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Full Steam Ahead!

The annual Georgian Bay Steam Show took place on the association's property near Cookstown from July 31 to Aug. 3. Visitors were treated to the sounds and smells of many machines, many over 100 years old, that took part in the show. There was also entertainment, exhibitions, food, and the popular tractor pull. The show is held every year on the Civic Holiday weekend. See more photos on Page 8.

BRIAN LOCKHART PHOTO

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New Tecumseth plans slight increase in recreation user fees

BY BRIAN LOCKHART

The Town of New Tecumseth is planning a slight increase for most user fees for recreational facilities.

This increase in fees is part of the town’s annual budget that accounts for inflationary increases.

New fees are expected to be in place as of Jan. 1 of each year, and will give community groups and users advanced notice of fee changes so they can plan accordingly.

Town of New Tecumseth staff reviewed user fees for their respective departments and recommended adjustments.

The information was provided to New

Tecumseth council on July 27.

A new fee structure will apply to training sessions, arenas, and the New Tecumseth Recreation Centre Field House.

Parks & outdoor spaces (Ball and playing fields)

- Ball diamond (adult): The adult hourly rate is proposed to be frozen at the 2026 rate of \$19.64 to allow the minor rate to be adjusted to reflect the targeted 20 per cent discount relative to the adult hourly rate.

- Ball diamond (minor): The hourly rate will be adjusted from \$14.88 to \$ 15.70, aligning with the intended 20 per cent discount relative to the adult hourly rate.

Parks & outdoor spaces (Tournament fees)

- Adult: There will be a per diamond/field/disc golf per day rate, proposed to be frozen at the 2026 rate of \$115.45, to allow the minor rate to be adjusted to reflect the targeted 20 per cent discount relative to the adult hourly rate.

- Minor: There will be a per diamond/field/disc golf per day rate of \$84.51 to \$92.35, aligning with the intended 20 per cent discount relative to the adult rate.

Outdoor Facility / Spaces

- Haly day concession booth outdoors (Alliston, Beeton, Tottenham): There will be an addition of a new fee to establish this rental category.

Scheduled ice

- Standard non-prime weekday (Monday to Friday, 8 a.m. to 5 p.m.): The rate will be adjusted from \$200.79 to \$209.50 to align Standard Non-Prime Weekday with Minor/Not for Profit with summer ice.

- Minor/Not for Profit: This rate is being adjusted from \$207.00 to \$209.50 to align the Standard Non-Prime Weekday with Minor/Not for Profit with summer ice.

Miscellaneous Fees

- Program support (new fee): New community outreach program delivery service is anticipated to result in additional revenues of \$732.00.

Abilities in Motion to host its annual Regatta later this month at Earl Rowe Provincial Park

BY BRIAN LOCKHART

Abilities in Motion will be hosting its annual regatta, bringing people together to enjoy time on the water at Earl Rowe Provincial Park.

The two-day event will start on Friday, Aug. 21, with group members enjoying some games and time on the water in a canoe or kayak.

The public is invited to attend on Saturday, Aug 22, and visit the group’s boathouse and see what Abilities in Motion is all about.

Abilities in Motion provides opportunities for those with mental or physical challenges to learn about canoeing and kayaking. Working with instructors, people learn about canoeing and kayaking while doing it at their own pace.

Instructors help participants develop kayaking skills at a level and pace that are comfortable for the paddlers.

Many members are also part of organiza-

tional groups such as CLASS from Alliston and Bradford, Empower Simcoe, Brampton Caledon Living, and Camphill Communities.

Inviting the public raises awareness among local residents about the programs Abilities in Motion offers.

Along with water paddling, there are some games, a barbecue, and other land-based activities.

Every year, a special part of the regatta is when the ‘big canoe’ is brought out. At 26 feet long, it really is a big canoe that can seat up to 10 paddlers.

People enjoy getting on board and paddling through the channels and open water at the park.

You don’t need an invitation to come out on Saturday.

Anyone interested in attending can just show up and see what is going on, and maybe take a ride in a canoe or kayak.



ANNUAL PADDLE – Abilities in Motion will be hosting its annual regatta at Earl Rowe Provincial Park. The public is invited to come out and learn about their paddling programs. The big canoe is a 26-foot-long canoe that seats several people and is very popular at the regatta each year.

FILE PHOTO



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LONG WEEKEND SOUNDS
– The Sunday Night Concert Series at Riverdale Park in Alliston was cancelled due to rain on Sunday, but the holiday long weekend provided an extra day to put on a concert and the series moved to Monday, Aug. 3. Word got out that the concert would take place a good sized crowd turned out for the show. Singer Olivia Dempsey performs as part of the show.

BRIAN LOCKHART PHOTO



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Council receives follow-up report on Canada North Vehicles

BY BRIAN LOCKHART

Earlier this year, the Simcoe County Auto Mayors appealed to the federal government for practical policy changes that support local manufacturing, protect jobs, and strengthen Canada's long-term competitiveness.

The mayors all lead municipalities with a direct or indirect connection to the automobile industry.

On Thursday, May 22, the Town of New Tecumseth, in collaboration with the Simcoe Auto Mayors, launched the Canada North Vehicles Initiative.

Town of New Tecumseth council received a report on the Canada North Vehicles Initiative at the July 27 council meeting.

This report included information on costs, allocated resources, and measurable outcomes to help assess the initiative's progress and early impact.

The report was submitted by Jasmine Danial, manager of growth, innovation and economic development.

The total direct cost to date for the initiative is \$3,782.07, which includes costs for the ceremonial signing event, catering, booklets, stickers, and other ad hoc items. These activi-

ties and materials are accommodated within the approved economic development operating budget.

The purpose of the initiative is to strengthen the Town of New Tecumseth's reputation with industry partners, support the local automotive sector, and position the Town as a nationally recognized leader in supporting the automotive sector.

The automotive sector is a foundational industry in the Town of New Tecumseth and across Simcoe County, supported by more than 40 years of investment, employment, and supply chain activity connected to major man-

ufacturers, including Honda Canada Manufacturing.

Early outcomes of the initiative include a formal council endorsement, regional collaboration through the Simcoe County Auto Mayors, distribution of the resolution to municipal and government partners, and federal acknowledgement of the town's advocacy.

Communication related to the Canada North Vehicles Initiative has focused on building awareness of the town's leadership role, sharing the initiative with government and municipal partners, and supporting broader advocacy for Canada's automotive sector.

Innisfil Community Foundation supports hospital foundation with \$10,000 cheque

BY BRIAN LOCKHART

The Stevenson Memorial Hospital Foundation has announced it has received a \$10,000 grant from the Innisfil Community Foundation in support of new Automated External Defibrillators at Stevenson Memorial Hospital (SMH).

The funding will help replace aging defibrillators used throughout the hospital, including the Emergency Department, Surgical Services, and crash carts, as well as during patient transfers to larger centres for specialized care.

AEDs are critical life-saving devices that analyze a patient's heart rhythm and deliver

an electrical shock when needed to restore a normal heartbeat during sudden cardiac arrest.

"Support from community partners like the Innisfil Community Foundation ensures our healthcare teams have access to the equipment they need to respond quickly in life-threatening emergencies," said SMH Foundation President Dr. Ted Vandevs, who also serves as the organization's CEO.

"This investment will help enhance patient care today while supporting the future of healthcare in our growing communities."

The Innisfil Community Foundation is dedicated to strengthening the common good by investing in organizations that improve quality

of life and create lasting community impact. Its support of Stevenson Memorial Hospital reflects a shared commitment to ensuring residents have access to high-quality healthcare close to home.

"Supporting healthcare in our communities continues to be a priority for the Innisfil Community Foundation," said Sandra Rizzardo, Board Chair of the Innisfil Community Foundation. "We are pleased to continue supporting the Stevenson Memorial Hospital Foundation and the important care being provided for our community residents close to home."

Through The Morningview Foundation's Every Dollar Counts \$4 million matching gift initiative, the Innisfil Community Foundation's donation will be matched dollar-for-dollar, doubling its impact to \$20,000 in support of Stevenson Memorial Hospital's ongoing needs and redevelopment.

"The need for reliable, modern medical equipment continues to grow as our community grows," said Fayaaz Kala, SMHF Board

Chair. "We are incredibly grateful to the Innisfil Community Foundation for recognizing this need and helping ensure the clinical teams have the tools they need to provide exceptional care when every second counts."

Community support continues to play a vital role in enhancing patient care at Stevenson Memorial Hospital. Donations like this help ensure patients and families across South Simcoe have access to the life-saving equipment they need, close to home.



NEW EQUIPMENT – The Stevenson Memorial Hospital Foundation receives a \$10,000 cheque from the Innisfil Community Foundation on Friday, July 24. The funds will be used to purchase new Automated External Defibrillators for the hospital. **CONTRIBUTED PHOTO**



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How hot is it?

Predicting the weather has become a very accurate process over the past 20 or so years – maybe longer.

Thanks to Doppler radar, satellites, and whatever else meteorologists use to follow weather patterns, they can predict the weather by the hour.

It used to be that people would curse the weatherman whenever it rained on a church or company picnic day, even though it was predicted to be sunny with clear skies.

I use a weather app all the time to make plans. The predictions are accurate over several days.

If I am going to a baseball game but it is raining, I will check the weather app to see if the skies are going to clear up by game time.

Almost always, I can count on that information to be accurate.

Thanks weather people, you're doing a great job.

However, there's one thing I don't understand.

The radio stations all seem to deliver weather reports the same way: "It's going to be sunny and 25 degrees, but it will feel like 31." Or "It's going to be zero, but will feel like -5."

I'm not sure what that is supposed to mean.

If it's 25 degrees, why would it feel like 31? Isn't what you are feeling at

that temperature what 25 degrees actually feels like?

That's like saying you're doing 50 kilometres per hour in your car, but you feel like you're doing 70.

That's just an observation about something that is odd.

There are a lot of odd things in life.

If you drive a car, you've likely experienced some kind of 'radio vision' problem.

This occurs when you are driving happily down the road listening to the Beach Boys, Taylor Swift, or a rocking version of Nearer My God to Thee by the Lawrence Welk Orchestra.

You see something unusual ahead and start to slow down, or you need to parallel park on a reasonably busy street.

What should you do? Turn down the radio, of course.

The radio has absolutely no connection to what you see; however, for some reason, we all turn the radio down to clarify what we see on the road ahead, or to make sure we see the other cars when backing into that parking spot.

Maybe we fear that Celine Dion singing My Heart Will Go On will cause sudden double vision or a loss of concentration.

Do you usually start buying new

clothes as summer approaches because you simply can't wear a button-down long-sleeve shirt in July? You're not alone.

However, later you find that only two or three of those new T-shirts feel right and look good on you. The entire summer, you wear those same shirts while the others hang in the closet.

Wear a shirt – wash – repeat – until the fall arrives.

"How much do you drink?" That's a common question a doctor will ask a patient when assessing a medical condition or history.

Apparently, that's also the question no one ever answers honestly. People will never admit to drinking as much as they do.

I can understand that. No one wants to admit they knock back a Mickey of vodka every morning – especially to the person in front of you taking down notes.

However, your doctor is there to help you, not judge you.

It's the same when someone is pulled over by the police and asked how much they have had to drink that evening.

The answer is always, 'only a couple of beers,' which sounds better than, 'six beers, two shots of rye, and I drank a shot of tequila out of some

strange girl's belly button during happy hour,' before you got in your car and assaulted the public streets with your impaired driving ability.

How many times have you clicked 'I agree' when reading the terms and conditions on a web page without reading them? Everyone does this.

But reading the fine print could actually be a big deal.

There's a famous story of a guy in Russia who did read the fine print of a notice his bank sent him about his credit card.

He didn't like it at all.

He rewrote the fine print in his favour and sent it back to the bank.

No one at the bank read the revised fine print, so they signed it and entered into a contract with him.

It turns out that, under the new agreement, the bank would owe him money!

The bank took the case to court. The judge ruled that the contract was valid and told the bank they should have read the fine print.

Score one for the little guy.

Time to go outside, drink a six-pack in my favourite T-shirt, and soak in the 25-degree heat, which apparently feels like 50!

BRIAN LOCKHART
FROM THE SECOND ROW



Laugh early and often

It was hard to settle into my seat after a particularly active, hectic day – and one that had a bit of excitement in the air – but from the sound of the first flaming arrow leaving its bow with a swoosh and a thwack, I sat transfixed.

It was an active and heavy day, sure, but not for any special reason. The excitement, however, was a bit of a different story.

I can't remember which day of the week it was, but it was a pretty typical one during this particular chapter of my life. It was a time of significant upheaval and challenges from a very personal standpoint. Mornings were sometimes more difficult than the rest of the day as the flurry of activity getting ready for whatever the day had in store, could exacerbate existing tensions, sometimes leading to some verbal sparring that nobody really enjoyed, a few tears here and there, depending on the circumstances – hardly the best way to start the day.

And certainly not the way to start it if you like your mornings to set the tone for the rest of what follows before bed.

But, such was the case when I was about seven-years-old.

School was out for the summer and my daytime hours were spent at day camps as my parents worked during the day and the idea of overnight camp didn't appeal to me in the slightest at the time.

It was a summer where my family was still adjusting to divorce and navigating all the choppy waters that roll in with that was, of course, sometimes difficult for a youngster, particularly when emotions were running high at home.

More than once I arrived to start the day at camp my eyes red from tears. The precise details of what made me upset on that particular day are now lost to me, so they mustn't have been too consequential in the grand scheme of things, but they had their impact – so much so that two of the counsellors involved in

the camp took me under their wing.

They went out of their way to comfort me on those challenging moments, helping me settle into the prescribed routine of the camp, and, after more than a few challenging days, they took it upon themselves to go above and beyond their counsellor duties and invited me to join them at the movies one night.

As a seven-year-old, the prospect of a movie outing "with the grownups" made me feel great and to say I was excited for the evening veers dangerously close to understatement. But, once we got to a long-since-gone Newmarket movie theatre to see Mel Brooks' then-new comedy Robin Hood: Men in Tights back in 1993, it became a complete experience.

Looking back, it might not seem like the most ground-breaking of films to have such a profound and lasting impact – after all, a spoof of all the previous cinematic depictions of Robin Hood, including Kevin Costner's Robin Hood: Prince

of Thieves, which was all the rage at that point – but, in the right circumstances, it's just as easy to appreciate a doodle from someone you love as it is a Rembrandt.

These were just such circumstances.

From the first thwack of the arrow to the last rap laid down by the film's chorus, it was cinematic love at first sight. I couldn't remember the last time I'd laughed so hard at a movie and, truth be told, it still makes me laugh just as uproariously today. More important, however, was its ability to transport me away, at least for a little while, away from what was on my mind at the time and, afterwards, I felt recharged, renewed, and better equipped to process all that was going on.

Continued on Page 9

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Russia: Home of the Potemkin Nuclear Weapons?

There's a lot of performative militarism in Russia at the moment, which is unsurprising given that the Russian invasion of Ukraine is still stalled halfway through the fifth year of the war. The style is more Mussolini than Hitler, however, and the effect is more tacky than terrifying.

For example, pro-war comedian Mikhail Galustyan recently pitched his idea for a reality TV show called 'Battle of the Drones' to President Vladimir Putin at the 'Everything for Victory!' forum in Moscow. School kids, veterans and celebrities would play at being drone pilots in the show, presumably killing fake Ukrainians.

"This is an opportunity to explore the topic and make it understandable, engaging and popular," said Galustyan, and Putin approved it on the spot. "Good luck," he said. "Propaganda is an extremely useful thing." In the country where the first Potemkin Village was built, it feels like a perfectly comfortable conversation.

The original Potemkin villages, according to legend, were built by Russian statesman Grigoriy Potemkin

to influence his former lover, Empress Catherine the Great. She was visiting newly conquered Crimea, and he had entire villages – or rather, wood and plaster facades of whole villages – built along a Crimean river to impress her.

Each night, say some versions of the legend, the fake villages were dismantled and moved downstream to impress the empress again the following day. Potemkin probably just had some houses painted and repaired to fool Catherine, but it grew into legend because it resonated with something deep in the historical experience of the Russians.

Which brings us, naturally enough, to the topic of Russia's nuclear weapons, and to the fact that Putin warns the rest of the world several times a year that he has them and that, in certain circumstances, he would be willing to use them even in a first strike.

Which circumstances? He doesn't say, but the context suggests he is warning everybody that he might go crazy and go nuclear if the Russian front in Ukraine collapses and the Ukrainian army starts to retake the

occupied parts of Ukraine. It's the old 'madman strategy' revisited, but none the worse for wear.

On the other hand, Putin may have a problem we are not aware of: the dependability of Russian nuclear weapons. It's now thirty-five years since the collapse of the old Soviet Union, and standards of maintenance in most areas are far below what they were in the old days.

Nuclear weapons take a lot of maintenance, and Russia faces a particular problem in this regard: the culture in the military, where for many years officers have been stealing and selling everything that isn't nailed down.

We have seen that at work even in the midst of the war against Ukraine, and some

of the most commercially valuable technology is in the warheads of Russian nuclear weapons. Tritium, for example, needs to be replenished in H-bombs every few years, it's untraceable, and it costs \$30,000 a gram. The officer who controls that contract may have a very grand dacha.

This does not mean that Moscow could not wage an all-out nuclear war (for a day or so, before everything is destroyed). At least a significant proportion of its 1,800 strategic nuclear warheads would make it off the ground, and quite a lot of them would explode over some target (if not necessarily the one they were intended for).

However, that's not a war anybody in a responsible position intends to fight. The unreliability of these rockets and warheads, up to half of them over 30 years old, becomes a much bigger issue when you are using only one 'tactical' warhead, to 'send a message'. Imagine how embarrassing it would be if you launched your Doomsday bomb and it didn't work.

The reality is that 'every strategic nuclear force' is a kind of Potemkin village. It is not really suitable for its original role (winning a war), but it's quite useful for deterring other countries and also for making even the most rabidly radical governments act more responsibly.

There was great anxiety when the Soviet Union tested its first atomic bomb in 1949, but nobody got hurt. Even more anxiety when China got its first bomb; no foreign war since Vietnam in 1979. Israel, check. South Africa, check: they even walked away from their bombs. India and Pakistan, check. North Korea, check.

Going to war to stop a country from getting the bomb is so obviously stupid and counter-productive that one automatically assumes that it is only a pretext for war, not the real reason. Like the US-Israeli attack on Iran, for example.

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Puzzle No. 268110 • Solution in Classifieds

CLUES ACROSS

- 1. Bleated
- 6. Snakelike fish
- 9. Database management system
- 13. Social evolution anthropologist Service
- 14. American rocker Grohl
- 15. Greek personification of compassion
- 16. Negatives
- 17. Rescued
- 18. Self-immolation by fire ritual
- 19. Assigns tasks
- 21. Popular type of cigar
- 22. Discounts
- 23. The whole quantity
- 24. New York Giants legend
- 25. Indicates before
- 28. Lentils
- 29. Extremely angry
- 31. Body part
- 33. "North Star State"
- 36. David __, US playwright
- 38. Lower and raise one's head
- 39. Private rendezvous
- 41. In a way, improved
- 44. A place to play
- 45. Astronomical period of 18 years
- 46. Automobile
- 48. Something you can take
- 49. A radio band
- 51. Jaws of a voracious animal
- 52. Short-billed rails
- 54. Chinese province
- 56. Shameless
- 60. Horizontal passage from the surface into a mine
- 61. Indian respectful titles
- 62. Fail to entertain
- 63. Dried-up
- 64. Central Utah city
- 65. Southern U.S.
- 66. German river
- 67. Necessary for breathing
- 68. Put into play
- 29. An act of undue intimacy
- 30. Words from which later words are derived
- 32. 10 meters
- 34. Neither
- 35. Fungal sacs
- 37. The law of God revealed to Moses
- 40. A woolen cap of Scottish origin
- 42. A promise
- 43. Challenges
- 47. British Air Aces
- 49. Large bank
- 50. Served as an omen
- 52. Cavalry sword
- 53. Vaccine developer
- 55. Belgian WW2 resistance leader Jules
- 56. Italian Seaport
- 57. Hip joint
- 58. __ Clapton, musician
- 59. Insect repellent
- 61. Constrictor snake
- 65 "The First State" (abbr.)

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

COMMUNITY VOICE

August is prime time for accessing seasonal produce at farmer’s markets

How often have you thrown out produce you bought only a few days ago? One of the best ways to avoid that waste is to shop at a local farmers’ market.

It’s August and prime harvest time. Take advantage of the abundance and variety of vegetables and fruits sold at the markets.

Food from area farms is fresh, meaning it tastes better and lasts longer. Supermarket food is often picked prematurely, sprayed with chemicals to maintain freshness, travels long distances and has long storage times. Buying at a local Farmer’s Market gives us access to nutrient-dense, peak-ripeness produce, thereby increasing our intake of vitamins and antioxidants.

When we shop local, we keep farmers farming. Every purchase supports farm families, helping them continue to grow food, care for the land and contribute to our local economy.

Markets act as retail hubs for small-scale producers who can’t meet supermarket minimums, keeping profits directly in the hands of farmers.

Farmgate sales are also a great way to source local food. Many farms sell their products at the end of their laneway or from their home. Many operate on an honour system, so please be kind.

Farmer markets provide significant cli-

mate benefits. Food typically travels less than 40 kilometres to reach a local market, significantly reducing transportation emissions compared to standard supermarket foods, which can travel thousands of kilometres.

Local farms encourage regenerative agricultural practices like cover cropping and minimal tillage. These sustainable practices sequester carbon, reduce soil erosion and improve soil health.

Tired of fighting with a plastic-wrapped cucumber? Local vendors reduce waste by using less plastic, often opting for biode-

gradable packaging. Better yet, bring along your reusable cloth bag for loose produce.

Buying at a farmer’s market encourages seasonal eating, reducing the need for energy-intensive hothouses and refrigerated, long-haul shipping.

While we all like strawberries year-round, they are best enjoyed locally at the peak of the summer season. They offer superior nutrition and better taste and texture than the flavourless berries that have travelled long distances and are packaged in plastic.

Aligning our diets with nature’s harvests can also substantially lower our grocery

bills, as produce is often abundant and cheaper when in season.

How often do you get face-to-face with the person who grows your food? Markets are a great chance to ask questions about how the food is grown. Farmers are passionate about growing delicious, healthy food and will happily talk your ear off about how they grow the juiciest tomatoes. Markets are also an opportunity to discuss issues such as genetically modified foods and fair pricing for agricultural products.

Simcoe County is home to many farmers’ markets. Tottenham, Creemore, Innisfil and Bradford all offer a small-town welcoming experience. The Barrie Farmer’s Market runs year-round.

Farmers’ markets are not only environmentally friendly but also support local economies and farm families. And best of all, they offer high-quality food that just tastes great! Pack your reusable bags and check out a market near you over the coming weeks. Feel the love. August is prime time.

This week’s Community Voice article was written by Louise Montague of Greys for Green in New Tecumseth. She is interested in helping others learn how to make sustainable living the norm. Contact Greys For Green to learn more at contactus@greysforgreen.org.



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Rotary Club of New Tecumseth kicks off its Catch the Ace progressive lottery

BY BRIAN LOCKHART

The Rotary Club of New Tecumseth's Catch the Ace draw is underway, with the first one held at the Alliston Legion on Thursday, July 30.

Some lucky winners will take home some big dollars – especially if the progressive pot starts to grow.

Tickets are only \$5 each.

Every ticket you buy enters you in the weekly draw. The weekly winner will take home 20 per cent of the weekly ticket sales.

When you buy a ticket, you will also be able to choose a numbered envelope. On draw day, the weekly winner's envelope will be opened. If it contains the Ace of Spades, that winner also wins the progressive jackpot.

If any other card is found, that card is removed, and the money is placed into the progressive jackpot.

Several other Rotary Clubs in Ontario had a progressive jackpot climb into the six digits, so it's no telling how big the one will get in New Tecumseth.

The draw is the Rotary Club's way of raising funds for Matthews House Hospice and the Stevenson Memorial Hospital Foundation, so you know your ticket will support a local good cause.

The Catch the Ace draws are sponsored by The Printing House, Trillium Ford, Nu-Tek Electric, Mill St. Family Dental, Meadowood Tree Service, and Mercer Transport.

You can learn more and buy tickets online at: newtecrotary.ca

ARE YOU READY? – The Rotary Club of New Tecumseth kicked off its Catch the Ace draw with the first draw being held at the Alliston Legion on Thursday, July 30. There is a draw every week with a weekly winner. At each draw, an envelope numbered by the winner is opened. If there is an ace in the envelope, they win the carryover prize. If there is no ace, the funds are added to a progressive jackpot. With the progressive pot, the amount someone can win grows each week. Rotary Club President Scott Ridgway and Rotary Fundraising Chair John McFarland get ready for the first draw of the contest.

BRIAN LOCKHART PHOTO



Town remembers former chief financial officer

BY BRIAN LOCKHART

The Town of New Tecumseth has honoured a former Town Treasurer and Chief Financial Officer, as well as a lifelong Alliston resident by naming a boardroom at the Administration Centre after him.

The J.J. Paul Whiteside Executive Boardroom was unveiled on Monday, July 27, to recognize his lasting impact as a dedicated community leader whose contributions helped shape New Tecumseth.

Mr. Whiteside also served as a Town Coun-

cillor and was a board member of various committees and groups. He passed away in March of 2025, and the Town's flags were lowered in his honour.

Members of Town Council were joined by members of Mr. Whiteside's family and former councillors who worked alongside him to cut the ribbon and officially name the boardroom.

The J.J. Paul Whiteside Executive Boardroom means his name will have a permanent place within the Town Hall, ensuring his commitment to the community will continue to inspire future generations.



PAYING RESPECT – Members of Town of New Tecumseth Council, friends and family gathered for the official naming of the J.J. Paul Whiteside Executive Boardroom at the New Tecumseth Administration building on Monday, July 27. A lifelong Alliston resident, Mr. Whiteside was a former Town Councillor, Treasurer, Chief Financial Officer, and a board member of various committees and groups.

CONTRIBUTED PHOTO

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Arts & Local Events



STEAM SHOW RETURNS – Crowds stepped back in time during the annual Georgian Bay Steam Show, held July 31 to Aug. 3 near Cookstown. The Civic Holiday weekend event featured working steam-powered and vintage machinery, much of it more than a century old, along with live entertainment, exhibits, food vendors and the always-popular tractor pull.

BRIAN LOCKHART PHOTOS



Tiffin Nature School offers one more month of summer fun for young children

BY BRIAN LOCKHART

The Tiffin Nature School is offering another outdoor session in August for children ages 2.5 to six to explore and connect with the natural world.

The school nurtures children's natural curiosity, offering immersive outdoor experiences that inspire discovery and growth.

This program offers a diverse range of activities tailored to inspire, educate, and challenge different age groups.

Designed to resonate with families seeking to enrich their child's learning, the program serves as an ideal complement for home-schoolers or as an enrichment option for those attending traditional schools. The curriculum is linked to educational standards and deeply rooted in nature-based exploration.

By integrating academic content with outdoor activities, the program provides a holistic educational experience that goes beyond the classroom. Children learn new skills, build confidence, and develop a sense of accom-

plishment.

The program provides a supportive and immersive space where early learners can explore the natural world at their own pace and develop skills assessing risks, solving challenges, and navigating the environment with resilience and optimism.

Each morning, the instructors and children gather at the cabin in the woods for outdoor play and discovery. From there, they use a map of the surrounding forests, trails, and ponds to decide on a morning adventure.

This is a great opportunity for children to be engaged and learn outside of the house once a week during the summer.

A guardian must accompany children under three years old.

The sessions are held on Tuesdays, with the next ones taking place on Aug. 11, 18, and 25.

There are half-day programs – 9:30 a.m. to 12:30 p.m. – and full-day programs – 9:30 a.m. to 3:30 p.m., available.

You can learn more and register for Tiffin Nature School online: nvca.on.ca

CMHA, Oak Valley Health expand services for treatment-resistant depression

BY BROCK WEIR

Depression can often be treated through psychotherapy and medication, but for those living with treatment-resistant depression, finding relief can be just out of reach.

New opportunities to get effective treatment close to home are now possible through a new partnership between the Canadian Mental Health Association of York Region and South Simcoe and Oak Valley Health, with a financial assist from the Provincial Government, to expand access to repetitive transcranial magnetic stimulation (rTMS).

rTMS is a non-surgical treatment and no anesthesia is required. The treatment involves a small magnetic coil placed on the head that delivers targeted magnetic pulses to areas of the brain involved in mood regulation. One course of treatment is typically 30 sessions at five days a week for six weeks.

The publicly funded rTMS program is available through Ontario's Neurostimulation Procedures Provincial Program, supported by an Ontario Government investment of \$5.4 million to expand access to treatment for adults with treatment-resistant depression across Ontario. Approximately \$321,585 has been allocated to support service delivery at CMHA York Region South Simcoe in collaboration with Oak Valley Health. Ontario Health is leading implementation of the program through its Mental Health and Addictions Centre of Excellence.

"Partnering with Oak Valley Health to launch

our first rTMS delivery site marks a transformative milestone for mental health care in our region and province," said Andrew Chung, Chief Executive Officer of CMHA York Region South Simcoe. "By integrating this advanced treatment into the provincial program, we are directly breaking down barriers to specialized care. This collaboration embodies our commitment to building a high-quality and accessible mental health system that meets people exactly when and where they need it most, at no cost."

Ashley Hogue, Senior Director of Provincial Initiatives for the CMHA-YRSS, says the contribution from Queen's Park is part of the government's plan to "build out a pathway for treating people who are struggling with depression and anxiety" in Ontario by creating a "stepped care path" with a variety of evidence-based services available "that are the gold standards in helping alleviate people's symptoms related to anxiety and depression."

"rTMS is... an important component of a more broad investment in helping people manage anxiety and depression," she says. "This is really that next step in supporting people where medication and psychotherapy just isn't working for them."

When it comes to medication and psychotherapeutic treatments for depression, success can vary. While it works for many, sometimes it can have partial effect or no effect at all, says Yaakov Keilikhis, Director, Mental Health and Allied Health, at Oak Valley Health.

Continued on Page 11

Continued from Page 4

Brock's Banter: Laugh early and often

I can only imagine it was a secret well-known to the two counsellors in question, but it really underscored how healing laughter can be for us all.

It's certainly not a secret lost to Mel Brooks.

The comedy icon celebrated his 100th Birthday earlier this summer and, as his remarkable milestone approached, he shared some insights on what laughter means to him.

"I think laughing keeps you healthy," he told People Magazine. "It's an amazing sound, people laughing at something I created. Making comedy is a great job. It keeps you sane and happy. It gives you reason to live."

Riffing on this theme, NBC's Today Show looked at the phenomenon deeper, particularly the impact a good guffaw can have on laugh-makers and laugh-consumers alike.

"Research has shown that laughter is, indeed, among the best medicines," they wrote. "In a 2016 longitudinal study published by the journal Psychosomatic Medicine, Norwegian researchers found that women who scored highly on the cognitive component of sense of humor, or the ability to detect humor, were associated with 48% less risk of death from all causes. Mortality due to cardiovascular diseases in particular, the study said, was 'significantly lower,' in women with high scores on the cognitive component.

"A separate 2023 study also showed that spontaneous laughter is associated with a greater reduction in cortisol levels. The study suggested that laughter could be a potential supplementary medical therapy to improve wellbeing. Laughter isn't just important for physical health. It's beneficial for mental well-being, too. 'If a patient can have a moment of levity in the face of crisis, I think it helps them better cope and better deal with the uncertainties of their

problems,' Edward T. Creagan, a Mayo Clinic expert and oncologist, said in 2024.

"Hopefully this means that Brooks has many years ahead of him. But he's previously said he doesn't really think about death. 'I gave up after 60 thinking about it because if I did, I'd be thinking about it all the time. So I don't think about it much. When and if it happens it's going to be a sad day — for everybody but me,' Brooks told the Associated Press in 2021. 'I enjoy living,' he told the outlet. 'I'd like to do it as long as I can.'"

And we can all be grateful for these efforts.

This weekend, my family and I are taking our annual trip to Jamestown, NY, to attend the Lucille Ball Comedy Festival, an event that has never failed to bring joy to all of us, make us forget our troubles, and reconnect with life-long friends.

Among the features of this year's festival is an array of original artefacts donated by Brooks himself to the city's National Comedy Center.

"I've always been proud to say that I make people laugh for a living, so knowing that my work will have a home at comedy's national archive and continue making people laugh leaves me with a deep sense of pride," said Brooks earlier this year.

Seeing the raw materials that resulted in films, shows, and so much more that have brought people so much joy over the years, including myself, will be something of a full circle moment this weekend.

I'm certain it will also serve as a reminder that no matter how challenging our world can seem these days, an era were fewer and fewer things seem like laughing matters, it's so important to find humour in just about everything, not take ourselves too seriously, and be able to point our respective energies in the right direction.

We can all do to remind ourselves of that. And often.



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SPORTS

NEW TECUMSETH TIMES

NBDL All-Star games showcase local talent on the diamond

BY BRIAN LOCKHART

The Tottenham Beeton District Minor Softball Association held its fourth annual All-Star event on the diamond at the Tottenham Community & Fitness Centre on Sunday, July 26.

Both the U14 and U19 divisions fielded teams with their best players for two afternoon games.

The U14 All-Star game got underway at 1 p.m. in front of a large group of fans who turned out for the game.

The teams had a mix of players nominated from each team in the division and were split into Team Red and Team Blue for the big game.

Team Red was led by the pitching of Josh Larocque, Arianna Neto, and Nolan Slaunwhite. Catching behind the plate were Joshua Bursey and Max Giaganti.

Team Blue had exceptional hitting from Ciaran Dwyer, Clark Johnson, Carter Cambria, and Arianna Taccogna, which led to a Team Blue win for the day.

The U19 game followed, with Team White facing Team Black.

Team White was led at the plate by some powerful hitting by Andre Larocque, Chris Carroca, and Lucas McKee.

On defence, Jackson Hall, Luca Tarable, and Liam Cicirello put on a good display of defensive prowess.

Team Black brought their own talent to the game with outstanding pitching from Colton Cambria and Reilly Williams-Forde, and power at the plate led by Reilly Cranley and Drake Toten.

Parker Brown had a good day in centre field, making some great catches.

Team Black won the game 17-14.



ALL-STAR COMPETITION – The Tottenham Beeton District Minor Softball Association hosted its fourth annual All-Star games at the Tottenham Community & Fitness Centre diamond on Sunday, July 26. In the U14 Division, Team Red was up against Team Blue. Players were selected from the U14 division teams in the league. Team Blue won the game. **CONTRIBUTED PHOTO**



BATTLE ON THE DIAMOND – Teams White and Black met on the diamond at the Tottenham Community & Fitness Centre for the Tottenham Beeton District Minor Softball Association's fourth annual U19 All-Star game on Sunday, July 26. Players were selected from U19 teams in the league. Team Black came out on top with a 17-14 win. **CONTRIBUTED PHOTO**

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PLAYOFF ACTION – The throw arrives a split second too late at first base during a playoff game between the TNT Thunder Gold team and the Wasaga Beach Whitecaps at Keogh Park in Tottenham on Wednesday, July 29. Baseball playoffs are in full swing around the region. **BRIAN LOCKHART PHOTO**

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OPP investigation leads to significant seizure of drugs and cash

BY BRIAN LOCKHART

Members of the Nottawasaga Detachment Community Crime Unit with assistance from the Collingwood and Huronia West CSCU and the Ontario Provincial Police have arrested and charged two individuals following a drug trafficking investigation in Essa Township.

The investigation began in July 2026.

Officers executed search warrants at two residences in Essa Township on July 31, 2026, that resulted in two individuals being taken into custody without incident.

As a result of the investigation, officers seized:

- 201 grams of cocaine
- 463 oxycodone pills
- 6 grams of fentanyl
- 1.1 grams of methamphetamine
- \$39,615 in Canadian currency
- 3 imitation firearms
- Various firearm ammunition
- Digital scales and packaging

As a result of the investigation, a 51-year-old from Angus has been charged with:

- Possession of a Schedule 1 substance for the Purpose of Trafficking - Cocaine
- Possession of a Schedule 1 Substance for the Purpose of Trafficking - Methamphetamine
- Possession of a Schedule 1 Substance for the Purpose of Trafficking - Opioid
- Possession of Firearm or Ammunition Contrary to Prohibition Order

The second accused, a 57-year-old from Angus has been charged with:

- Possession of a Schedule 1 Substance for the Purpose of Trafficking - Cocaine
- Possession of a Schedule 1 Substance for the Purpose of Trafficking - Opioid
- Possession of Proceeds of Property Obtained by Crime over \$5,000

Both accused parties were released with a future court date at the Ontario Court of Justice in Bradford to answer to the charges.

The charges have not been proven in court.



DRUG BUST – The Ontario Provincial Police have arrested two individuals in Angus, and charged them with several drug related crimes. **CONTRIBUTED PHOTO**

CMHA and Oak Valley Health expand services for patients with treatment-resistant depression

Continued from Page 9

“There are now a few more options to treat that depression if people don’t respond well for medications and psychotherapy,” he says. “rTMS is a very evidence-based, approved treatment, which actually works very well with people who are not responding to other types of treatment. We have had the [rTMS clinic at Oak Valley] for a few years, but it was very limited to our own patients within the program. Now, with the expansion and public funding of the program, we can expand it for the entire region and we don’t need our psychiatrists to be very involved in the referrals. Referrals can come from family, physicians, nurse practitioners, [and] psychiatrists outside of OVH.

“This treatment is actually proven to [have a] 50 to 55% response rate for people with treatment-resistant depression and 30 to 35% remission rate, which makes it very close to something called electroconvulsive therapy, which is a golden standard for treating depression. However, rTMS actually is very non-invasive. It doesn’t require [being] under anesthesia. It doesn’t require a lot of time, doesn’t require hospitalizations or outpatient treatment. ECT requires people to stay in hospital for longer, requires anesthesia, they will not be able to work the same day. With rTMS, which has very similar effect as ECT, is probably a much more convenient and better treatment for people suffering from treatment resistant depression, which provides close, very close response

rate and remission rates to ECT.”

Every individual coming to the clinic from external referrals are assessed by psychiatrists who decide whether rTMS is the right treatment for them.

“Although rTMS has been around for decades and has been an evidence-based treatment with really great outcomes, it hasn’t necessarily been accessible in this way before. Oak Valley has been providing rTMS for a number of years, but the pathway was within the hospital system,” says Hogue. “I think the exciting part of this program is that now primary care doctors or your family physician or nurse practitioner can submit a referral for a client to obtain access.”

Adds Keilikhis: “People who are going to

ER department and seeking help from mental health professionals for depression, they just may come to our outpatient department and get the treatment scheduled for them during what’s convenient for them during that time, instead of going to ER and then being admitted to mental health inpatient units and being discharged and then only getting that treatment. That may actually save all that resource, all that time for patients to just move around the system, instead of going straight to the treatment which is the best for them. I think it’s really exciting. People who are struggling with depression for a while and have tried multiple treatments, in six weeks 50 per cent of them will have symptom reduction by receiving rTMS treatment, which I think is incredible.”

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114 g
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• Swiss

Swiss

SALE
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Stuffed Breaded Chicken
142 g
Choose from:
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• Kiev • Parmesan • Swiss

Parmesan



INCREDIBLE PRICE
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Breaded Chicken Breasts
8 PIECES 907 g
3 Varieties

Crispy

GREAT FOR THE GRILL!

Also available:
Chicken Breast Grills
8 PIECES 800 g \$19.99 **SAVE \$5**



SAVE \$5
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Slow Cooked Beef Pot Roast
907 g



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SAVINGS ON DINNER

SIGNATURE ENTRÉES

Loaded Perogy Bake 907 g

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17⁹⁹ each
6 VARIETIES

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Stuffed Pasta Shells 1.02 kg

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Chicken and Pineapple Mini-Skewers
20 SKEWERS 500 g

Supreme Homestyle Meat Loaf
600 g



SAVE \$3

Italian Style Beef Meatballs
89-95 PIECES 907 g

SAVE \$3

Haddock Tenders
8-12 PIECES 454 g

Sauce included



SAVINGS FOR THE GRILL

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17⁹⁹

Bacon Wrapped Scallop Medallions
9-13 PIECES 300 g

SAVE \$2
17⁹⁹

Bacon Wrapped Chicken
4 PIECES x 142 g/5 oz

SAVE \$5
59⁹⁹

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8⁹⁹

Cake Pops
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2 Varieties

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SALE
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Original



SALE
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Cakes
2 CAKES 228 g - 280 g

Caramel Sea Salt
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SALE
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