voice article was submitted by Jorma Ikavalko, who is the director of Greys for Green in New Tecumseth. He is passionate about promoting clean energy uses in all facets of life and is happy to share his experience with installing a heat pump at home and driving an EV.

Letter to the editor: Medical services

As you are no doubt aware, walk-in medical clinics have become almost nonexistent and access to timely care has deteriorated sharply. Increasingly, we're being forced into rigid "doctor associations" that require formal registration and limit us to scheduled appointments or else leave us with no option but overcrowded emergency rooms and hours-long waits.

To give just one example: the physician group I'm registered with currently offers

phone appointments in 30 days, and in-person appointments in 60. This is not timely care. This is delay disguised as access.

Earlier today, my wife suffered a serious cut from broken glass. Her only options were to call (and pay for) a cab or ambulance, or drive herself 20-30 minutes to the nearest clinic or hospital (I'm at work about 50 minutes away).

In what healthcare system is this considered acceptable, let alone dignified?

Is anyone satisfied with this state of affairs,

and is the provincial or federal government taking any meaningful action? I've asked my MPP and MP what the actual status is of the political debate on restoring real, individual access to healthcare.

We are seniors, yet there is no priority access, no walk-in availability, and no practical alternative. The current model prioritizes administrative systems over patient needs. That is not a health care system – it is a managed waitlist.

I'm sorry to rant, but in a country that basks in the reputation for prompt and equal access to healthcare, the reality can be disheartening.

It's difficult to accept that professional athletes can receive same-day MRIs to protect their million-dollar contracts, while my wife, whose work educating young children is maybe a little more vital, faces long delays for necessary care.

*Chris Turman
Tottenham*

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Students risk suspension if immunization records are not up to date

BY BRIAN LOCKHART
LOCAL JOURNALISM INITIATIVE REPORTER

As families prepare for the upcoming school year, the Simcoe Muskoka District Health Unit is reminding parents to ensure their children’s immunizations are up to date.

Staying current with routine immunizations is one of the best ways to protect children’s health and ensure a smooth return to school, sports, clubs, and other extracurricular activities.

In May, letters were mailed to high school students born in 2008 and 2009 – those entering Grades 11 and 12 – whose immunization records on file at the Health Unit were not up to date.

High school students who are still not up to date will be mailed suspension orders later this month.

These school suspensions will be effective Sept. 23.

Students born in 2016 and 2017, entering Grades 2 and 3, with missing immunizations were sent home with reminder letters from the school at the end of the last school year. These students’ records will continue to be reviewed this coming school year.

Suspensions for these students will be enforced in February.

Parents are encouraged to act now to ensure their children’s immunization records are up-to-date before school starts in the fall.

“End of summer is the perfect time to check in with your child’s healthcare provider,” said Dr. Colin Lee, Associate Medical Officer of Health with SMDHU. “It’s a chance to make sure they’re up to date on vaccines before the school year gets busy. Getting caught up now means one less thing to worry about in September and a safer, healthier return to school. Routine immunizations do more than protect your child, they help keep entire classrooms and communities healthy. Making sure your

child is up to date gives you peace of mind and helps prevent the spread of avoidable diseases, like measles, mumps and whooping cough.”

Parents can check their child’s immunization record online at smdhu.org.

Keep in mind that vaccines provided by health care professionals outside the health unit may not be automatically reported.

To ensure your child’s record is accurate and complete, be sure to submit any missing information online or by calling the health unit at 705-721-7520 ext. 8827.

To help manage your family’s immunization records, consider using CANImmunize, a free mobile app that serves as a digital version of the traditional yellow immunization card.

It helps keep everything organized and even allows you to share records directly with the Simcoe Muskoka District Health Unit.



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Simcoe Muskoka District Health Unit issues warning about unregulated drug supply

BY BRIAN LOCKHART
LOCAL JOURNALISM INITIATIVE REPORTER

Drug-related deaths have spiked in the region, and the Health Unit is asking the public to be vigilant.

The Simcoe Muskoka District Health Unit has issued a warning about a danger in the unregulated drug supply in the region.

The warning stated, “There appears to be a more toxic substance circulating in the local unregulated supply across Simcoe and Muskoka, causing extreme sedation and a risk of stopping breathing.”

Details of the substance are not available, but it is believed to be a form of fentanyl and/or fentanyl analogues with animal tranquilizers and/or benzodiazepines added to it.

The substance has been referred to locally as ‘red down’.

There have been a higher-than-usual number of suspected drug-related deaths across the region in recent days. The substance in those deaths is not known.

Of particular concern is the unpredictable strength of the unregulated (illegal) drug supply available in Simcoe–Muskoka. This supply can contain fentanyl, carfentanil and other substances, making the street supply much more dangerous.

A very small amount of fentanyl or fentanyl analogues can lead to an overdose/poisoning and possible death.

People who are using unregulated drugs should be aware of the signs of drug poisoning.

This includes a person who can’t be woken



and breathing is slow or has stopped. A person is making snoring or gurgling sounds. Fingernails and lips have turned blue, purple, or grey. A person’s body is limp.

Pupils are tiny or their eyes are rolled back.

If someone is experiencing these symptoms, call 911.



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Arts & Local Events

Beeton teen crowned Miss Teenager Universe 2025

BY BRIAN LOCKHART
LOCAL JOURNALISM INITIATIVE REPORTER

A local teen from Beeton has made an international splash by being crowned Miss Teenager Universe 2025.

Sofya Jordan, 15, was given the honour at the pageant, which took place in Panama with the final event and winner being chosen on Saturday, Aug. 2.

Chosen by the international pageant organization IPEN to represent Canada, Sofya competed against top contestants from different countries, including Panama, Bolivia, Colombia, and Argentina.

Sofya is the first Canadian to bring home this title.

During the question period in the pageant, Sofya was asked about tourism in Canada and where she would recommend tourists to visit.

Sofya recommended Alberta as a beautiful place for visitors.

“One place I would recommend going if you ever want to visit Canada, is Alberta,”

Sofya said to the judges. “I visited and there were glaciers. Another place I would recommend is the heart of Ontario, where I live – Toronto. It is a very big city and there are many things to see, including shopping, and the people there are very nice.”

When asked who her role model was, Sofya said, “My role model would be Louise Freeman, the first coloured woman in Canada to compete in a beauty competition. I find it really inspiring as a woman who put herself out there despite discrimination and advocated for what she believed in.”

Sofya participated in the Alliston Potato Festival Parade as an ambassador and was cheered on by people along the parade route.

CROWNED – Beeton resident, 15-year-old Sofya Jordan, was crowned Miss Teenager Universe 2025. The pageant took place in Panama, and Sofya was crowned on Saturday, Aug. 2. Sofya took part in the annual Potato Festival Parade on Aug. 8.

BRIAN LOCKHART PHOTO



OPENING ACT – (Left) Singer/songwriter Cassidy Jane performs at the bandshell at Keogh Park in Tottenham on Sunday, Aug. 10. Cassidy was the opening acoustic performer for the Sunday Music in the Park Series.

BRIAN LOCKHART PHOTO

SWEET SOUNDS – (Right) The Sunday Music in the Park continues through the summer at Keogh Park in Tottenham. Chic Rock performs at the bandshell at Keogh Park on Sunday, Aug. 10. The concert series continues every Sunday through the summer.

BRIAN LOCKHART PHOTO

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 **BRIAN SAUNDERSON**
MPP, Simcoe-Grey





CULINARY DELIGHT – Southlake Hospital in Newmarket is taking its approach to cuisine to the next level with freshly made, quality dishes being served to patients.

CONTRIBUTED PHOTO

Southlake challenges the idea of hospital food with complete culinary transformation

BY BROCK WEIR

The mere mention of “hospital food” can conjure up, for some, images of a mushy, beige blandness – but that idea has been thoroughly challenged by Southlake Health in a complete transformation of their culinary experience for patients, their families, and staff alike.

Gone are the days of pre-made, warmed-up fare. In are scratch-made recipes designed to meet the individual nutritional and cultural needs of those they serve.

New mealtime experiences were celebrated at the Newmarket-based hospital last week, the culmination of a project that began in 2023, guided by both patient needs and survey feedback.

The first step was the opening of Southlake’s Carvery & Bakery, which features fresh-roasted carved meats prepared on site, fresh salads, soups and sandwiches and more. The next step was the re-opening of the fully-renovated on-site Subway location, followed by the launch of online ordering, a refreshed patio, full-service Starbucks and Tim Hortons locations, and, in December of last year, the opening of Aquene Café, the hospital’s main cafeteria.

The newly-expanded cafeteria now includes the Chef’s Table, offering a scratch-made rotating menu, a market with grab-and-go fare, Roots & Seeds, which serves up customizable bowls and wraps, pizzeria San Marzano, and Grill & Go, described as “a contemporary dining experience.”

Helping Southlake Health realize their gourmet goals was food service company Compass Group Canada.

Having multiple options on-site allows the hospital to meet the needs of everyone they serve, and it also gives them additional flexibility to meet individual nutritional needs – an essential component of recovery.

“With patients, as part of that healing journey, that recovery piece, overall meal consumption is very important, right?” says Brielle Perl, Dietician and Director of Marketing, Nutrition and Support, with Compass. “It’s the fuel to our body to help our patients heal. For all of our main entrees, we had a protein goal, working with our culinary team to ensure we had over 20 grams of protein in each of our entrees, including breakfast. Certainly for lunch and dinner, those are easier targets to meet, but at breakfast time, we wanted to offer a hearty meal as well as ensure we had the appropriate amount of cal-

ories on our menus as well. It was a collaborative approach with the clinical dieticians at the hospital, as well as our culinary team with Compass, to really ensure that we’re providing nutrient-adequate meals to our patients to get them back on their feet and back to their everyday lives outside our hospital walls.

“When we collaborated with Southlake, we really looked at the community, talked about the nutritional background of the menu, but we also looked at the diversity of the culture within the community. That allowed us the flexibility to really create a menu that was specific to Southlake. Looking at the diversity [we asked], ‘What do they want to eat?’ If we put something in front of them, it could have 100 grams of protein, but if they don’t consume it, they don’t really get the protein and they don’t get the benefit for that healing process.”

Through this feedback, such dishes as the Asian-inspired chicken congee and a Persian-influenced koobideh, a type of lamb kebab, have found their place on the menu among North American favourites.

Feedback from patients, families and staff alike, adds Johnny Grajcar, Southlake’s Director of Support Services, helped them reimagine their menu from all points of view.

“One [piece of feedback] that comes to mind was anecdotal feedback around when you’re in the hospital and you’re taking medication, your tastebuds aren’t exactly the same,” he says. “Understanding that what you like traditionally might change and evolve. I think that our flexibility and our work with our dieticians allowed for more of that specified opportunity.

“A survey was put out and we had 2,000 respondents. Top of the list was we needed to have a Starbucks, so we needed to figure out how we could fit that into our new system. Then it was more updated menu offerings in our other locations other than our franchise table. The retail side started earlier than the patient side... the patient side started in December of last year.”

After the patient side began to roll out, Grajcar says one particular piece of feedback underscored that they were on the right track.

“We actually had a former chef be one of our patients and talking about working in an industry and understanding how challenging it can be. They were very much surprised. It was along the lines of ‘forget hospital food, this was fantastic for any type of food.’”

Continued on Page 12

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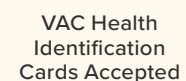
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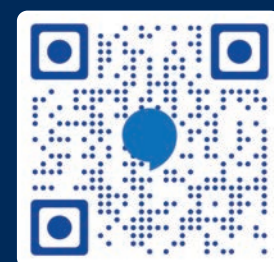
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A Weekend of Fun, Food, and Festivities...





...Potato Festival brings community together

It was a big party in Alliston over the weekend when the annual Potato Festival took over the streets and the fairgrounds on Aug. 7-9. Victoria Street was closed as vendors brought unique items and food, buskers entertained, and bands performed on the street. Meanwhile, the annual Potato Festival Parade took place on Friday, Aug. 8, to kick-off the festival for the weekend. The parade made its way down Victoria Street and on to King Street in front of thousands of people who lined the parade route. The Potato Festival has become an annual tradition with thousands of people attending each year.

BRIAN LOCKHART PHOTOS



West Nile virus detected in second mosquito pool in New Tecumseth

BY BRIAN LOCKHART
LOCAL JOURNALISM INITIATIVE REPORTER

The Simcoe Muskoka District Health Unit (SMDHU) continues to see West Nile virus (WNV) activity in our communities with a positive test reported in a bird in Barrie and a second mosquito pool testing positive for the virus in New Tecumseth.

These positive results are in addition to the positive test of a bird in Bradford West Gwillimbury during July and a positive mosquito pool reported last week in New Tecumseth.

To date, no human cases of WNV have been reported in Simcoe Muskoka in 2025. However, the health unit is reminding the public that an increase in the virus among birds and mosquitoes presents a higher likelihood that the virus can spread to humans.

WNV circulates between birds and some species of mosquitoes. The virus can be transmitted to humans by a mosquito bite if the mosquito has first bitten an infected bird.

The health unit continues to monitor mosquito populations by setting mosquito traps and searching for larvae in selected locations throughout Simcoe Muskoka during the summer. Where positive results have been obtained, additional surveillance measures are undertaken.

The health unit says positive test results are a reminder that everyone needs to take appropriate measures to protect themselves against WNV at this time of year. And the best way to do this is by protecting yourself from mosquito bites.

The risk of contracting WNV from an infected mosquito is highest in late summer. The health unit recommends the following personal protection measures:

- Use an approved mosquito repellent and follow the manufacturer's instructions.
- Wear light-coloured clothing and cover up in areas where mosquitoes are present.
- Stay indoors when mosquitoes are most active – at dusk and dawn – when possible.

Although most people will not become sick if bitten by an infected mosquito, WNV



CONTRIBUTED PHOTO

can cause severe illness in some people. Symptoms of WNV include fever, muscle weakness, stiff neck, confusion, severe headache and a sudden sensitivity to light. In very rare cases, the virus may cause seri-

ous neurological illness. Anyone experiencing symptoms should seek medical advice.

Anyone with concerns about a dead bird can contact the Canadian Wildlife Health Cooperative (CWHC) at 1-866-673-4781.

Continued from Page 9

Southlake challenges the idea of hospital food with complete culinary transformation

Adds Perl: "Being a chef, we're very difficult, so the fact that somebody was in the hospital and in that moment wanted to make sure we got that feedback, we hang it on the wall with pride. Our goal really was taking that negative stigma away from hospital food. People always think [hospital food] is bland and 'I'm eating for the sake of eating,' where we really took the approach of that restaurant-style quality and bringing it to our patients."

"The fact that we had somebody that had been in the industry...say how much they enjoyed it, that the quality stood out to them, really made a difference to ourselves."

From the retail perspective, Jennie Baker, Compass' Regional Director of Retail Operations, said it was all about "creating an oasis."

"We've really focused on enhancing the space as well to create that atmosphere where the teams, whether it's a staff member or a family member can come kind of rest, refuel and recharge and then go back out, whether they're caring for a loved one or going back to their shift," says Baker. "We take the model where every bite brings you home. It gives you that comfort level of food, but then also offering that elevated dining experience with culinary chef inspired menus and operations."

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SPORTS

NEW TECUMSETH TIMES

NDBL junior division starts 2025 championship series

BY BRIAN LOCKHART
LOCAL JOURNALISM INITIATIVE REPORTER

The Creemore Padres and Innisfil Cardinals 1 team are competing in the North Dufferin Baseball League (NBDL) Junior champion final series this year.

Creemore is going to the final after eliminating the Orillia Royals in the second round of playoffs.

The Padres won that best-of-three series with a 15-9 win in Game Three on July 30.

The Cardinals 1 team eliminated the Car-

dinals 2 team in the second round, winning the two opening games to take the series.

The Junior Championship series is scheduled to get underway on Wednesday, Aug. 13, in Creemore.

In the Senior Division of the NDBL, fans are seeing some good baseball action as round one of the playoffs has started at diamonds around the region.

The top eight teams in the regular season entered the playoffs on Aug. 5, with a best-of-five series format.

After the weekend, the series between the

Owen Sound Baysox and the Midland Mariners is tied at one.

Midland won Game One by a score of 5-2. The Baysox came out on top in Game Two, winning 4-3.

The New Lowell Knights are up against the Creemore Padres in their first-round series.

After two games, the series is tied. Creemore won the first game 4-2. New Lowell responded with a 13-2 win in Game Two of the series.

The Ivy Rangers and Barrie Angels have

played three games in their series with no winner yet.

Ivy won 4-2 in Game One.

Game Two resulted in a 1-1 tie.

The Angels won Game Three, 7-0.

Each team now has three points.

The Bolton Brewers and Lisle Astros series is tied at one. Bolton won Game One, 15-5.

Lisle won the second game, 4-1, to even things up.

The Senior division first round of playoffs will wrap up no later than Aug. 15.



READY FOR THE TOSS – The TNT Thunder 16U A baseball team takes on the Caledon Nationals at North Hill Park in Beeton on Wednesday, Aug. 6. A TNT base runner makes it safely to third base as the Caledon player looks for the throw. The Thunder won the game 15-2. **BRIAN LOCKHART PHOTO**

Are you part of a sports team?
Do you compete as an individual athlete?
Do you have an upcoming event or a recent accomplishment?
We want to hear from you! Email us at newtectimeseditorial@gmail.com

Fire danger rating remains 'extreme' in New Tecumseth and surrounding municipalities

The Town of New Tecumseth remains under a burning ban, with the fire danger rating sitting at "extreme."

Every other municipality in Simcoe County is under the same extreme fire rating, except for Orillia and Rama, which are currently at a "high" rating.

Under the extreme fire danger rating, no burning of any kind is permitted. All forms of open-air burning, regardless of existing permits, are prohibited, including fireworks.

A rating of extreme means a fire can easily start and rapidly spread.

The fire ban includes cooking fires and any coal, charcoal, wood, or woodchip-fueled barbecue devices.

Residents should keep on top of current announcements by the Fire Department.

The current fire rating will remain in effect until such time as it is deemed that conditions have changed enough that the rating may be lowered to high, moderate or low.

The extreme fire rating was reported on Aug. 8.

The fire rating will be updated again on Aug. 15.



Barrie resident wins \$100,000 from INSTANT CROSSWORD TRIPLER scratch ticket after 20 years of play

A Barrie man has 100,000 reasons to celebrate.

Ryan Stacey, 46, won the \$100,000 top prize with INSTANT CROSSWORD TRIPLER (Game #3307).

Stacey has been playing the lottery with OLG every other day for the past 20 years. He enjoys a variety of INSTANT games, including CROSSWORD, BINGO, PLINKO, and MONEY MACHINE.

Now, he's delighted to tell the story of his first big win!

"I played my ticket at home and was stunned when I discovered I'd won big," Stacey shared, while visiting the OLG Prize Centre in Toronto to collect his winnings. "I checked it maybe 100 times. I just couldn't believe I was holding this ticket in my hands!"

While he was shocked in the moment, Stacey said he managed to stay surprisingly calm.

"I kept the news close to the vest, only telling family and friends. They're all very happy for me," said Stacey.

He noted that his father is a loyal lottery



player with OLG as well.

"He's very proud of me," Stacey said with a smile.

With an eye on the future, he plans to save and invest his winnings wisely.

When asked what it feels like to win big, Stacey said, "It's incredible. It's definitely overwhelming, but in a very good way. I feel so fortunate and grateful to have won this prize."

INSTANT CROSSWORD TRIPLER is available for \$5 a play and the top prize is \$100,000. Odds of winning any prize are 1 in 3.76.

The winning ticket was purchased at Shell on Yonge Street in Barrie.



BIG WIN – Ryan Stacey, 46, recently won \$100,000 through the INSTANT CROSSWORD TRIPLER game. Having played the lottery regularly for the past 20 years, this is his first big win.

BRIAN LOCKHART PHOTO

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Alliston and Mulmur residents charged with trafficking cocaine

Officers from the Dufferin Detachment of the Ontario Provincial Police (OPP) executed search warrants at residences in Alliston and Fergus, as well as on two vehicles, one in Orangeville and one in Alliston.

During the operation, police seized a quantity of drugs, including cocaine, cash, cell phones, and a vehicle. Two individuals were arrested in connection with the investigation.

In the spring, Dufferin OPP launched a drug trafficking investigation targeting Orangeville and Shelburne, based on information received

by police.

On Aug. 6, members of the Dufferin OPP Community Street Crime Unit (CSCU), with assistance from the Collingwood CSCU, Nottawasaga CSCU, and Huronia West CSCU, executed several search warrants.

The operation led to the arrest of two individuals.

Cory Stoneham, 31, from Alliston, has been charged with:

- Traffick in Schedule I substance - Cocaine
- Possession of a Schedule I substance for

the purpose of Trafficking - Cocaine

- Possession of proceeds of property obtained by crime over \$5000 - in Canada

Sharle Milks, 57, from Mulmur, has been charged with:

- Traffick in Schedule I substance - Cocaine
- Possession of a Schedule I substance for the purpose of Trafficking - Cocaine
- Possession of proceeds of property obtained by crime over \$5000 - in Canada

The following items were seized during the investigation:

- 61 grams of cocaine
 - Large quantity of Canadian currency
 - Debt list
 - Three cell phones
 - Scales
 - Food mixers containing cocaine residue
- The investigation is ongoing. Anyone with information is urged to contact the Dufferin OPP.
- Information can also be anonymously reported to Crime Stoppers at 1-800-822-8477 (TIPS) or crimestoppersdm.com.

Nottawasaga OPP searching for two shoplifting after \$2,000 in alcohol stolen from LCBO

Nottawasaga Ontario Provincial Police (OPP) officers are currently investigating a shoplifting incident involving two suspects. They are requesting the public's assistance to identify the individuals involved.

On July 25, Nottawasaga OPP responded to a shoplift incident at an LCBO on Queen Street in Tottenham.

Video evidence obtained shows two males entering the store, before taking \$2,000 in alcohol with no attempt to pay.

A vehicle described as a 2010 Kia Forte with an Alberta plate CTP 8299 was observed fleeing the scene with the males entering the passenger side and back seat with the bags of merchandise.

The vehicle was last seen travelling south-bound on Highway 50 but was not located by police.

Suspect one is described as: Male, medium

build, 5'11", brown eyes, 25 to 30 years old, short black hair, short goatee, red and grey checkered shirt, khaki pants, and black and white Adidas flip-flops.

Suspect two is described as: Male, medium build, 5'11", brown eyes, 25 to 30 years old, short black hair, beard, black ball cap, black golf shirt, black pants and white running shoes.

Officers are looking to identify these individuals.

If you know these individuals, please call 1-888-310-1122 (Reference #E250990908).

You can also provide information anonymously by contacting Crime Stoppers to remain anonymous at 1-800-222-8477 (TIPS) or www.crimestoppersdm.com.

When you contact Crime Stoppers, you stay anonymous, and you never have to testify.



WANTED BY POLICE – Nottawasaga Ontario Provincial Police (OPP) officers are looking to identify these two suspects in connection with a shoplifting investigation in Tottenham. Anyone who recognizes these two individuals is asked to call Nottawasaga OPP at 1-888-310-1122 (Reference #E250990908). **CONTRIBUTED PHOTOS**

South Simcoe Police lay careless driving charge against Innisfil man after two pedestrians struck by vehicle

South Simcoe Police responded to a report of two pedestrians struck by a vehicle in the area of Lawson Street and Boyes Street in Innisfil on Aug. 1, at approximately 4:50 p.m.

The driver of the vehicle remained at the scene.

Police and emergency services arrived on scene, and the two individuals were subse-

quently transported to hospital with non-life-threatening injuries.

As a result of the investigation, the driver of the vehicle, a 48-year-old male from

Innisfil, was charged with Careless Driving – under s.130 (1) Highway Traffic Act (HTA).

The charge has not been proven in court.

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Carrying Place Golf & Country Club is currently seeking **Golf Operations staff** for the 2025 Fall Golf Season. Come and join this energetic team of passionate and dedicated staff while working outdoors. We're looking for employees to help us deliver a premier golf experience this fall season which could lend itself to full time employment next season! Please contact info@carryingplace.com for more information

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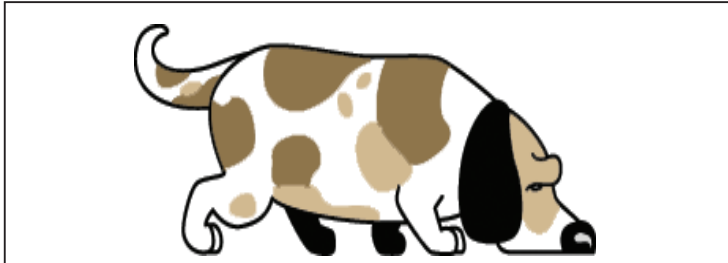
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708 OBITUARIES

Peter John Van Dyk

Peter passed away peacefully at Southlake Health in Newmarket on August 1, 2025 at the age of 86 years. He was the devoted husband of his beloved wife, Anne Van Dyk (Kenny). He was a loving father, “Pops”, to Peter Jr. (Pamela), and Joseph (Maria).

He was a wonderful grandpa to Victoria (Joost Van Dorp), Rebecca (Christopher Joksas), and Samantha (Ian Censner). Unfortunately Peter did not have the opportunity to meet his first great grandchild, Timothy Peter Van Dorp, who was born in April of this year.

He will be sadly missed by his siblings, of which he was the eldest: the late John (Mary), the late Johanna (Marinus Van Bakel), Elizabeth (the late Reagh Mann), Maria (the late Dieter Wiedeman), Narda, Lena (Henry Sterling), Len (the late Dottie), and Annie (Andrew Magee). Fondly remembered by his brother-in-law Peter Kenny (Bev), and his sisters-in-law, Christena (the late Bill Jonkman), and Marie (the late Terry Charlton). He will be missed by his cat, Goldie, who he simply referred to as “The Cat!”

Peter will forever be in the hearts of his many relatives, especially throughout the Netherlands. He will be greatly missed by his many friends (The “Boys Breakfast Club” has lost a very committed member.)

Peter was born to Leonard and Maria (van de Gevel) in Zandoerle, the Netherlands, in 1939. The family then moved to the island of St. Eustatius in May of 1949. They arrived in Toronto, Canada, in July of 1952. Peter was very proud of his Dutch and Canadian heritage.

Peter and Anne settled in Schomberg where they raised their two sons. He had a fulfilling career in the sewer and water main sector. After their retirement, Peter and Anne enjoyed travelling. They were fortunate through the years to experience many wonderful places. Peter was always in favour of travelling within Canada and the Netherlands.

He was well known for his antique automobiles, his support of historical organizations, and local charities.

We would like to sincerely thank all of the staff, nurses, doctors, and PSWs at Southlake Health in Newmarket. Thank you Father Eric Mah for the times you were there to bestow your blessings to Peter over these many weeks.

Mass of Christian Burial will be held at St. James Church, Colgan, 2118 Adjala Tecumseth Townline, on Thursday August 14, 2025 at 11:00 a.m. Interment will take place in St. James Cemetery, Colgan. Reception will follow in the Cliffside Hall at Rod Abrams Funeral Home, 1666 Tottenham Road in Tottenham. 905-936-3477. Please consider donations to Sick Kids or St. Vincent de Paul, in Peter's memory.

Memories and condolences may be left for the family at www.RodAbramsFuneralHome.com.

708 OBITUARIES

Andrew: Linda Jean “Jeannie”

Passed away peacefully, surrounded by the love of her family at her home in Schomberg on August 4, 2025. Jeannie Andrew (née: Stanley) at the age of 78 years, beloved wife of Mike Duggan. Devoted mother of Kit Andrew (Nichole Curtis) and Gaby Andrew (Jen) and daughter-in-law Anna Lester. Cherished stepmother of Carrie Pais (Joe), and Mikey Duggan (Tammy). Loving Granny of Samantha Byng, Morgan Byng, Baxter Andrew, Max Andrew, Grady Duggan, Tyler Duggan, Lucas Andrew, Michaela Duggan, Mason Andrew, Andrew Frasco, Jonathan Frasco, Devon Frasco, and Nicholas Frasco. Forever remembered in the hearts of her extended family and many friends. Cremation has taken place and a private family service will be held, with interment at St. Patrick's Cemetery Schomberg at a later date. Arrangements entrusted to Rod Abrams Funeral Home. Condolences and memories may be shared with the family at www.RodAbramsFuneralHome.com

Sherrer: Elaine Carol (née: Brett)

Suddenly, on Thursday, July 31st, 2025. Elaine Sherrer, at the age of 79. Reunited in heaven with her beloved husband John. Loving mother of Geoffrey (Bettyanne), Gordon (Sylvie), and William (Kathy). Cherished grandmother to Rebecca, Kelly, Sophie, Sara, Jean, Nicholas, James, and Christopher. Fondly remembered by her many brothers, sisters, nieces and nephews.

An invitational family Mass of Christian Burial was held in St. James Church, Colgan on Monday, August 11th, 2025 at 11:00am followed by interment in St. James Cemetery, Colgan. Donations in Elaine's memory to the Humane Society or animal shelter of your choice would be appreciated by the family. Arrangements entrusted to Rod Abrams Funeral Home, Tottenham, 905-936-3477.

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Continued from Page 4

Brock's Banter: If you don't laugh, you'll cry

Given the ongoing disputes between our countries, it simply didn't feel right, no matter who was involved, to make the trek this year and unnecessarily pump revenue into an economy that is currently battling wits with our own. The friends we've made there along the way understood this perspective and there was disappointment all around, but such are the circumstances we're living in.

When I made the decision not to attend earlier this year, other circumstances were a bit different. In the intervening weeks and months, my family has found itself in a particularly stressful situation as a close family member has found themselves quite literally in the fight for their life. As our family navigates these challenging waters together, laughter has found renewed resonance in this household – hey, if you don't laugh, you cry – and my perspective shifted slightly.

In desperate need for a mental break, however brief, we struck a compromise and decided to do an overnight there on Friday, rather than the traditional five-day affair. Sealing the deal was the ability to attend a tribute to writer Bob Carroll, Jr., who is at least partially responsible for some of the biggest laughs in my life.

No matter how stress-relieving a gut-

busting laugh is, however, I have to say the laugh mechanism had its work cut out for it over those 24-or-so-hours.

In addition to the stress of the border crossing and not knowing just what to expect (full disclosure: our crossing was smooth sailing, but it appeared the same could not be said for the vehicle in front of us), there was the fraught nature of comedy in the country to the south.

The Lucille Ball Comedy Festival came hot on the heels of Paramount's decision to axe the top-rated Late Night with Stephen Colbert for apparent political reasons, and while there were laughs aplenty at the Festival, it was a somewhat different experience.

Observational humour was the order of the day, for the most part, but when anything – and I do mean ANYTHING – political came out of the mouths of the assembled stand-ups, there was a new phenomenon: quite literally feeling the oxygen, such an important benefit of laughter, get sucked clear out of the room, whether the target of the joke was a Republican or Democrat.

Was it a matter of people simply sick of the political bombardment, or a matter of waiting for the next shoe to drop and brace for abuse from the audience, depending on their allegiance?

My sense was it was the latter and, for the comedians on stage, it was certainly a difficult tight-rope act.

While I returned after the brief visit feeling like my batteries were somewhat re-charged after reconnecting with friends and having my laughter mechanism thoroughly worked out, I couldn't help but feel more relaxed getting

home, the vague sense of tension in the air down south now behind me.

While I don't foresee going back there any time soon given our current situation, at least sources of laughter can be found all around us, if you know where to look – and that's nothing to sneeze at. Seek them out – it will do all of us a world of good.



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PARTY PACKS

Pub Party Pack 32 PIECES 576 g

Asian Party Pack 38-46 PIECES
632 g

Korean Appetizer Party Pack 21 PIECES
462 g

Indian Party Pack 32 PIECES 740 g

SAVE \$3

14⁹⁹ each

NEW!
LIMITED TIME ONLY

Sauce included

FEAST ON THIS

14⁹⁹ each

Boneless Rib Style Pork Cutlettes 6 PIECES 680 g

Herb and Garlic Shrimp Skewers 4 SKEWERS 365 g

Supreme Scalloped Potatoes 907 g

SAVE \$5

SAVE \$3 each

Montreal Smoked Meat 2 POUCHES x 200 g

Jumbo Coconut Shrimp 16-19 SHRIMP 340 g

SAVE \$2

Portuguese Style Custard Tarts 6 PIECES 450 g

Mini Chocolate Mousse Cakes 6 PIECES 300 g

Mini Apple Crisp Cheesecakes 6 PIECES 360 g

Mini Chocolate Peanut Butter Cakes 6 PIECES 300 g

Mini Filled Donuts 8 PIECES 184 g

100% CANADIAN DAIRY

SAVE \$3

SAVE \$3 each

Quiche 170 g

Classic French Style

Beef and Mushroom

Creamy Chicken

Pot Pies 225 g - 250 g

SALE

4⁹⁹ each

Three Cheese

Florentine

To view the full flyer, scan the QR code or go to mmfoodmarket.com

PROUD CANADIAN COMPANY

ALL PRICES IN EFFECT THURSDAY, AUGUST 14 TO WEDNESDAY, AUGUST 20, 2025 UNLESS OTHERWISE STATED.

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