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Thursday, September 24, 2026

Volume 52, Issue 39

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

We acknowledge the financial support of the Government of Canada through the Canada Periodical Fund of the Department of Canadian Heritage. Canada

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Fall Fair parade rolls through Beeton

The 170th annual Beeton Fall Fair was held on Sept. 18, 19, and 20 at the Beeton Fairgrounds. The annual Fair parade took over Main Street on Saturday morning as residents lined the streets. The parade ran from Jackson Plaza, down Main Street and into the Fairgrounds. See more photos on Page 8.

BRIAN LOCKHART PHOTO

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MEET THE CANDIDATES – A public meeting hosted by the Gibson Centre invited the public to meet candidates in the upcoming municipal election. There was a good turnout of local citizens who were eager to meet the candidates and discuss municipal issues. Mayoral candidate Stephanie MacLellan speaks with visitors during the event. **BRIAN LOCKHART PHOTO**

Investments in emergency care look to reduce ambulance response times in Simcoe

BY BRIAN LOCKHART

The Ontario government is investing \$38.3 million in the County of Simcoe to

connect more people to emergency care faster and increase the availability of paramedics and ambulances. “Simcoe County is growing, and we

need to ensure emergency services keep pace with that growth,” said Brian Saunderson, MPP for Simcoe-Grey. “This \$38.4 million investment will help the County of Simcoe support its paramedics, respond to increasing demand and continue delivering the high-quality emergency care residents across our communities depend on. I want to thank our paramedics, health-care professionals and county partners for the important work they do every day.”

In Simcoe County, Ontario is increasing land ambulance funding by 9 per cent.

This increase in base funding helps ensure municipalities address increased costs so they can continue to deliver high-quality emergency care.

This investment is part of the more than \$1 billion in land ambulance funding Ontario is providing municipalities across the province this year, representing an average increase of 9 per cent from 2025.

In addition, to further reduce delays paramedics encounter when arriving at hospitals to transfer patients, Ontario is investing \$800,000 in the County of Sim-

coe through the Dedicated Offload Nurses Program to hire nurses and other eligible health professionals dedicated to offloading ambulance patients in hospital emergency departments.

The program allows paramedics to get back out into the community faster and respond to their next 9-1-1 call sooner, and has played a significant role in reducing ambulance offload times and increasing ambulance availability for 9-1-1 patients across the province. As a result of this investment and the collaboration between paramedics and hospital professionals, provincial ambulance offload time has been reduced by approximately 68 per cent since its peak in October 2022.

“Our government is making record investments to protect Ontario’s health-care system and connect people to the care they need, where and when they need it,” said Sylvia Jones, Deputy Premier and Minister of Health.

“With provincial ambulance offload times declining by nearly 70% since 2022, this shows that our plan is working.”

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*Together, let's make every day,
a better day, in Simcoe-Grey!*

Mayor's Charity golf tournament raises funds for local students

BY BRIAN LOCKHART

New Tecumseth Mayor Richard Norcross hosted the fourth annual Charity Bursary Cup Classic on Tuesday, Sept. 15, at the Nottawasaga Resort.

This popular nine-hole scramble tournament brings together community members, local leaders, and supporters for a day of fun playing golf and fundraising in support of the Mayor's Student Bursary Program.

The program provides financial assistance to New Tecumseth students attending Banting Memorial High School, St. Thomas Aquinas Catholic Secondary School, or any other accredited educational institution in town who are pursuing post-secondary education opportunities, including apprenticeship programs.

In addition to playing a round of golf, tournament supporters enjoyed a barbecue lunch before the start and a dinner reception after the golfing wrapped up.

"This is the Mayor's Bursary Golf Tournament where we fundraise for local students who are going on to post-secondary

education, so we can help them with a donation or bursary award that will help pay for their schooling," explained New Tecumseth Mayor Richard Norcross at the start of the tournament.

"The bursary helps anyone who is pursuing post-secondary education and it helps them further their education and reduce the costs."

He added, "This is the fourth year I've been running this golf tournament. Over the last three years we've given out approximately \$150,000 to local children."

The tournament was sold out with a full complement of golfers to fill the course.

"We've been sold out every year," Mayor Norcross said. "We have incredible sponsors and local businesses that come together to help out with this. I always go to the graduations to watch the children graduate. It is very satisfying to see this, and I always receive a 'thank you' from every single one of them."

Local students who receive a bursary are very grateful for the funds, which help them achieve their education goals.



SWINGING FOR SUCCESS – The Mayor's Bursary Golf Tournament was held at the Nottawasaga Resort on Tuesday, Sept. 15. The tournament raises funds to support local students with their post-secondary education. Family and friends join New Tecumseth Mayor Richard Norcross on the first tee at the start of the tournament. **BRIAN LOCKHART PHOTO**

New Tecumseth council holds final meeting ahead of Oct. 26 municipal election

BY BRIAN LOCKHART

New Tecumseth council held its final meeting before the 2026 municipal election that will take place on Monday, Oct. 26.

Of the 10 members currently on council, nine are seeking re-election, either in their current position or in a different role.

The only council member not seeking re-election is Ward 3 Councillor Paul Foster.

A change in the ward boundaries has reduced the number of wards in New Tecumseth from

eight to seven for this election.

No candidates running to represent a ward have been acclaimed, as every ward has at least two candidates.

Ward 6 has four candidates.

For the position of mayor, incumbent Richard Norcross is being challenged by current Deputy Mayor Stephanie MacLellan. This means at least one Council member will not be returning after this election.

Current Ward 5 Councillor Marc Biss is not seeking re-election in his Ward but is running

for the position of Deputy Mayor.

Biss will be running against Steven Dollmaier for that position.

As New Tecumseth council has entered the 'lame duck' phase ahead of the election, the final council meeting did not tackle any serious issues facing the town.

However, there was a discussion about e-bikes, e-scooters, and other electric mobility vehicles, and concerns of both rider safety and the safety of pedestrians on local sidewalks and roadways.

Councillor Biss expressed his thanks to other members of council for their 'dedication and support over the last four years,' and thanked town staff for their 'professionalism and dedication to the Town of New Tecumseth.'

The Times has submitted questions to all candidates regarding their position on town issues and why they should be considered to be elected to the positions.

Candidate answers will be published in upcoming editions of the Times, ahead of the Oct. 26 election.

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Editorial, Letters & Opinion

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

~ Stanislaw Jerzy Lec

Never cry wolf

There is an old fable called *The Boy Who Cried Wolf*.

In the fable, a young shepherd boy is guarding a flock of sheep.

He finds it to be a lonely job and finds life in the pasture to be very dull. His master had told him if a wolf approaches, cry 'wolf!' and the villagers would come to help him.

The boy tested the theory by calling out 'Wolf! Wolf!' and sure enough, the villagers arrived to drive off the predator. They weren't pleased to find out it was a false alarm.

A few days later, he yelled out 'wolf!' again, and again villagers arrived only to find he was once again just making up nonsense.

Several days later, a wolf did appear and was stalking the flock.

The boy yelled 'wolf!'

This time, the villagers ignored him. They had been fooled twice, and did not incline to run out to the pasture again to be fooled a third time.

The wolf had a good meal of the sheep as they were unguarded. In some later versions of the story, the wolf eats the boy as well.

The moral of the story is that if you make a false or misleading claim, no

one will listen when you try to speak the truth.

This happens all the time in some businesses and agencies. You have probably experienced the bait-and-switch tactic some businesses use to attract customers.

That tactic only makes you ignore them the next time you are looking for a product.

The Elementary Teachers Federation of Ontario is currently running radio ads saying the provincial government needs to do more to support education.

These ads have been going on for decades. Teacher unions have accused every government of either not caring or not supporting education.

They have run ads against Conservative, Liberal, and NDP governments. Apparently every government is anti-education.

This ad features a young girl who sounds like she is probably around 10 years old.

This girl says her class is too crowded and she is not getting the education she needs.

Really? At 10 years old, she thinks the class is too crowded?

Any normal kid that age has no con-

cept of what a crowded classroom is, or how much attention each student needs.

I know this because, believe it or not, I was once a 10-year-old student. We went to the classroom that was assigned to us, and when the bell rang, we gave a sigh of relief and went home.

I don't recall a single conversation as a 10-year-old about classroom conditions or the quality of education we were receiving. And yet this 10-year-old, who probably still plays with dolls, is on the radio looking for help from the province.

Even when the teachers' unions are trying to get a pay raise for their members, they bring up the 'won't someone think of the children' trope, and say the provincial government, whichever one happens to be in power, doesn't do enough for education.

So what is the provincial government not doing?

There are two new schools being built within a mile of where I live. A third school is getting a new large addition.

There are currently 12 new schools being built or expanded this year. The province's current plan is to spend \$23 billion over ten years to support new

school construction and renewal.

You will never hear a teachers' union radio ad thanking the province and taxpayers for building those new schools and providing new spaces for teachers and students.

I'm pretty sure there are plenty of teachers who enjoy their job, appreciate the fact that they are well paid, and enjoy the benefits that go along with their employment.

However, there is a culture in the teaching profession, and I've been told this personally by teachers I know, that you can never say you are happy at your job. If you do, that means you are speaking against the union policy of always saying they don't have any job satisfaction, work in crowded classrooms, and have to work in miserable conditions, while not being compensated adequately.

After so many decades of hearing teachers' unions run complaint ads, people no longer care.

Maybe the unions should try doing some positive work, rather than existing in a world of negativity.

They've cried wolf too many times.

BRIAN LOCKHART
FROM THE SECOND ROW



Recalibrating your mind's eye

Okay, now it's time to bust out the pumpkin spice.

In this space a few weeks ago, I dug in my heels, placed myself squarely against the grain, and refused to welcome autumn prematurely, just because Labour Day was freshly in the rear-view mirror.

It's not that I dislike the rise of fall, quite the contrary. It's simply a matter that summer weather, as we have come to define it in Canada, is in decidedly short supply in our part of the globe and there were still a few weeks to milk the season for all it was worth.

I hope you all made the most of it – I certainly did my best.

The last few weeks have been a matter of spending time with family, reconnecting with friends before so many adopt a hibernation stance once the cool weather starts to descend, and, in between attending local and community events that are part and parcel of this time of year, even stealing an unexpected bonus beach day.

A particular highlight of this in-between

season, however, took place this past Thursday.

September 17 was my birthday and while I've never been keen on birthdays – less a matter of getting older and more of an aversion to being at the centre of attention, however briefly – a real highlight was stepping back in time with my mom.

On the eastern arm of a small residential crescent in Etobicoke sits a yellow and grey mid-century-modern split-level house. When it was first built in 1957, it was just one of many such models on the street. Unfortunately, it's now something of an endangered species as its 60-plus-year-old brethren are gradually replaced one by one by modern houses with varying aesthetic appeal.

People might pass by the house every day without a second thought, but that's never been the case with me. My family lived in the house from the time it was built until the early 1970s. While they may have moved just down the street to a more manageable abode, it was a home that has always remained close to

the hearts of members of my family who lived, loved, laughed and lost within its walls.

When subsequent family gatherings inevitably turned to reminiscences, more often than not the memories shared were focused squarely on the home that was.

There were stories of joyous Christmas mornings, sibling squabbles, personal challenges, and even some tragic events that family members would prefer to never relive. But whether the reminiscences were happy or sad, they were always painted with a brush so vivid it was easy to envision these second-hand memories as if they were your own.

If we happened to be in the neighbourhood in the intervening years, we would often drive by the house. There never seemed to be much activity inside, the exterior rarely changed, and, at first glance, it felt like a silent, unmoving repository of memories.

Until this past spring, that is.

When I was recovering from hip replacement surgery in March, I lasted for nearly a week inside before I sud-

denly felt like I would suffocate without a change of scenery. Sounding the alarm to my mom, she came up and we went for a drive – a route that, once again, turned right down this crescent. As luck would have it, there was actually activity outside and I encouraged my mom to pluck up her courage, knock on the door, and see if she could cross that threshold again.

It was a difficult decision, but she forged ahead as I waited in the car nursing my wounds. She was in there far longer than I thought she would be and, when she came out, she did so with a rain check for me – good for a tour of the house when I was back on my feet again.

A few things got in the way between March and September, but everything aligned this past week for me to cash in the tour – and I'm so glad I did.

Continued on Page 14

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PUBLISHER: Simcoe-York Printing & Publishing Ltd.

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EDITOR: Sam Odrowski sam@citizen.on.ca

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PRODUCTION: Lisa Clendening

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DISTRIBUTION: Sheila Ogram sheila@lpcmedia.ca

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Within 65 km except towns with letter carriers – \$52.00 incl. G.S.T. Beyond 65 km and towns with letter carriers – \$89.00 incl. G.S.T. Single copies \$1.50 incl. G.S.T.

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Israel: Settler terrorists

GWYNNE DYER
OUR WORLD TODAY



It has been a year since Canada, France and the United Kingdom officially recognized the State of Palestine (under Israeli occupation, final border to be determined). The killings by Israelis settlers and their military supporters in the West Bank are getting worse, so it was time for the next step.

There's safety in numbers, so this time it's TWELVE Western countries – the original three plus Denmark, Iceland, Ireland, Norway, Poland, Portugal, Spain and Sweden – condemning “unprecedented levels of settler violence and settlement expansion.” They will all ban trade with the illegal settlements in the West Bank and East Jerusalem, now home to 750,000 Jews.

This will certainly hamper exports from the settlements, but it will only affect the rest of the country if Israeli banks are sanctioned for financing the settlements, which is unlikely. Nevertheless, it's enough to enrage ultra-Zionists like Israeli Finance Minister Bezalel Smotrich, who called for the expulsion of the British ambassador to

Israel. “We will not be a doormat trampled by an anti-Semitic government in a country conquered by radical Islam,” Smotrich wrote on X. “It's trying to save itself from economic and social decline by attacking Jews and the State of Israel.”

He did not explain how the Islamic fanatics ruling Britain planned to rescue their economy by attacking Jews and Israel.

More serious Zionists, however, will be alarmed by the change of tone in the official statements that justify these new sanctions, especially in the original trio of countries that recognized Palestine a year ago.

Canada's Prime Minister Mark Carney says that he would have Israeli Prime Minister Binyamin Netanyahu arrested if he set foot in Canada, in compliance with an International Criminal Court warrant. French President Emmanuel Macron has always been outspoken on Palestinian rights. But Britain's former prime minister Keir Starmer never said ‘boo’.

Not so Ed Miliband, foreign secretary in Prime Minister Andy Burnham's new government. As a “proud British Jew” who lost many of his family in the Holocaust, Miliband has the tickets to speak bluntly about the conduct of the Israeli government under Netanyahu's leadership. He proceeded to do so.

“The British government agrees that there is ethnic cleansing of Palestinians in areas of the West Bank, perpetrated by settler terrorists,” he said. “All too often the Israeli government has turned a blind eye to this and worse, members of it have made statements and taken actions to support the forced displacement of Palestinians.”

“I am proud of my Jewishness and unwavering in my support for the state of Israel, and there is absolutely no contradiction between this and my support for the state of Palestine. Indeed, the ‘two-state solution’ is based on the explicit belief that the only route to security for both peoples is to live side by side in peaceful coexistence with freedom and self-determination.”

I heard hard-bitten Israeli ex-soldiers like

Yitzhak Rabin use those words in the 1990s. They thought peace was possible then and they almost made it. It was a much younger Netanyahu from one side and the suicide-bombers of Hamas on the other who deliberately killed the two-state idea in 1996 – but you can't really kill ideas.

It is good to hear the two-state solution being discussed again, if mostly only in the diaspora. Unfortunately, it is not playing a large part in the election campaign now underway in Israel.

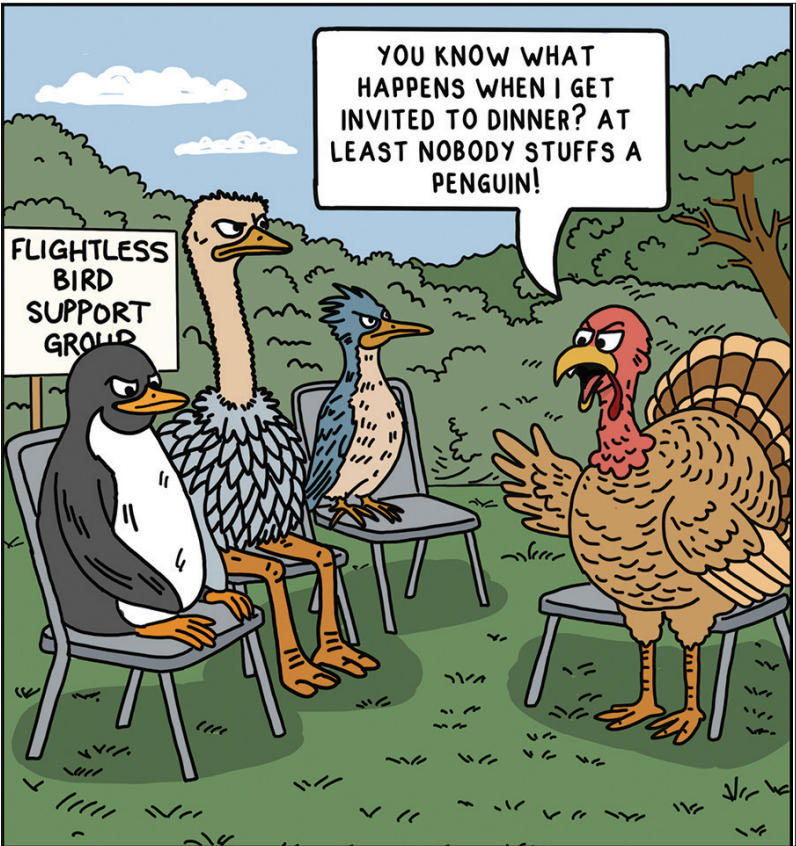
Netanyahu still looked like a possible winner until recently, despite his failure to foresee the massacre and mass hostage-taking of Jews in the Hamas surprise attack of 7 October 2023. What may undo him now is a new book by journalists from Haaretz, Israel's oldest and best newspaper, that convincingly claims he had clear warning of that attack.

The key evidence comes from Sheikh Mohamed bin Zayed, president of the United Arab Emirates. “(Zayed) constantly conveyed messages that the situation needed to be defused,” says Israel's President Isaac Herzog. “He even sent a special emissary to Israel who met with the prime minister.”

Ten days before the Hamas attack, Zayed called Netanyahu and in a 45-minute conversation told him that Hamas's leader in Gaza, Yahya Sinwar, was planning a major operation against Israel. It would be bloody, destabilize the whole region and undermine the Abraham Accords. Netanyahu took the news calmly but did not pass it on to the Israel Defence Forces.

Netanyahu says this is an “absolute lie”, but it's probably true. Even if he loses the election, however, his successor is likely to follow much the same policies: Israeli voters have swung so far to the right that Netanyahu's expansionist obsessions have become mainstream.

It would be a long walk back to pragmatism and moderation, and the journey has not yet begun.



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

COMMUNITY VOICE

My Sister's Place shares warning signs of abusive relationship

What is a red flag? Red flags are warning signs or behaviours that indicate a person may be experiencing or at risk of experiencing abuse.

A red flag is any behaviour, pattern, or action that signals potential abuse in a relationship. Warning signs aren't always obvious and can show up gradually, often disguised as affection, concern, or normal relationship behaviour.

Recognizing red flags early can help individuals protect themselves and seek support before abuse escalates.

Abuse can take many forms — emotional, physical, sexual, psychological, or financial.

Some common red flags include:

- Rapid progression in a relationship: Pressure to move quickly, commit immediately, or ignore personal boundaries.
- Jealousy and/or isolation from their friends, family or other supports.
- Having to account for activities and time. Constant monitoring, accusations of infidelity, or controlling behaviour regarding whereabouts and interactions.
- Excessive affection or love-bombing: Over-the-top displays of romance or gifts early in the relationship, which can mask controlling tendencies.
- Disrespecting boundaries: Ignoring "no," mocking limits, or pressure to comply with unwanted actions.
- Mood swings and anger: Frequent temper outbursts, unpredictable behaviour, or cruelty toward animals or children. Uses threats, threatening body language, name-calling, and/or insults. Become angry if they feel their

expectations are not met.

- Blame and manipulation: Making the victim feel responsible for the abuser's behaviour, using guilt, threats, or intimidation. Controls all aspects of life and manipulates your actions. Alternates controlling behaviour with periods of needing comfort and/or placating. Uses children to manipulate and control actions.

- Destruction of personal property: Damaging belongings as a form of punishment or control.

- Uses harassing behaviour at home or at work (ex: constant phone calls), stalking, constant criticism, verbally or emotionally abusive, physically or sexually abusive.

- Has financial control.

According to Statistics Canada, women are at the highest risk of increased violence or murder during the time just before or after leaving an abusive relationship.

This period is critical, as women are nine times more likely to be murdered by an intimate partner than by a stranger. Domestic abuse remains an immensely under-reported crime, with just 25 per cent of domestic violence incidents reported to authorities.

The costs associated with physical and sexual violence against women in Canada total over \$4.2 billion each year, including medical fees, police services, social agencies, income assistance, unemployment, the justice system, educational support, and temporary housing.

Whether or not you're ready to leave an abuser, there are things that can be done to



protect yourself. Do not underestimate your partner. They often get a sense that you may be leaving. Have an escape plan. Prepare for an emergency.

Phones and computers keep records of usage, so be familiar with what information is being saved. If you are not able to

keep your usage from your partner, then do not use devices that your partner has access to. Use a phone or computer at a friend's home, work, a public library, or out in the community to get information and help.

Every web browser keeps a record of websites you have visited.

- Delete "Cookies" or "Temporary Internet Files".

- Delete browsing history.

- Do not favourite any websites.

- Do not forget to close all of the windows you have open in your browser.

- Do not forget to log out of all areas that require a password, such as email, bank account, and social media.

When you contact us or any organization assisting women in danger, be careful to use a telephone that does not keep a record of the number you called.

If you notice red flags in your relationship and are considering leaving, you may want to put together a go bag.

Documents to pack;

- ID (Driver's license, passport, SIN card, Birth certificate)

- Legal paperwork (protection orders, custody orders, marriage/divorce papers)

- Health documents (Health cards, insurance cards, medical records, immunization records)

- Car title, registration and insurance documents

- Proof of cohabitation (to apply for RGI housing)

Sometimes it is difficult to remove physical copies of paperwork; in this case, make photocopies to place in the go bag.

Important items to pack;

- Medication

- Inhalers

- Spare set of keys

- Cell phone charger, prepaid cell phone

- Important phone numbers (lawyer, family)

- Cash and prepaid credit card

- A few days' worth of clothing for yourself and your children

- Favourite toys, stuffies and movies

- Small keepsakes and family pictures

Once packed, hide the bag somewhere accessible but safe, like your car (if it is not shared with your partner) or with a trusted friend or family member.

Helping to protect yourself from abuse involves recognizing the signs, creating a safety plan, seeking support, and knowing your rights and resources.

If you or someone you know is experiencing abuse or violence, call My Sister's Place any time for information or safety planning at 705-435-3835.

This Community Voice article was submitted by My Sister's Place. My Sister's Place is a not-for-profit organization providing a broad range of services for women.

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Matthews House Hospice hosts 15th Annual Golf Tournament, raises \$10,000

BY BRIAN LOCKHART

Matthews House Hospice in Alliston held its Annual Golf Tournament on Wednesday, Aug. 26, at Bear Creek Golf Club in Utopia. This was the 15th year of the full-day tour-



GOLFING – Matthews House Hospice (MHH) in Alliston hosted its 15th annual fundraising golf tournament at Bear Creek Golf Club in Utopia on Wednesday, Aug. 26. Golf Tournament Committee Member Ron Willett and MHH Foundation executive director Mandy McCurdy greet visitors who came out to enjoy a day on the golf course.

CONTRIBUTED PHOTO

namement, which raises funds for Matthews House programs and services. Community members, media, and political representatives were invited to play 18 holes of golf, enjoy a grab-and-go breakfast, a bagged lunch, and a delicious buffet dinner. The event also featured a silent auction and plenty of prizes. Golfers came together for a full day of fun, community connection, and giving back while helping raise funds to close gaps in hospice care and grief counselling support across the community. “We were thrilled to welcome our supporters back for a full day of golf, connection, and giving in support of Matthews House,” said Mandy McCurdy, executive director of Matthews House Hospice Foundation. “This tournament is more than a day on the course; it is a powerful reminder of what we can accomplish when we come together to support compassionate hospice care and mental health services close to home.” Tournament spots filled quickly, with 189 golfers registered well before the deadline. Registration was \$200 per golfer or \$800 per foursome through online registration. More than 60 sponsors also helped raise funds in support of the organization. The total raised this year was over



TEEING OFF – Matthews House Hospice in Alliston hosted its 15th annual fundraising golf tournament at Bear Creek Golf Club in Utopia on Wednesday, Aug. 26. A group tees off on one of the fairways. CONTRIBUTED PHOTO

\$110,000. To date, the tournament has raised over \$1 million for Matthews House. Matthews House Hospice provides care and services for people facing life-threatening illness, their caregivers, and those grieving a loss, as well as mental health support services for the South Simcoe community. As a leader in quality hospice care and support services, Matthews House Hospice helps fill gaps in the healthcare system and supports people in living life fully and dying with dignity.

‘It was like a dream’: Bradford retiree wins \$250,000 top prize with Cash Boost Scratch ticket

Thomas C. of Bradford is \$250,000 richer after winning a top prize with a Cash Boost Scratch ticket. Thomas said he enjoys playing a variety of games with OLG, including LOTTO MAX, LOTTO 6/49, and scratch tickets, but he had never won a prize this big before. “I usually pick up my tickets at the beginning of the month. This ticket looked new, so

I decided to give it a try,” he recalled while at the OLG Prize Centre in Toronto to collect his winnings. When Thomas scratched his ticket and realized he had won a \$250,000 top prize, he couldn’t believe it. “It was like a dream. I was so excited,” he said with a smile. “I plan to share this prize with some people

who have been good to me.” Cash Boost was available for \$10 a play and the top prize is \$250,000. Odds of winning any prize are 1 in 3.77. Visit OLG.ca for more information on this and other great games. The winning ticket was purchased by Thomas at Scanlon Mart on Barrie Street in Bradford.



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Arts & Local Events



Community comes together for 170 Years of Beeton Fall Fair



FAIR FUN – The 170th annual Beeton Fall Fair was held at the Beeton Fairgrounds on Sept. 18, 19, and 20, and featured all things rural and agricultural. There was something to enjoy for people of all ages. Music filled the stage area, activities took place all over the fairgrounds, and of course there was plenty of farm animals. The annual event is a tradition enjoyed by generations of local residents and many visitors to the town.

BRIAN LOCKHART PHOTOS



Son of a Bull comedy tour coming to Loretto Country Bar

BY BRIAN LOCKHART

Comedian Eric Johnston is bringing his Son of a Bull Comedy Tour to the Loretto Restaurant Country Bar as part of his Ontario tour.

Johnston just sold out the Jackson Triggs Amphitheatre in Niagara-on-the-Lake.

The comedy series was inspired by his best-selling book, *Run with the Bull: Three Generations of Sports and Entertainment*, which discusses Johnston's upbringing as the son and grandson of Canadian professional wrestlers who went by Dan "Bullwhip" Johnson and Ron "Bull" Johnson.

Johnston is an award-winning comedian, actor, emcee, and author with over 15 years of stand-up experience delivering high-energy and brutally honest comedy.

He has performed across Canada and the U.S. His credits include performances at The Comedy Store (Los Angeles), The Laugh Factory (Chicago), House of Blues, and appearances on major TV networks and comedy festivals.

Earlier this year, Johnston starred in and

produced a six-part docuseries on Bell Fibe TV titled *Run with the Bull*, which followed his journey to improve his physical, mental, and spiritual health for the sake of his newborn son, Jett.

"Originally, I wrote a book about my father and grandfather, who were both Canadian Hall of Fame professional wrestlers," Johnston said during a recent interview on Newstalk 1010 radio. "Their lives and deaths in show business inspired me to chase my dreams in show business. Now I'm a father myself, so that was a huge transition in my life. Unfortunately, my father passed away shortly after my 13th birthday. Now I have a son, and I have so much to live for. The idea of the show is, a 35-year-old comedian decides it's finally time to get himself together. The show is me trying to become the best version of myself, mind, body, soul, spirit."

Johnston will be appearing at the Loretto Restaurant Country Bar on Friday, Sept. 25.

To purchase tickets, visit: eventbrite.ca/event/the-eric-johnston-son-of-a-bull-comedy-tour-live-in-loretto-tickets-1997508091473



A NIGHT OF LAUGHS – Comedian Eric Johnston will be bringing his Son of a Bull Comedy Tour to the Loretto Restaurant Country Bar on Sept. 25. Johnston is an award-winning comedian and author. **CONTRIBUTED PHOTO**

Mental Health in Motion raises nearly \$40,000 – and counting – for youth programs

BY BROCK WEIR

Residents of York Region and South Simcoe converged in Newmarket on September 13 for the Canadian Mental Health Association's Mental Health in Motion event, a key fundraiser for local mental health programs for youth.

The fundraiser, which was rebooted in 2026 after a year's hiatus, saw participants lace up for the cause, with registration fees

waived to encourage maximum participation.

More than 250 people took part in the event, with each dollar going towards programs designed to meet York Region and South Simcoe youth where they are at.

This year's Mental Health in Motion was a first for Andrew Chung, CEO of the Canadian Mental Health Association of York Region and South Simcoe, who took over the role earlier this year. Going in, he said

he didn't quite know what to expect from the event, but said it was a lot of fun, particularly with such strong community support – including on-site participation from Newmarket-Aurora MPP Dawn Gallagher Murphy and Newmarket Mayor John Taylor.

"It was really nice to see local and community leadership who really care about the cause join us for the day," Chung says. "It's really important our community has the

expert resources where we can meet young people where they are, where we don't claim to know their experiences, but we want to learn about them so we know how best to guide and support young people who are going through a wide range of challenges. Everybody needs to connect with somebody who can help guide them."

Continued on Page 10

Only 30 years ago, Canada's last Indian Residential School closed

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“This milestone reflects our Council’s commitment to investing in public safety and preparing for the future needs of our growing community,” said Mayor Richard Norcross. “Welcoming New Tecumseth Fire Rescue’s first full-time crew is a proud moment for our

The introduction of the full-time crew is the result of years of planning, collaboration, and strategic investment aimed at building a stronger and more resilient fire service. As the community continues to grow, the department remains focused on providing responsive, reliable, and effective emergency services to residents.



NEW CREW – Pictured from left to right are Firefighter Bill Wade, Captain Shawn Coote, Firefighter Cameron Burnley, and Firefighter Trevor Sponagle, members of New Tecumseth Fire Rescue's inaugural full-time crew. The photo was taken at Station 1 on September 14, 2026.

CONTRIBUTED PHOTO

Mental Health in Motion raises nearly \$40,000 – and counting – for youth programs

“Our drop-in programs, particularly in the Aurora office, have grown so much and we oftentimes hit capacity. We never turn anyone away – we haven’t had to do that yet – but this is really the magic that donors can help create when we’re able to build capacity in programs like Community Connections.”

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Bellissimo Family pledges \$100,000 in support of new construction at local hospital

BY BRIAN LOCKHART

New Tecumseth Mayor Richard Norcross has pledged \$100,000 to Stevenson Memorial Hospital Foundation's redevelopment campaign has been made by Chris and Meggie Bellissimo.

In recognition of their commitment, the Bellissimo family will have the opportunity to name a patient room once Stevenson Memorial Hospital is redeveloped. This creates a lasting legacy for their family while supporting healthcare in their community.

For Chris, the decision is more than just making a donation. The pledge represents an investment in both the community's future and the healthcare needs of generations to come.

"We wanted to do something that would have a lasting impact on our community and our family," Chris Bellissimo said. "We hope our commitment inspires other families to

come forward and be part of building the new Stevenson Memorial Hospital. This is a hospital that will serve our community for generations, and we all have an opportunity to help make that future possible."

The Stevenson Memorial Hospital Foundation is raising \$80 million through its Because of You campaign to support the community's share of the redevelopment, including the equipment, furniture, and fixtures needed to bring the new hospital to life. The total cost is \$405 million.

"Chris and Meggie's generosity is a wonderful example of community leadership and what it means to invest in the future of a community," said Dr. Ted Vandevis, CEO of the Stevenson Memorial Hospital Foundation.

"Their commitment is not only helping us bring the new hospital to life, but also sending an important message to other families: This is your hospital too, and there is a place for everyone in helping make it possible."



MAKING A DIFFERENCE – Chris and Meggie Bellissimo point to a room on the blueprint of the new Stevenson Memorial Hospital building where their name may appear. The couple has pledged \$100,000 in support of the new Stevenson Memorial Hospital Building.

CONTRIBUTED PHOTO



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Around 800 students remain eligible for suspension if not vaccinated

BY BRIAN LOCKHART

Around 800 Grade 11 and 12 students remain eligible for suspension if they don't get their required vaccinations up to date.

In May, the Simcoe Muskoka District Health Unit mailed reminder notices to more than 5,600 students letting them know they were missing required vaccinations.

Throughout the summer, nurses worked

with families to arrange missing vaccinations and update immunization records.

During the week of Sept. 14, immunization nurses visited all area high schools to provide vaccinations and help students update their immunization records.

Under Ontario's Immunization of School Pupils Act (ISPA), health units must maintain immunization records for students and enforce suspensions when required information is

missing.

The Health Unit planned to start enforcing suspension orders on Sept. 22.

To help students get their records up to date, the Simcoe Muskoka District Health Unit is offering drop-in immunization clinics at its offices from Sept. 21 to 25 for Grade 11 and 12 students.

Clinics will be held at various centres in the region, including Barrie, Collingwood, Mid-

land, and Orillia.

For New Tecumseth residents, the closest location is in Cookstown.

Immunization records are automatically updated for students who receive vaccines at a school or health unit clinic. Students who receive vaccines from a health-care provider must report them to the health unit through smdhu.org/ImmsOnline or by calling 705-721-7520, ext. 8827, or toll-free at 1-877-721-7520.

Simcoe Muskoka District Health Unit warns that threat of West Nile virus remains elevated

BY BRIAN LOCKHART

It may be starting to feel like fall, but mosquitoes are still active, and the risk of West Nile virus remains high.

The Simcoe Muskoka District Health Unit reminds residents to continue protecting themselves from mosquito bites. Mosquitoes remain active until the first hard frost.

This reminder follows reports of a human case of West Nile virus in Simcoe County. Five birds and one horse have also tested positive for the virus.

This indicates that West Nile virus is circulating in the community.

The Health Unit notes that more infections likely occur than are reported because many people do not become ill or seek medical

attention.

West Nile virus circulates between birds and some mosquito species. People can become infected if bitten by a mosquito that has first bitten an infected bird.

Most people infected with West Nile virus do not get sick, but some can become seriously ill. Symptoms can include fever, muscle weakness, stiff neck, confusion, severe headache and sensitivity to light. Anyone with these symptoms should seek medical care.

The Health Unit monitors mosquitoes across Simcoe Muskoka through trapping, testing and larval checks during the summer.

The Health Unit recommends taking steps to prevent mosquito bites.

This includes using insect repellent, wearing light-coloured clothing and covering exposed skin, removing standing water around your home, and ensuring window and door screens are in good condition to stop mosquitoes from entering your home.

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SPORTS

NEW TECUMSETH TIMES



Alliston Hornets win home opener against Penetang Kings 6-2

BY BRIAN LOCKHART

The junior hockey season is underway in New Tecumseth, and local fans were treated to a win at the Alliston Hornets home opener against the Penetang Kings on Friday, Sept. 18.

There was a good-sized crowd at the New Tecumseth Recreation Centre to watch the Hornets usher in a new season.

The Kings scored the opening goal at 5:11 into the first period.

It was a tie game when Will Hipcraft scored

the first Hornets goal of the season just 10 seconds into the second period.

Logan Jackson followed up three minutes later with a second Hornets goal to give the Alliston squad a 2-1 lead.

Hipcraft scored his second of the night with 48 seconds left in the second period to give Alliston a 3-1 lead.

The Hornets really came alive in the third period, scoring three goals in just under four minutes.

Alliston's goals came from Tristen Pitt, Logan Jackson, and Nick Lamont.

The Kings scored with 12:57 left on the clock in the third.

The final was a 6-2 win for the Hornets to start the season.

The Hornets took 12 minutes in minor penalties for the game. The Kings were in the box for six minutes on minors.

The Hornets will have two road games on Sept. 26 and 27, against the Muskoka Bear and the Huntsville Otters.

They will be back on home ice at the New Tecumseth Recreation Centre on Friday, Oct. 2, when they will host the Innisfil Spartans.

Game time is 7:30 p.m.



SEASON OPENER – The Alliston Hornets take on the Penetang Kings during their home and season opener at the New Tecumseth Recreation Centre in Alliston on Friday, Sept. 18. The Hornets left the ice with a 6-2 win in their first game of the season.

BRIAN LOCKHART PHOTO



FACE OFF – The Alliston Hornets started the 2026/27 season by hosting their home and season opener against the Penetang Kings on Friday, Sept. 18, at the New Tecumseth Recreation Centre in Alliston. Club President Ken Cowen, treasurer Rick Bartlett, and board member Peter Eisner drop the puck at the official faceoff to start the game. Alliston Hornets captain Nicholas Lamont and Penetang Kings captain Carson Thayer take the first faceoff of the season. The Hornets won the home opener 6-2.

BRIAN LOCKHART PHOTO

New Lowell Knights win North Dufferin Baseball's senior division championship

BY BRIAN LOCKHART

The New Lowell Knights are back-to-back North Dufferin Baseball League (NDBL) senior division champions after winning the final series in five games over the Bolton Brewers.

The Knights also claimed the 2025 title.

New Lowell finished the regular season in second place behind the Owen Sound Baysox.

The Brewers came to the championship final as a fifth-place team.

In the final series, the Knights proved what a powerhouse squad they are.

The Knights won 6-1 on Sept. 12 to start

the series.

The series was tied 1-1 after the Brewers notched a win in Game 2, leaving the diamond up 11-5.

From there, the Knights dominated the series with outstanding offensive play and a lot of good hitting.

The Knights' momentum started in Game 3 when they brought in 14 runs over Bolton's two runs to take a lead in the series.

It was another New Lowell blowout in Game 4 when the Knights scored 10 runs while allowing only one run against.

Determined to end the best-of-five series, the Knights brought their best game to the match-up in Game 5 on Sunday, Sept. 20.

The season ended when New Lowell won the game 8-1 and claimed the 2026 NDBL senior championship for the second straight year.

It was another successful season for the NDBL. The league has been running continuously since 1930.

There were disruptions in play during the war years between 1940 and 1945, as well as in 2020 when all sports were shut down during COVID and there was no league play.

Twelve senior division teams started the season back in May and provided a lot of baseball action for fans who witnessed a lot of talent on the diamond this year.



SEASON OPENER – The New Lowell Knights are the 2026 North Dufferin Baseball League champions after defeating the Bolton Brewers in a best-of-seven championship series. The final series went five games and ended on Sunday, Sept. 20, with an 8-1 New Lowell win in Game 5. League secretary Scott Anderson, second from left, presents the Strother Cup to Chris Rettie, Pete Kinghan, and Dale Lightheart during a post-game presentation.

DAVID ANDERSON PHOTO



Brock's Banter: Recalibrating your mind's eye

Imaginations can be a powerful thing.

Listening to the stories told over the years by my grandmother, mom, aunt, and uncle, I only had their words to go by. My brain, my mind's eye, filled in the visuals.

"What would the reality be like?" I silently asked myself as we approached the home. "Would my second-hand memories be confirmed, or would it be a jarring yank back to a reality that was never really mine?"

As it turns out, the memories that were shared with me over the years, along with two or three visual references in the form of slightly faded snapshots, were translated in my brain surprisingly accurately.

The unchanged tile in the front hall was somehow identical to what I envisioned, as was the layout of the kitchen and the

living room. The biggest misses were the central stairway, which was much shorter than I imagined it to be, and the locations of the dining room and what was once a screened-in porch.

Sitting in the living room of a home that, until that point, had been such an important but unknown part of my life, my mom and I casually shooting the breeze with the current homeowner was nothing short of surreal – as has been the process of the subsequent days where the second-hand memories stored in my brain are being re-imagined, re-configured, and retrofitted to reflect the now wonderfully-real, well, reality.

I sensed it was a similar experience for the 85-year-old homeowner as well, who sat us down, took out his smart phone,

flipped on the Voice Memo option and had my mom dictate her memories of growing up within the walls they have called home for more than half-a-century.

There were, of course, memories of the "new" family all around the place. It was briefly unsettling to go into one of the upstairs bedrooms and seeing a framed photo on the wall of "strangers" sitting on such a familiar-looking front porch, to pick one example, but of course they were – and I can only hope that the memories my mom was able to share last week will be shared with the next generation of children who were raised within, sparking memories and filling in blanks of their own.

It's often said you can't go home again, and while that is undoubtedly true in many cases, I'm particularly grateful to have had

the opportunity to revisit a building that wasn't technically my home, but is nevertheless an inextricable part of my heritage and a foundational root of my own family tree.

We're fortunate enough to live in communities that value their histories, but it's often the everyday histories, often the stuff that's overlooked as inconsequential, that can tell stories more evocative than we could ever imagine. It's all around us if people take the time to document it.

In a community that is growing as fast and rapidly as Toronto, and a community where post-war houses are seen as rather disposable, I was grateful for last week's opportunity – and to experience a part of my own history – a built history where time is not necessarily on its side.

Banting Homestead Heritage Park & Museum on the Boyne present exhibits on residential school

Banting Homestead Heritage Park and Museum on the Boyne are honoured to present two exhibits that explore the history and lasting impacts of Canada's residential school system and support learning, reflection and dialogue as part of the ongoing journey toward truth and reconciliation.

From Sept. 17 to Oct. 31, Banting Homestead Heritage Park is hosting Bakaan nake'ii ngii-izhigakino'amaagomin: We Were Taught Differently, a travelling exhibit developed by the Lake of the Woods Museum.

Through photographs, archival materials, personal recollections and interpretive displays, the exhibit shares the experiences of Indigenous children, families and communities affected by residential schools.

From Sept. 16 to Sept. 30, Museum on the Boyne is hosting We Were So Far Away: The Inuit Experience of Residential Schools, presented by the Legacy of Hope Foundation.

The exhibit shares the stories of eight Inuit Residential School Survivors and highlights both the challenges they have overcome and those they continue to face today.

Developed by the Lake of the Woods Museum, Bakaan nake'ii ngii-izhigakino'amaagomin: We Were Taught Differently highlights schools located within Treaty #3 territory while reflecting the broader residential school experience across Canada.

Visitors will learn why residential schools were established, what life was like for

children who attended them, the impacts that continue to be felt by survivors, their families and communities, and the ongoing journey toward truth, healing and reconciliation.

"This exhibit invites us to listen, learn and reflect on a difficult chapter in Canada's history. By sharing the stories and experiences of those affected by the residential school system, these exhibits help foster greater understanding and support ongoing conversations about truth, healing, and reconciliation within our community," said New Tecumseth Mayor Richard Norcross.

Together, these exhibits acknowledge this chapter of Canadian history, increase awareness of the longterm impacts of residential schools, honour survivors and those affected

by the system, and encourage meaningful conversations about reconciliation.

Residents and visitors of all ages are encouraged to experience these exhibits and participate in ongoing conversations that support understanding, respect and reconciliation.

The Bakaan nake'ii ngii-izhigakino'amaagomin: We Were Taught Differently exhibit opened to the public on Sept. 17 at Banting Homestead Heritage Park and runs until Oct. 31.

The We Were So Far Away: The Inuit Experience of Residential Schools exhibit opened at the Museum on the Boyne on Sept. 16 and runs until Sept. 30.

For museum hours and visitor information, visit newtecumseth.ca/Exhibits.

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- Willing to take chances and learn from your peers

DESIRED SKILLS & EXPERIENCE:

- Sales Driven
- Great Personal Skills
- Some Sales Skills Preferred but would be willing to train the right candidate
- Works Well with Deadlines and Budgets
- Organized with an Intermediate Knowledge of Microsoft Excel

COMPENSATION:
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Let's Talk.

EMAIL RESUME FOR CONSIDERATION:

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zach@lpcmedia.ca



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We're Hiring!

2 Positions Available — Immediate Start

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- Scheduling Position

What we offer:

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- Friendly, supportive team atmosphere
- Experience is an asset, but not required

If you're dependable, personable, and looking for a great opportunity to join a team-oriented workplace, **we'd love to hear from you!**

To apply, please contact
andyleonard@fireplacestop.com

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Amplify Stables is seeking an experi-enced and dependable **farm rider** to help start and break Thoroughbred yearlings.

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PRESENTS SOME AWESOME UPCOMING AUCTIONS!

SEPT 25TH - Currency / Art / Jewelry Auction

OCT 8TH - Locked & Loaded Sale

OCT 9TH - Gas and Oil Auction — Pumps, signs, cans, toys

Featuring: Porcelaine signs incl Esso, BA, White Rose, Atlas, Quaker State, etc; quality refinished gas pumps incl clearvision, 4 sided Texaco, Bennett /Sinclair, Tokheim / White Rose, Bennett / Texaco, Wayne / Mobil, etc; vintage pressed steel toys incl Minnitoys tanker, Buddy-L tanker; Strutco, die cast Dinky, etc; air meters; qty oil cans & bottles incl White Rose; Shell, Grand Champion, Atlas, etc; pump globes; advertising clocks; antique tractors incl Farmall Model A & Ford 960; and much more.

OCT 30TH - Estate Firearms Auction

NOV 23RD-28TH - Straight Shooter Sale

DEC 11TH - Antiques, Collectibles & Quality Household Items

DEC 18TH - Currency / Art / Jewelry Auction

JAN 29TH - Tool & Equipment Sale



Interested in absentee bids? Consigning in an upcoming sale?
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438280 4th Line, Melancthon L9V 1S9 (North of Shelburne)

LIVE AUCTION SALE

Fall Equipment Consignment

Saturday October 3rd, 9:30 a.m.

554447 Mono-Amaranth TLine, Mono, ON — Go west through Orangeville on Hwy 9 to County Rd 16 (Veterans Way at Greenwood Cemetery), turn north 5 miles to farm on East side. Or from Shelburne go east on Hwy 89 for 2 miles to Mono-Amaranth Townline, turn south & go 5 miles to farm on East side.

Tractors: John Deere 3720, 2013yr, 300CX loader, cab, 1331hrs. Well looked after. JD front mount blower & other accessories (to be listed later) will be sold separately; John Deere 2130 Tractor 2WD with 146 loader & 6ft material bucket; TAFE 450 with 6010 Frey loader & material bucket; 1953 International Super C tractor.

Side-by-Side: John Deere 825i Gator, very good condition; Front mount plow for gator. JD broadcast seeder for gator.

Equip/Mach: 2810 JD 5 furrow semi-mount vari-width plow; Kvernland 4 furrow 3pth plow; LandPride 8ft 3pth disc; New Idea 3632 manure spreader, 2 beaters, older floor; (2)gravity wagons (1-Bruns 10 ton, 1-Kilbros); Kraus 24ft cultivator with Morris harrows; MF 10ft chisel plow; 3pth snowblower, hydr chute, 2 augers, 7 ft; 1100 gal stainless steel water tank on undercarriage; International 4500, 16ft cultivator; 510 International Seed Drill; (2) gravity wagons; Frontier RC2084 mower; Splitfire double-action log splitter, gas powered hydraulic power pack; (5) wood sheep gates; Agrotrend snowblower; Western plow; Farm King 655 finishing mower; 8 inch International seed drill; ATV trailer frame.

Farm Rel/Shop: Winco WG270 generator/welder combo, has Kubota diesel motor; tractor tires; qty hydraulic cylinders; sheep/hog scale; 400+lb farmer made, rotary feed mixer for dumping to feed cart; 7.5hp horizontal air compressor; 10in split roll grain roller, 3hp; (2)sm metal cutting horizontal band saws; 16x69x36 in HD work bench with cupboards & #986 big metal vise; (2)8in bench grinders; Splitfire double-action log splitter, gas powered hydr power pack; qty hydr cylinders; Pallet forks; industrial winch; antique steel wheels; antique hay grapple; poly water trough; (2) skids plastic storage bins; 1.5 inch gas water pump; tree dolly mover; sm pto pump with hydraulic cylinders; trailer hitch, sway bars; sm Quebec heater wood stove; (4) old porcelain gas station lights; (3) old milk cans; (3) antique tractor seats; push lawnmower; 3pth woodsplitter.

Accepting: Tractors, Machinery, Equipment, Farm Rel/Shop

Note: Please contact auctioneer if you are wanting to consign any equipment/items

Watch the website as items will be added regularly

Auctioneers: Kevin McArthur (519) 942-0264 Scott Bessey (519) 843-5083

Email: mcarthurbessey@gmail.com

www.theauctionadvertiser.com/KMcArthur - full listing & photos

602 ARTICLES FOR SALE



A beautiful, custom made pendant. Contains a genuine silver Roman coin of Gordian III (AD 225-244). Solid 10 kt. gold frame and large bail, with genuine .20 diamond of above average cut and clarity. Measures just over 1 inch (3 cm.) in diameter and weighs 10 grams. Asking \$1,800.
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602 ARTICLES FOR SALE



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Email mpavilons@rogers.com

612 AUCTIONS/FLEA MARKETS

LIVE AUCTION SALE

FOR THE ESTATE OF THE LATE TOM SMITH (TOM SMITH TOWING)

EM. #5469 - 5TH LINE NEW TECUMSETH

Directions: Come to the north end of Tottenham on Simcoe Cty Rd 10 to the 5th Line (lights) turn east (right) for 6 km to sale on SW corner of 5th Line and 15 Sideroad New Tecumseth

SAT. OCT. 3RD AT 10 AM

VIEWING FRI. OCT 2 11 AM -2 PM

Trucks 1932 Ford Model B V8 - 1 ton stake truck, dual wheels, stored inside since Oct 2003, w/own-ership (subject to owners approval), sold AS IS; 1952 Ford pickup V8, step long box, sold AS IS w/ ownership; 50's Mercury M-6, 2 ton, c/w winch & boom NO OWNERSHIP; 1988 Ford Van Truck, diesel Super Duty w/ownership; 1968 Ford F-250 dually 4x4 rare, 4 WD, tow truck, stored inside since 1985, rear axel 410 x 1, no ownership; Tandem axle trailer, 7,000 lb axle, w/ownership; 1950 Ford flat head 3 sp motor transmission, 226 CID, made in USA; Mercury & Ford grill parts; cement mixer; Ferguson tractor w/ldr.; 3 ph, 6' grader blade;

Shop Equip. New B2442 Band Saw NIB; as new Snap On 7 drawer tool box; Mastercraft 295 amp arc welder; Miller Matic 35 welder; Jet metal cutting band saw; Torches ; 4 - 5th wheels; tire balancer; tire tool cabinet; Miller Matic 210 welder; gas air compressor; Cougar model F240 welder; tire changer; Kelvina-tor air compressor; Gorilla model LCN1355 table drill press; Delta drill press floor model; bottle jacks; floor press; floor jacks; 3 tire changers; No. of benches; no. of new tools, sockets etc; large tool cabinet; floor compressor; Brico RDM - 150 floor drill press; Mig 140 welder; 12 gal. Portable air tank NIB; Stihl cut off saw; Parts washer; air tanks; bolt bin full; rods; pedestal grinder ; Craftsman tool box; Homelite generator; oils; receivers; lights; truck mirrors; comealongs; winches; tow chains; dollies; rear end grease barrels; qty of tires; Van body (as is); truck tires; turn buckles; copper; tow dollies; live traps; elec motors; Holmes chalks; tow cables; bumpers; tow chains; no. of motors; generator; no. of Fifth wheel hitches; Snap On 7 drawer tool box; large qty of scrap; dollies; trolley; vacuum & intercom items; qty of garden tools; qty of cable; assortment of lock out tools;

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Choose from 4 varieties.

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SALE

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Bistro Chicken® 114 g

Choose from:
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Swiss

SALE

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Stuffed, Breaded Chicken 142 g

Choose from: • Kiev • Parmesan
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Parmesan

INCREDIBLE PRICE

SAVE \$5

12⁹⁹

Italian Style Beef Meatballs

89-95 PIECES 907 g

SAVE \$5

14⁹⁹

Sirloin Beef Meatballs

60-70 PIECES 907 g

LOWEST PRICE OF THE YEAR*

*Lowest price of the year is the lowest price of 2026 to date.

SAVE \$8

9⁹⁹

Turkey Meatballs

78-83 PIECES 750 g

TONIGHT'S BEST CATCH

SAVE \$5

9⁹⁹

Garlic Shrimp

12-13 PIECES 340 g

SAVE \$3

26⁹⁹

Breaded Haddock

7-10 PIECES 907 g

SAVE \$5

19⁹⁹

Shrimp Platter

61-70 SHRIMPS 624 g

Cocktail Sauce included

SALE

5⁹⁹ each

Pink Salmon in Sauce 142 g

3 Varieties

Herb and Garlic

MEALS FOR ONE SINGLE SERVES

275 g - 340 g 22 Varieties

ONLY 5⁹⁹ each**SALE**

Homestyle Shepherd's Pie

Chicken Pad Thai

Butter Chicken

Shrimp & Scallop Pasta

35+ GLUTEN-FREE OPTIONS

SALE

11⁹⁹

Cauliflower Bites

450 g

Sauces included

Buffalo

Parmesan

SAVE \$2

22⁹⁹

Steakhouse Style Sirloin Tri Tip

2 STEAKS x 200 g/7 oz

SALE

16⁹⁹

Blueberry Bliss Cheezecake

600 g

VEGAN

SAVE \$2

29⁹⁹

Country Style Chicken Breasts

6-10 PIECES 907 g

SMARTER THAN TAKEOUT

SALE

16⁹⁹

Sweet & Sour Chicken

900 g

SAVE \$2

17⁹⁹

Gingered Beef

850 g

SALE

16⁹⁹

Korean Style Fried Chicken

650 g

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9 SLIDERS x 51 g/1.8 oz

DINNER IN 20 MINUTES MEAL KITS

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