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PHOTO SUBMITTED

BABY, 2014 IS GONNA BE AWESOME! – Headwaters Health Care Centre (HHCC) welcomed its first baby of 2014 early on January 1st. Kirandeep Kaur Brar of Caledon delivered a baby boy at 12:29 a.m., weighing in at 8 pounds, 14 ounces. The baby is the third child for Kirandeep and her husband Lucky Brar. He joins big brothers Tegvir and Himmat, at home.

Dufferin Wind Power to achieve commercial service in less than 18 months

BY WES KELLER

Responding via email to questions about Dufferin Wind Power's reaction to the Environmental Review Tribunal's decision upholding DWP's Renewable Energy Approval (REA), spokeswoman Connie Roberts said, "We are pleased that the (ERT) has dismissed the appeal against Dufferin Wind Power's (REA) and we look forward to placing the project into commercial service."

"This wide-ranging and extremely thorough appeal process took over a half year to complete and included a comprehensive review of the project's effects on human life, plant life, animal life and the natural environment as well as a constitutional challenge."

"Dufferin Wind was diligent in its planning, design and engineering of the wind farm and the ERT's decision reconfirms that wind farms can be safely built and operated for the benefit of the community and the province," Ms. Roberts said, adding that, "At many points during the ERT proceedings DWPI stated confidence in the thoroughness of its studies and reports and was anticipating this positive outcome."

Continuation of the wind farm's

site preparation and turbine base construction during the process had raised some local eyebrows.

"A common misperception is that a wind farm is required to wait for an appeal when in fact, under the regulations once the project receives its (REA) it is fully approved to start construction," Ms. Roberts said in response.

"The appeals against Dufferin Wind were initiated by individuals whose commercial, political, and personal interests differed from the community members who founded and worked hard to develop this wind farm project. Dufferin Wind, along with these community members, have respected the permitting process and, upon receiving the necessary municipal and provincial approvals, commenced construction."

There had been no effort to withhold construction from the public eye. Ms. Roberts referred to the DWP website, <http://www.dufferinwindpower.ca/ConstructionUpdates.aspx>, for further information.

On completion of the project, she said the original deadline is Jan. 30, 2014, but DWP has 18 months beyond that date to reach commercial operation. DWP expects to commence commercial operations well in advance of this date.

Although the wind farm has a final stamp of approval subject to any appeals, there remains a hearing on DWP's application to appropriate a rail corridor easement for its 230 kv power line to the Orangeville subdivision. That hearing is set for Feb. 18, Ms. Roberts said.

She explained why the 100 MW (230kv) transformer is being installed at the wind farm rather than

at the substation:

"The transformer is located at the project substation to step-up the voltage from 34.5kV to 230kV. This transformer allows the project to efficiently transmit the wind farm's generated power to the Orangeville switching station using a single, three-phase, transmission line on a single wood pole line."

"Had the transformer been located at the Orangeville Switching Station, more transformers, more cables, and more and larger power poles would have been required. Locating the transformer at the project substation instead of the Orangeville Switching Station helped to minimize the transmission line's footprint and the overall impact to the community."

She said DWP had "continued to try and reach an amicable agreement with the County for the use of the former rail corridor but has been unable to do so."

According to Ms. Roberts, as recently as last August DWP "agreed to pay the County its asking price for the use of the rail corridor." She said it also offered to match that amount by paying for trail or other community improvements plus helping with a multi-use trail study.

However, she said, "County Council reversed their position and refused to negotiate with Dufferin Wind unless the transmission line was buried entirely underground. The County Council also directed County staff not to speak further with Dufferin Wind regarding this easement and this restriction remains in effect today."

Ms. Roberts said DWP's offer remains open, and the company would prefer to negotiate rather

than to litigate. She said, however, that the costs of burying the entire line outside Shelburne "would be prohibitive." DWP is confident of success should the hearing proceed, she said.

On health issues with respect to electromagnetic fields from power lines, Ms. Roberts suggested <http://www.dufferinwindpower.ca/FactsInformation/230kVPower-Line.aspx#Technical>.

(There are conflicting expert opinions on possible health effects from high voltage overhead lines, but it's more generally agreed that there are no such effects from properly insulated and buried underground high voltage lines.)

Ms. Roberts clarified the appeal period as being 30 days after release of the decision. Appellant Dennis Sanford had previously said "15 days" but that had been in the context of the intervening holidays and attendant down time.

She also outlined the ways in which that tribunal's decision on appeals of the approval may be appealed: "An appeal of the Tribunal's decision on a question of law may be made to the Divisional Court -- filed in accordance with the Ontario Rules of Civil Procedure. The opportunity also exists for judicial review of the decision by the Divisional Court."

As well, "An appeal of the Tribunal's decision may be made in writing to the Minister of the Environment on any matter other than a question of law. The Minister of the Environment will then confirm, alter or revoke the decision of the Tribunal if the Minister considers that it is in the public interest to do so."

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Yes, come to the pantomime – it's the greatest fun for the whole family!
Directed by Bev Nicholas, choreographed by Jo Hubbard, Dick Whittington (and his cat) features a large cast of veteran Tipling Stage Company actors and some new faces. Musical accompaniment, under the direction of Gerry McNalty, includes percussion, guitar, keyboards and saxophone this year. It's going to be a fun, noisy extravaganza of comedy, song and dance in the welcoming, old-time atmosphere of Shelburne's Grace Tipling Hall -- a little warmth to look forward to during this cold, bleak winter!
Performances are January 24th and 25th, January 31st and February 1st at 7 p.m. and January 26th and February 2nd at 2 p.m.
Tickets are \$12 on Friday nights and \$15 on Saturday nights and Sunday afternoons for adults and \$8 for children under twelve. They can be purchased in Shelburne at Caravaggio IDA, Shelburne Town Hall, Holmes Appliance & Music Shop or online at www.tiplingstagecompany.com

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FEATURED ITEMS

Occasional opening of landfill will cost big bucks

BY WES KELLER

Melancthon Township might own its padlocked landfill site, but township council was to learn Thursday that it does not control what it does with it except to set aside funds for an eventual closure and to pay dearly for approval to do anything in the interim.

Not only does the township lack control, but just to open the gates a couple of days a week for township residents to deposit a few items not eligible for garbage pickup would cost taxpayers a possible \$20,000 or more for a start, and possibly almost \$1,100 a month thereafter.

As a result of a June 2013 ratepayer petition asking for an "occasional opening" of the gates for deposit of materials that cannot be picked up at curbside, such as burnable wood, tire depot, fence wire, steel products and such, the council asked the Ministry of Environment about the possibility of creating a transfer station at the site, an idea that it had previously mulled.

According to a report by CAO Denise Holmes based on information from Gary Tomlinson of the MOE, the concept would require an approval that would cost \$1,400 for the filing.

But that was just the beginning. Filling out a 100-page application and paying \$1,400 for the privilege might not have been a problem, but MOE would also require a hydrogeologist's design and operation plan for the station. That cost, according to the township's hydrogeologist, would run to as much as \$10,000.

Then there would need to be fencing of the site within the fenced dump, a bin for the burnable wood, disposal fees for the wood, and a host of other costs that totalled as much as \$21,400.

To open the station two days a week would cost an estimated \$12,808 annually, according to the CAO's research into the issue.

Wood and metal would likely be the only items taken to the station.

Ms. Holmes pointed out that the county's waste guide lists several tire dealers in Dufferin County that would take the tires back.

Bale wrap is a big item in the area. But the recycler says it prefers to pick up the wrap at the farms, rather than at a central point, and wants it placed in bags that it supplies.

Retirement home opens its doors as a warming shelter all winter long

Shelburne Residence Retirement Living and Long Term Care is opening their doors all winter long as a warming shelter for those who need to seek relief from the cold and to warm up and have some refreshments.

Extreme cold alerts can happen at any time during the winter as temperatures dip below double digits. At Shelburne Residence, we care about seniors of all ages and people in the community, so for whatever reason, if someone needs to seek relief, they know they have a place to do so at any time at our home.

Shelburne Residence is open 24 hours a day and is located at 200 Robert Street in Shelburne.

For more information, please contact Heidi Vanderhorst, General Manager at Heidi.vanderhorst@plthomes.com or call 519 925-3746 ext. 5.

Advancements in science – meet the 'Snowflake Children' and their parents



Embryo Adoption is a new growing trend many couples are turning to make their dreams of parenthood come true.

BY ALEX SHER

Why go through the lengthy process of adopting a child already on the planet when you can simply adopt a stranger's frozen embryos and grow a baby yourself?

Featured in a CBS news article in 2005, the term 'Snowflake' when referring to children born who were once frozen embryos was invented by the first agency to provide embryo adoption, Nightlight Christian Adoptions.

Today there are an estimated 600,000 frozen embryos being stored in the United States and Canada is not far behind. According to the Embryo Adoption Awareness Center, the annual storage costs of embryos is \$600 per family, and a 120,000 families paying \$600 a year means that Americans spend \$72,000,000 a year. Also, the Embryo Adoption Awareness Center states that 7.3 million women are infertile and that is 12% of the females of reproductive age in today's U.S. population.

The entire concept is foreign to many of us as we seem to be standing on a dangerous precipice mixing 80% science with 20% religious and moral beliefs creating a recipe for controversy, disaster and the actual frightening possibility of twins existing born twenty years apart.

What began as a family's moral and ethical dilemma involving the decision of what to do with remaining embryos following successful in vitro fertilization resulted in the idea of sharing the birth experience with another couple who were unable to conceive but could still carry a child. While few can dispute the heart wrenching decision especially while looking into the eyes of other children from the same 'batch' to speak, of destroying left over embryos or turning them over for stem cell research where the embryos are destroyed, the decision to store embryos and for what length of time is also allowing people to plan exactly when they are having their children like never before. Not to make light of a situation but rephrased,

"Honey what do we do with the other potential kids we do not plan on having? Let's give our potential children away?"

For many, this has been a very viable cost effective answer as embryo adoption costs far less being only \$10,000 to \$15,000 where regular adoption can cost upwards \$50,000, according to the Embryo Adoption Awareness Center. In some cases where open adoption is conducted, there is no cost involved at all.

In 1998, Hannah Stregge was the very first Snowflake baby born. She can now be seen on Youtube telling her story and by her account, she is the most fortunate child. She reveals in her very candid videos that she understands the process and has no problems with it.

But has science gone too far? An embryo frozen for twenty years was born in 2011 and the Embryo Adoption Awareness Center proudly states, here is no 'shelf life' human embryos, which is an uncomfortable statement for most. Controversy and questions surround the new population of Snowflake children. Will the children want to know where their other potential siblings ended up? Some will be implanted, some will be lost during the process, some used for stem cell research, some will remain frozen while some may be going to the same school as their biological sibling and never know it.

What about health issues? Does a family simply take an embryo out of the freezer if someone in the family requires a liver? What about yearning for their biological maternal connection? Will Snowflake children ever harbour grief over being stuffed into a woman who was not their biological mother?

Some may argue that it is the selfish need of women to actually experience giving birth that is motivating this movement. Some believe embryo adoption is a way of bonding with the adopted child even though the child is not biologically theirs. Some believe the concept of in vitro fertilization is causing more long term

negative repercussions than good. Some find the whole idea completely bizarre but indisputably, the Snowflake population is growing and growing.

We've all heard the expression that everyone has a twin in the world somewhere but to coin another expression, some things in life really are 'stranger than fiction'.

Restart the Presses!

BY BRUCE HANDY AND DASHA TOLSTIKOVA OF THE NEW YORK TIMES

It's been another up and mostly down year for print media and the dwindling number of professionals (writers, editors, paper mill owners, singing-dancing newsies) who still care about nonvirtual publishing.

There were the customary newsroom layoffs, budget parings, revenue shrinkages. The venerable Boston Globe and Washington Post were each sold to billionaires, the papers' futures, whether as first-rate news sources or playthings, yet to be determined. New York magazine announced that it would scale back to publication every two weeks; The Onion ceased print publication altogether. One of the year's few bright spots: Newsweek's brave but seemingly quixotic decision to return to print in 2014. Yes, it could work, many observers thought, and maybe Tiny Tim will live to see another Christmas!

Is such cynicism justified? The thinking here is that if vinyl records, straight razors, slow food and absinthe cocktails can all mount comebacks, there is no reason print can't as well. The keys are marketing, perception and, frankly, snob appeal, plus a few minor tweaks....

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Shelburne Library

We wish you all a very happy, healthy and joyous New Year as we launch 2014 at our library with lots of exciting books and new programs – while at the same time still providing some of our great regular programs and events. We certainly heralded in our first open day with blizzard-like conditions but we were open! By afternoon we had lots and lots of folks dropping in and signing out lots of print books as well as a few patrons with their KOBOS to learn how to load e-books also available through our library website.

Children's Programs: Our Story Time will be up and running on Friday, January 10th at 10:30 a.m. and Toddler Time will be starting on Tuesday, January 14th at 10:30 a.m. This will be an exciting start to the New Year for our children with songs, stories and crafts they will enjoy.

Lego Club: The news all our youngsters have been waiting for – The first meeting of our LEGO club is on Wednesday, January 22nd from 3:30 to 5 p.m. The club is geared to boys and girls ages 6 to 12 and we will have some older teen volunteers and library staff joining in. We will have a special person helping us to coordinate the program and make it really interesting and exciting. There will be challenges, prizes and games for all the participants. Be sure and register at the library to join in the fun.

Focus On Seniors: Another new beginning term for our Focus on Seniors programs, Cathy and Anne will be busy gathering selections for all our patrons at Dufferin Oaks, Shelburne Residence and of course, our Home Outreach program participants. If you know of anyone who would still like to participate in the Home delivery program, please call and we will set that up for you. Now that the weather is a little more wintery and driving and walking are quite difficult, this is one way of having new books or magazines come to your home.

This month and it was a short working month for us, we signed out 98 CNIB Daisy Books. We are always happy to support anyone who would like to use these resources. Call 519-925-2168.

KOHA 3.8: KOHA might not mean anything to you until you realize that it is the backbone and underpinning of everything that allows us to automatically circulate, catalogue and keep track of our books and our patrons. We have just upgraded to the newest version and it seems to have gone quite seamlessly. However, if you notice any glitches with your accounts please let us know so we can check it out.

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New Books: We have been very busy the last two weeks selecting the new lineup of books for the winter /spring rollout. We have kept out colleague, Pat Bannister, busy ordering and cataloguing for us. For those of you who are dedicated users of our Talking Books we should have 10 or 15 new titles coming in within the next few weeks. If you use our online catalogue you can just type in TB and the author's name to get a list of all the Talking Books we have by that author.

I read several new books during the holidays and really enjoyed Amy Tan's new Book, The Valley of Amazement. It goes deeply into the inner lives of the concubines and Madames in the 1900's. I have read her other books but am amazed at how intense and detailed this book is and the depth of understanding and emotion she portrays throughout the lives of several generations.

More online at www.shelburnefreepress.ca

What's the deal with packaged vitamins?



PHOTO BY ALEX SHER

Are Vitamins really a waste of money? Perhaps older generations knew a fishy solution some today are forgetting.

BY ALEX SHER

Recently revealed studies exposed the purchase of vitamins a waste of money and the use of vitamins to help stay healthy, a crock.

When we think generations passed, many will remember their parents discuss the horrible taste of Cod Liver Oil and how it became part of a daily regimen during the cold winter months.

Cod Liver Oil is naturally loaded with many minerals, Vitamin D and Omegas, the essential fatty acids we hear so much about. Did that generation know something we don't?

Aside from the fact that there is a lot of money to be made from sick people, can these studies really throw Vitamin consumption under the bus when our food supply is for the most part chemically altered, vitamin fortified, processed, genetically engineered and different forms of corn seem to be in absolutely everything. Let's not forget that Cod Liver Oil, with its high Vitamin D content was believed to help prevent

and treat rickets back in the day and it wasn't until Milk became fortified with Vitamin D that society had created a preferable and palatable option for ensuring straight bones.

As society's quick paced life style becomes even quicker, the time spent indoors during the winter months can greatly impact our ability to produce Vitamin D from the sun. The 'February Blaws' are called that for a reason especially considering just how many of us are our last leg of our body's Vitamin D stores by the time February arrives. It only follows that taking Vitamin D will help us feel better, similar to how we feel in summer. In an article recently posted in Psychology Today, Dr. Dale Archer examined many studies which revealed a direct link between Vitamin D deficiency and depression. But buyers beware as Calcium and Magnesium are best to help absorption of Vitamin D. Even tanning beds can have their usefulness in trying to maintain or produce Vitamin D.

Dr. Joel Fuhrman is a board-certified family

physician, author of Super Immunity and many other useful books promoting nutritional care. While Fuhrman focuses on nutritional ways to avoid disease and is big proponent for the use of vitamins, the often organic food he mentions is expensive by comparison to regular grocery store food available making the decision to eat better a little difficult in today's economy. Perhaps the best advice is to combine both philosophies in an affordable way. Those interested in Dr. Fuhrman's work can visit his website at www.dr.fuhrman.com

A recipe to help avoid colds seems to be a simple combination of Essential Fatty Acids, Vitamin D combined with Magnesium and Calcium, Vitamin C, Acidophilus (healthy bacteria found in yogurt) a healthy diet of unprocessed foods and daily exercise. Either way, many are thankful they are not forced to take Cod Liver Oil by the spoonful every day as now there are capsules available should you choose to give it a try. Stay healthy.

MacIver issues 'not before the tribunal'

BY WES KELLER

Amaranth Mayor Don MacIver relied in part on Health Canada and RETA (Responsible Electricity Transmission for Albertans) statistics as well as his own scientific knowledge in his presentation to the Environmental Review Tribunal on health effects of high-voltage overhead power lines.

Although his information was not fully debated, it was effectively ruled out of order as none of the appellant parties had led related evidence, and no expert witnesses had testified for the appellants, with respect to the issue. Apart from the hearing, DWP includes scientific studies that reach conclusions contrary to those cited by the mayor.

"The Tribunal notes that a presenter may only give evidence respecting the issues raised in the appeal. Some of the appeals, in referring to adverse health effects, do state that it is more likely than not that they are caused by a number of factors including stray voltage or electromagnetic fields.

"However, neither the Appellants' evidence nor their submissions in respect of the Health Test, have directly addressed this issue. Therefore, it is not entirely clear that this issue is before the Tribunal.

"However, assuming that it is, the Tribunal notes that no expert opinion evidence has been adduced to support the views expressed in Mayor MacIver's presentation. Consequently, the Tribunal finds that Mayor MacIver's evidence does not establish that serious harm to human health will be caused by high voltage

transmission lines," the tribunal says.

The mayor is a scientist employed by Environment Canada, and a co-winner of a Nobel Peace Prize. He "was one of Canada's leading scientists working on the Intergovernmental Panel on Climate Change, which shared the Nobel Peace Prize in 2007 with former U.S. vice-president Al Gore," CBC said in 2008.

Mayor MacIver was a presenter at the hearing on behalf of Amaranth Township, and not a party to it.

Part of his submission cited RETA on birth problems for women who work or live near high-voltage overhead power lines: 5.7 times expected risk of miscarriage; up to 2.5 times risk of throat defects for babies at birth; 1.7 times the risk of water-on-the-brain; up to 1.5 times normal risk of heart birth defects; and a correlation between EMF (electromagnetic radiation) and suicide and depression, among other things including property devaluation.

The mayor's presentation included this from Health Canada:

"Studies suggest that EMFs may be linked to a variety of health problems including leukemia, lymphoma, brain and nervous system cancers, melanoma, breast cancer, miscarriage, birth defects, Alzheimer's disease, Lou Gehrig's disease, depression and suicide.

"Anecdotally, EMFs have been associated with symptoms such as nausea, headache, fatigue, anxiety, dizziness, mental confusion,

memory loss, sleep disturbance, itchy or burning skin sensations, and skin rashes," his attribution to Health Canada reads in part.

"In June 2001, an expert scientific working group of International Agency for Research on Cancer (WHO/IARC) reviewed studies related to the carcinogenicity of static and ELF electric and magnetic fields. Using the standard IARC classification that weighs human, animal and laboratory evidence, ELF magnetic fields were classified as possibly carcinogenic to humans based on epidemiological studies of childhood leukemia," the Health Canada quote reads.

Mayor MacIver provided a detailed summary of uses and aspirations for the rail bed, and of the problems that the easement for and creation of the 230 kv overhead line could pose.

He did not speak in opposition to the wind farm, but only to reasons for burying the transmission line if the Dufferin Wind Power turbine approval should be upheld.

Mayor MacIver's full presentation is available on the Amaranth Township website.

What is RETA?

"RETA's mission is to ensure that whenever new high voltage transmission lines are built near schools, homes, daycare centres, hospitals and environmentally sensitive areas, they must be buried," RETA says on its website.

It says adjacent property owners must be appropriately compensated if overhead transmission lines are approved.

CHRISTMAS TREE COLLECTION

Do not bag trees for collection and ensure that decorations are removed.

Christmas trees in the Town of Orangeville will be collected during the week of **January 13th**.

Christmas trees in the rest of the County (Amaranth, East Garafraxa, Grand Valley, Melancthon, Mono, Mulmur, and Shelburne) will be collected during the week of **January 20th**. Residents in rural areas should call a week in advance to be put on the list.

Bundled branches from December's ice storm will also be collected. No more than 20 bundles, less than 4 feet and 44 pounds. Please use twine/string of natural fibres to tie bundles.

Have everything out at **7 a.m. on Monday** of the designated week and it will be collected at some point during that week.



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Ask a psychotherapist: Recovering from Christmas

Question: Every year I make a whole lot of New Year's resolutions and every year I break most of them. Usually within the first week! Is there any point in even making them? And if there is, how can I make sure I keep them?

Answer: Part of your problem is apparent in your question. Making "a whole lot of resolutions" at any one time is inviting failure. One at a time, please, so that success can build on success. For instance, if like many post-holiday revellers, you are feeling the effects of overindulgence in its various forms, choose to rein in one area of excess at a time. If you have been raising more glasses of cheer than is strictly good for you during the holiday season, try going without for a day or two. This gives your body a chance to recover from all the extra processing it's been doing. Think of it as a holiday for your liver, brain and other organs. When you again have a drink, think in terms of a new beginning with moderation in mind.

Similarly, if you have been inhaling desserts and sweets all season, put all those leftover goodies in a tin in the freezer and pretend for a week or so that they no longer exist. Later, thaw one here or there for a treat rather than a feast. Out of shape from too much lounging in front of the fire or TV? Heave yourself out into the snow for a walk that gets progressively longer every day. Don't hit the gym for a marathon workout on day one; work up to it over a couple of weeks. Start with any ONE of these changes until you feel even a small sense of accomplishment and then add another one. Modest resolutions, fulfilled one at a time, are more likely than dramatic schemes of sudden deprivation to add up to lasting change.

Alison Kerr, Ph.D., Psychotherapist can be reached at 905 936-2400 or at alikerr@xplornet.ca



PHOTO BY JENNIFER HOWARD

HUNTERS IN WINTER – Adult female sharp shinned hawk. Red eyes where as young have yellow eyes. (Accipiter striatus) Our smallest accipiter. Very similar to a cooper's hawk which is bigger in size. Hard to tell apart for the average person. These small accipiter's are 11" in length and wingspan is 23" weighing in at about 5 oz. (140 g). You may see them around your feeders in the winter months looking for an "easier" meal. They hunt from a concealed low lying perch until they dart out at high speeds, and surprise their prey. Their call is a short & sharp "kiw kiw kiw". This female sharp shinned that came in so fast it hit hard into my front window. The cardinal went down. And the hawk after a brief moment of recouping went back in and found it and wasted nothing. Be patient in the winter months. You are bound to lose birds from your feeders. But these magnificent birds of prey are beautiful and also must survive – it's Mother Nature's way! When they get there catch, they will sit over it (called mantling), protecting it from being taken. Owls also do this.

Queen's Park – Fire the whole lot

Dear editor:
What is going on at the Ontario Legislature buildings at Queen's Park in Toronto?

Another report and more revelations about ridiculously high wages, benefits and bonuses. This time it is the Ontario Power Corporation. We've had other stories from the Ontario auditor which makes all citizens of our province wonder if there is any accountability either in the crown corporation or the offices that surround the Legislature.

I think the men and women wanting, and getting, the top-paid jobs know there is a delay in reporting on the massive wages paid to them. The Ontario auditor has a huge job and it can be months or years before he or she sits down in front of the press corps to tell us the bad news.

It is always bad news! Year after year, we've been told the same stories of exorbitant wages, tax-money wasted on government projects and no accountability within the halls of power of the Ontario governmental bureaucracy.

Is there an understanding between provincial employees whether at the crown corporations or in the corridors at the red-stone building to hide the massive wages and let the auditor sort it out later? Of course, by then the over-paid employees are deep into the lucrative system.

The most galling aspect that the Ontario taxpayer has to deal with is strident denials of the ministers in the Ontario government. According to them, they didn't have a clue about the ridiculously high wages and benefits that have been paid!

If that's the case, then why are they a minister of 'whatever' in the first place? The biggest joke of all (wasting our money is hardly a joke – but) is the fact some of the wages paid to the 'fat cats' are doable what the minister of 'whatever' may be getting. He or she must be envious.

Our province is over thirty billion in debt and the just-removed head of the organizing committee of the Pan-Am Games (another boondoggle) could be receiving a million in severance. Ouch!

Let's just fire the lot; we couldn't be any worse off!

Vaughan G. Harris,
Tottenham

Municipal elections – shorter campaigning periods needed

Dear editor:
It is deplorable that we have a wonky system for the election of municipal councils across Ontario.

Why is there such a long period between the opening of nominations and the actual election day – some 10 months later?

I feel that this huge gap can only benefit the current councillors who are running again for the next four year term.

Sitting councillors get the press and publicity. Meanwhile, a citizen who has decided to run can only, basically, watch. A short run-up to a municipal election can give all participants equal opportunity.

Any municipal election should last eight weeks: from nomination-opening to the actual election day. Some will say that we need months to get ready which is nonsense. Everything is on a computer somewhere in a government office. Lately, we've gotten into the habit of having elections, at all levels, at close proximity. The election lists are available and only need updating for those of us who have moved.

Perhaps the running of an election has become big business and those businesses want

the long-haul to make money. Also, it's sad that even with all the long effort to get to election day, a myriad of things go wrong. I've seen screw-ups at polling stations on election day. Why?

A shorter election period could improve voter-turnout. At the present, only 30 per cent of eligible voters bother to turn into a polling station on election day. Most men and women on the voters-lists are more excited about going to the food store or the beer-one than marking their 'X' on a municipal ballot.

Short municipal election periods might liven-up the infamous all-candidate meetings which can be deadly-dull and excruciatingly long. A short election-period would concentrate both the minds of the candidates and the people asking the questions.

We must engage the electorate – endorsing a 10 month election period does nothing for our democratic aspirations, it only stifles the system. The reduced voter turnout, election after election, is pointing us in only one direction – dictatorship.

Vaughan G. Harris,
Tottenham

Editor's note: Vaughan, I agree. The 10 month campaigning period is torture – even for the media. I too dread the infamous "All Candidates Meeting" which I, in fact, host for the Free Press. I want to change how things are done this election period. Can you suggest a better way? Also, let me assure you that even though we print many, many pictures of politicians 'kissing babies' in our pages, it's only because that's

what's happening in our community – if I'm missing something, let me know. That said, let me assure you that equal press coverage will be given to all candidates running in the 2014 election. Anything a candidate wants to share – so long as it is not libelous or to the detriment of another campaign – will be printed in these pages. Send it in. Until the news is received each week, my pages are empty.

WEBPOLL
www.innisfilscope.com

THIS WEEK'S QUESTION

Are you troubled by the rise in inclement weather?

a. Yes
b. No

So go to our website at shelburnefreepress.ca and cast your vote!

Results from last week's poll:

Are you ready for the upcoming 2014 municipal election?

a) Yes	<div style="background-color: black; width: 50%; height: 15px;"></div>	50%
b) No	<div style="background-color: black; width: 50%; height: 15px;"></div>	50%

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

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Give!

BY DAVID TILSON, MP

Canadians have many things to be proud of: our economy is almost universally regarded as a model for the rest of the world, our country is consistently ranked as one of the best places to live and raise a family, and we're known around the globe as a kind and generous people who strive to make the world a better place.

This is why it would probably surprise no one to hear that Canada—according to a report released in 2012 by the U.K's Charities Aid Foundation—ranked as the third most charitable country in the world based on the percentage of people who donated time or money to a charity in the previous year. In fact, on average Canadians give roughly \$446 per person to charity each year and Canadians aged 75 and above give roughly \$725 per year. Those are remarkable numbers that we should be truly proud of.

Prime Minister Stephen Harper and our Government are also tremendously proud of Canadians and that's why we want to encourage even more giving—particularly from those who have yet to give. As a part of Economic Action Plan 2013, we've set out to achieve this through our First-Time Donor's Super Credit. The First-Time Donor's Super Credit is a temporary, one-time credit that provides an additional 25 per cent tax credit—over and above the normal amount—on charitable donations under \$1,000, so long as it is made by someone who has not made a donation since 2007. This means that young Canadians and new Canadians have an opportunity to connect with the causes they believe in or have an opportunity to go out and find a cause to support.

It's my belief that this initiative could spark a lifetime of giving by those who were previously unengaged and it is estimated that charitable donations will increase by \$110 million per year until the Super Credit expires in 2017. This is \$110 million more per year to help make Canada a better place!

Charities across Canada have come out in support of our Government's initiative. In fact, Imagine Canada, an organization representing thousands of registered charities, said that our Government's Super Credit, "is a real step in the right direction."

Our Government believes in the important role that charities play in our communities. In fact, the First-time Donor's Super Credit is just one of the many measures we've introduced to support Canadian charities. In years past, our Government put in place several measures which increased the transparency and accountability of charities, allowing the public to have increased trust in their operations and encouraging them to give more.

I encourage everyone who has not donated to charity since 2007 to take advantage of the First-Time Donor's Super Credit. Together we can make Canada the most charitable country in the world.

Two plants lost as premier calls for agri-growth

BY WES KELLER

On whose website would you find these messages?

"Our Vision: To enrich and delight the world through foods and brands that matter. Our Purpose: Nourishing families so they can flourish and thrive. We are a company of promise and possibilities. Each day represents a fresh opportunity to share Our Vision, live Our Purpose.

"By being mindful and committed to these ideals, we uphold our founder's dedication to people and their well-being. And we promote an environment where we can push beyond boundaries and across borders to create foods and brands that help to fuel the best in everyone everywhere. It is this belief that brings us together and sets us apart."

That's Kellogg's. On the same website, you'll find that the company is closing plants at London, Ont., and at Charmhaven, Australia, and expanding operations at Rayong, Thailand.

The London closure by the end of 2014, announced in early December, came just two months after the Ontario government announced that "Premier Kathleen Wynne recognized excellence in agri-food innovation today and challenged the sector to double its growth rate and create 120,000 new jobs in Ontario by 2020."

It virtually coincided with a Heinz Canada announcement that it would be shuttering its 140-year-old Leamington ketchup plant—throwing 740 people out of work by June, 2014, and ending its contractual purchases from about 50 tomato growers who farm about 5,500 acres in the region.

Is farming important to the Ontario economy?

Also at mid-December, an MNP LLP (Myers Norris Penny) study found that "Ontario's agri-business sector generates almost half a billion dollars in tax revenue to federal, provincial and municipal coffers annually.

The report also shows that the province's grain elevators, feed manufacturers and crop input suppliers contribute \$2.3 billion to the provincial economy and support more than 22,000 jobs throughout rural Ontario," says the Ontario Agri Business Association, which commissioned the study.

MNP is a national accounting and business consultancy. The study "is based on data and statistics from government agencies and departments, as well as interviews with municipal politicians and industry and government officials," it says.

CEO Dave Buttenham of the agri association is quoted in a news release as saying that, "Feed manufacturers, crop input suppliers and

grain elevators are a key part of Ontario's rural fabric, providing jobs for thousands of Ontarians, supporting the provincial economy and contributing millions in tax revenue."

Grain elevators provide grain handling, drying, storage and marketing services. Feed manufacturers produce livestock and poultry feed, supplements and pre-mix products as well as providing technical and nutritional support to farmers.

Crop input supply businesses retail agricultural seeds, plant nutrition and crop protection products, as well as provide associated services and consulting, the news release says.

"These results really help underline agriculture's role as the leading driver of our provincial economy," adds Buttenham. "Our members are often over-looked when people think about agriculture, but they're a vital link in Ontario's food production system."

The Ontario Agri Business Association is a voluntary, non-profit organization representing over 350 firms engaged in the crop input supply, grain elevator and animal feed sector across Ontario. For more information visit www.oaba.on.ca.

The study doesn't include sales of farm equipment, fuel, repairs and maintenance, and many other things.



PHOTO SUBMITTED
STAY WARM ALLISTON – The Alliston Knitters, part of the Nottawasaga Handweavers and Spinners Guild, which meets Monday nights at the Gibson Centre, show off some of the knitted items they donated. New members welcome!

Shelburne Legion

Wow, what a storm! Well on these cold snowy days, there's no better place to be than Branch 220.

Thank you to all the volunteers that helped with our breakfast. Weather permitting Bingo and Euchre will be back on track next week.

This Friday night is another wing night with DJ Jerry Daniels. There is a zone dart tournament on the 11th as well as the 25th call the branch for details.

We have changed the Jam Nite to January 17th and it will be hosted by Wayne and Kim Petters from Midnight Special as well as, the one and only Larry Johnston on drums. If you play or sing or just love music, come on out and enjoy the fantastic local talent. Mike Hale will be doing his yummy wraps too.

The Legion is putting a team into Roy's Chicks annual snow ball tournament on the 18th, if you are interested in playing please contact Phil Norris at the branch.

Shelburne Free Press

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**SHELBURNE
FREE PRESS**

This week in police news...

Shelburne Man Arrested and Faces Three Criminal Charges in Domestic Dispute Investigation: On December 30th Shelburne Police investigated a domestic dispute. The investigation revealed a series of assaults and mischief taking place since October 2013. As a result a 19 year Shelburne man was arrested and charged with two counts of assault and one

count of mischief. The accused was held for a bail hearing. The name of the accused is being withheld for the benefit of the victim.

Call to Party Results in Mischief Charge: A call to a rowdy party on Silk Drive during the very early hours of Saturday January 4th resulted in an intoxicated man being arrested and charged with mischief for damaging walls in a home. Eighteen year old Vladislav Zborshchik was arrested and charged with a single count of mischief. He was released on a promise to appear with a court date in February.

Reminders About Snowmobile Laws and By-Laws: With the extensive snow on the ground the Shelburne Police is busy dealing with snowmobilers - many of which are breaking provincial laws and/or town by-laws. Many of these infractions have expensive fines and can also affect points on driver's licences.

The Shelburne Police Service encourages all snowmobile drivers to make safety their number one priority. This includes their own safety, pedestrians safety, automobile drivers safety and other snowmobile driver's safety!

Here is a list of reminders of some the laws and by-laws that effect snowmobilers:

- By-Laws:
 - o Snowmobiles may not be operated on sidewalks, walkways or parks
 - o Snowmobiles may not be operated between 11pm and 7:30 am on Sundays through Thursdays, or between midnight and 9 am on Fridays and Saturdays
- Motorized Snow Vehicles Act:
 - o Every snowmobile must be registered and have insurance whether operated on a roadway or a designated trail. Registration number must be displayed on the snowmobile. Proof of current insurance and registration must be with the operator at all times.
 - o A valid trail permit must be issued and with the operator at all times when using a designated trail
 - o The operator must hold a valid driver's licence or motorized snow vehicle operator's licence. The licence must also be with the operator at all times.
 - o A snowmobile cannot be driven at a speed greater than 20 kph in any road or highway where the speed limit is 50 kph or less.
 - o A snowmobile cannot be driven at a speed greater than 50 kph on any road or highway where the speed limit is greater than 50 kph.
 - o Every snowmobile operator must signal intentions including turns or stopping with appropriate hand signals.
 - o Every snowmobile operator must obey all stop signs and traffic signals.

Dufferin OPP release Festive RIDE stats

Between November 23, 2013 and January 2, 2014 Dufferin OPP conducted 94 RIDE spot checks in various locations around Dufferin County and here are the statistics generated:

- Number of vehicles checked – 2233
- Number Road-side tests – 28
- Number of 3 day drivers license suspensions – 3
- Number of 7 day drivers license suspensions – 1
- Number of Impaired Driving/Over 80 mgs charges – 3

Dufferin OPP also laid two Race/Stunt Drive charges in addition to RIDE spot checks held.

Police remind motorists that RIDE programs are held throughout the year including in summer months. Arrive alive.

Drive sober.

Crime Stoppers

During this quarter, 498 new anonymous tips were received along with almost 700 follow-ups to existing tips which resulted in almost 1,000 calls to the program.

These tips assisted the Police to clear 29 cases resulting in 42 arrests and 92 charges being laid for a variety of offences including Criminal Code, Controlled Drugs and Substances Act and Highway Traffic Act.

The Board of Directors approved \$6,575 in reward payments for successful tips this quarter. Since inception in 1987, this program has authorized almost \$290,000 in rewards to Tipsters who have helped solve crimes in Simcoe-Dufferin-Muskoka. \$63,236 in illegal drugs and property were recovered by Police during the 4th quarter of 2013.

For more information about becoming a Crime Stoppers volunteer please visit our website www.crimestoppersdm.com

OPP urge motorists to stay off the roads in bad weather

Dufferin OPP are urging motorists to stay off roads and unless absolutely necessary during poor weather conditions. Over the past week, police have been responding to

- numerous vehicles in ditch
- vehicles stuck in middle of roadway
- roadways with drifting snow
- strong winds
- intermittent white out conditions

Several roads were also closed within Dufferin County and police urge motorists to check with Dufferin County, Ministry of Transportation and local Township websites for road clo-

sure updates as the winter goes on.

Residents are reminded to ensure that they have following when travelling

- full tank of gasoline
- washer fluid topped up
- warm clothing including warm mitts and winter boots
- snow scraper
- shovel
- emergency flares
- food
- And most importantly a fully charged cell phone to call for assistance.

High snow banks along roadways

The Shelburne Police is reminding everyone to be extra careful around the high snow banks along the roadways. The snow banks are particularly high this winter due to the above normal snowfall.

Parents and Children: Do not allow children to play on or around the high snow banks even in quiet residential areas. The dangers of getting seriously injured are significant. Slipping off onto the hard pavement can result in head injuries or broken limbs. Slipping in front of a

vehicle or being struck by a snow plow is an even greater danger. It is safer for children to play in back yards or in designated parks.

Drivers: High snow banks reduce a driver's ability to see potential dangers. It is important to drive slowly and with clear windows and lights. Be prepared that a child or car could emerge from driveways or walkways that are hidden by the high snow banks.

The Shelburne Police is encouraging everyone to do their part in keeping safe!

Snowmobiler charged

Grey County OPP remind snowmobilers that their safety, peace of mind and enjoyment while sledding this winter start with being compliant with the Motorized Snow Vehicles Act (MSVA) and being properly trained.

On Sunday, January 5, at 1:45 p.m., Grey County OPP stopped a snowmobile on the OFSC trail at Road 120 in the Municipality of Grey Highlands. The operator of the sled, Jordan Roy Smith, 26, of Orangeville, was issued a Provincial Offence Notice for Fail to Display Evidence of Permit under the MSVA, which carries a total fine of \$110.

OPP nab stunt driver

On December 29th, 2013, at 3:50 p.m. Dufferin OPP traffic unit observed a Mercedes Benz sedan southbound on King's Highway 10 at the 10 side road of Mono. The vehicle was clocked in radar at 132 kms per hour in a posted 80 km/hour zone.

Police initiated a traffic stop and pulled over the vehicle. The 24 year old male driver from Caledon identified himself with a valid Ontario driver's licence.

As a result of a police investigation the driver had his vehicle and driver's licence impounded immediately for 7 days. He was charged with Stunt driving and issued a Provincial Offences Part 3 summons to appear in Orangeville Court at a later date.

Safe snowmobiling

On Thursday, January 2, 2014, Grey County Ontario Provincial Police (OPP) conducted motorized snow vehicle patrols on Ontario Federation of Snowmobile Club (OFSC) Trails in the Municipality of Meaford and the Township of Chatsworth. As a result, 15 snowmobiles were checked, in which 1 charge and 4 warnings were issued under the Motorized Snow Vehicles Act (MSVA) as well as a warning under the Trespass to Property Act (TPA).

Grey County OPP remind snowmobilers that their safety, peace of mind and enjoyment while sledding this winter, start with being compliant with the MSVA and being properly trained.

Many of the rules governing motor vehicle drivers apply to snowmobile operators, such as speeding, failing to stop at a road crossing and driving with a Blood Alcohol Concentration (BAC) that exceeds the legal limit. Failure to comply with the law carries penalties including fines, loss of driver's licence, criminal charges and/or imprisonment.

A rider whose BAC is between 0.05 and 0.08 (known as the "Warn Range"), can be issued the same 3-day warning that suspends a driver's licence on the road. This means that on the snow, the offending rider can no longer drive his/her sled to complete their ride. Riders are reminded that the Ontario Zero Tolerance law for drivers 21 and under also applies to snowmobiles.

To ride legally, snowmobile operators must always carry: • Valid driver's licence (or if under age 16, a Snow Vehicle Operator's Licence) • Proof of snowmobile ownership • Sled registration (including properly placed registration numbers and validation sticker on sled) • Proof of sled insurance (pink slip) • Approved snowmobile helmet (for each rider)

While snowmobiling for recreation on an OFSC Prescribed Trail, a 2014 Snowmobile Trail Permit with permit receipt. Grey County OPP encourage snowmobilers to get properly trained. The OFSC offers courses approved by the Ministry of Transportation of Ontario (MTO): OFSC Learn the Right Way is a course for snowmobilers aged 12 years and older. For more information visit www.ofsc.on.ca The OPP is committed to saving lives on Ontario's highways, trails and waterways through the reduction of preventable injury and death. Initiatives are developed and delivered through the Provincial Traffic Safety Program. Visit opp.ca for more information.

Soaring Heart Wellness: Smile through the Winter Blues

Now that the excitement of Christmas and New Years is over, we are faced with a few more months of cold winter. This winter freeze can show us our vulnerabilities and shine upon our fears, but by understanding our weakness – we can gain strength and dispel our fears with

a simple Smile!

The Inner Smile is one of the most powerful self-healing and relaxation techniques I have learned in my Yoga and Meditation practice. Smiling helps us soften inside by creating warmth and compassion in our heart. This gen-

tle softening helps us transform any negative emotions we may be holding on to that can damage our internal and external environment. Smiling heals the body by creating an immune boosting response stimulated by the production of endorphins, which are "feel good" chemicals in the brain. These endorphins help to reduce pain in our body and mind and relax our muscles and organs, which in turn increases our immunity to sickness and stress.

Smile and focus on the good things in life to dispel any kind of sickness or fear.

To get started with your Inner Smile Practice: Write a list of 10 Things that make you smile and/or find your favourite pictures that make you happy. Post these sayings and pictures on your bathroom mirror. Every time you look in the mirror & see these images it will remind you

to smile. When you smile from the inside and get to see that smiling light shine back at you, it will make that light grow bigger. Share this smile with the rest of the people in your life and you will make your life a whole lot brighter.

Smile your way to a Healthy & Happy Winter!

For more information, classes and support in your greater health, visit our team of friendly health care practitioners at Soaring Heart Wellness – 116 Main Street East, Shelburne, Ontario. 519 925-2822 www.soaringheartwellness.com

Ellen Brakel is co-owner of Soaring Heart Wellness, a Natural Food and Healthy Living Store in Shelburne. She is a health practitioner with 18 years of experience, certification and training in Massage & Cranial Sacral Therapy, Yoga & Meditation, Nutrition, Reiki, Re-connective Healing, Acupuncture, Aromatherapy and Counseling.



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**TOWN OF SHELBURNE
PUBLIC NOTICE
Cemetery
By-Law 69-2013**



Take notice that the Town of Shelburne is applying for approval of the above by-law by the Registrar of Cemeteries. The by-law regulates interment and the use of the mortuary on a seasonal basis, complete with the applicable rates.

All interested persons may obtain copies of the proposed by-law at the Shelburne Municipal Office, 203 Main Street East, Shelburne, ON, Monday through Friday, 8:30 am to 4:30 pm.

The proposed by-law is subject to the approval of the Registrar of Cemeteries.

John Telfer, AMCT
CAO/Clerk
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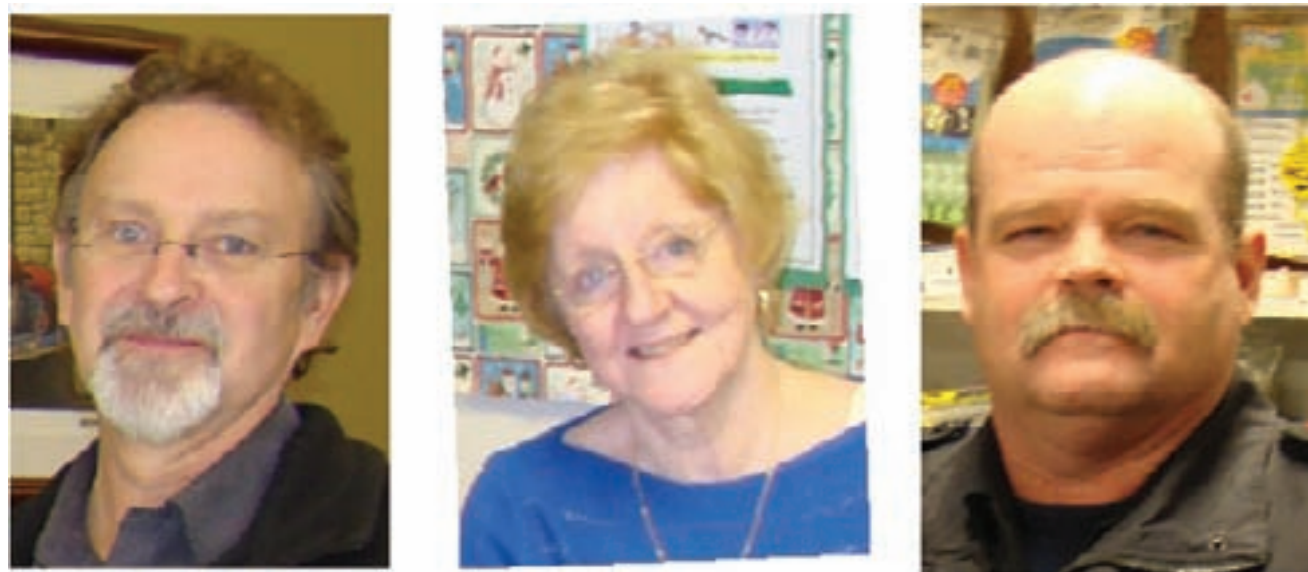


PHOTO BY ALEX SHER

Representatives of Shelburne's Charitable Organizations offer thanks to the entire community of Shelburne. (L to R) Reverend David Howe of the Shepherd's Cupboard, Lynn Topping, Volunteer Co-ordinator for the Christmas Hamper Program and Captain Mike Morrell of the District Fire Fighter Association's Toy and Food Drive.

BY ALEX SHER

Shelburne's charitable organizations would like to thank all of Shelburne for its kindness and generosity over the holiday season. Lynn Topping, Volunteer Co-ordinator for the Christmas Hamper Program was very pleased with this year's sometimes overwhelming donations.

"This year we were able to supply the community with 46 baskets and that number is down only three from last year and of course, any left-over donations go directly to the Shepherd's Cupboard," Tupling commented. "It's just amazing to see the community come together to make sure Christmas is enjoyed by all. We're really grateful".

Though Captain Morrell of the Shelburne and District Fire Fighters Association was unavailable for comment, in previous interviews he did state that the District Fire Fighter Associations Toy and Food Drive had been doing very well this year and he is very grateful for all the local support and what it meant to so many.

Reverend David Howe of the Shepherd's Cupboard enjoyed witnessing his first year of Shelburne's generosity over the holidays having this to say, "The food bank was wonderfully supplied and I saw so much generosity providing both food and gifts. Overall it was a positive experience."

Reverend Howe, when asked about what the Food Bank will need now that Christmas is over commented, "Well, we always need the basics. We can always use staples like peanut butter and Kraft dinner. If you notice how expensive household items can be, it would be greatly appreciated to receive some of the basics like laundry detergent, dish soap, and personal care items. I would like to take this opportunity to thank the community at large for everything donated at Christmas."

If you have any questions regarding the Shepherd's Cupboard located at the Mel Lloyd Centre, 167 Centre St, Entrance A, call 519 925-2600 and speak with Ardhith Dunlop, Volunteer Co-ordinator.

Health prof sees wind symptoms as nocebo response

BY WES KELLER

Dr. Simon Chapman, a professor of Public Health at the University of Sydney, Australia, has now documented almost 240 categories of subjective symptomatic complaints, up from 198 in September, and has documented his findings on a video entitled "12 things you need to know about wind farms."

In part, the video states that turbines have been around since about 1980 (possibly earlier in Alberta) but asks why there were no complaints anywhere until 2002 (about 20 years later) and why complaints have escalated since 2009.

It answers its own question by citing examples of where

complaints ballooned at wind farms where anti-turbine groups were most active. Dr. Chapman suggests this demonstrates a nocebo response, and the reported symptom as being a psychogenic condition.

(Nocebo, from Latin "I will harm," is the evil twin of Placebo. Psychogenic generally is a symptom that originates in the mind.) The video quotes Sir Francis Bacon on the issue of inviting infections by believing you have them. "If you fear, you call it upon yourself."

Prof. Chapman might be better known for his stance against cigarette smoking for which he received awards from the World Health Organization and American Cancer Society, among others. But his current research involves examining policy how health and medical issues are covered in the news media; how people stop smoking unaided; the psychogenic aspects of wind farms and health; and characteristics of public health research (and its dissemination) which impact on public health policy.

He has published 469 articles in peer reviewed journals and 17 books and major reports. His H index is 46 and he has over 7960 citations. His video was inspired in part by a Shelburne Free Press article on the Environmental Review Tribunal decision picked up by Wind Resistance Ontario.

Dr. Chapman lists, among other things, claims that wind turbines have caused cancer, hemorrhoids, herpes, bowel and lung cancer, multiple sclerosis, weight loss, weight gain, hair loss or graying and death. Included among the complaints, one says the alleged victim could sense the turbines from 100 km away. More common were complaints from 10 km, including lip trembling.

One of the major problems in establishing a causal effect, according to his information, has been that no complainant witness at hearings has agreed to disclose a prior medical history. (In Canadian law, medical records are the property of the patient.)

Dr. Chapman delves into "gag orders." He says his examination of blank contracts has revealed no such orders. He does not deny that they might exist, but has legal advice to the effect that the Common Law would uphold a negligence complaint, and override any such order one might have signed.

(There have been non-disclosure agreements on settlements reached between complainants and TransAlta/Canadian Hydro Developers in Melancthon. The companies would not disclose the terms of settlement as they, too, were bound by the agreements.)

The video is available on You Tube <http://youtu.be/Hf-wQr-40o0>

Did you ring in the New Year right?

BY EMILY WOOD

Our new year's celebrations are behind us, but now one question remains. What will the rest of the year be like? Will we be lucky, will we be successful at work, will we find love?

The truth is in North America people mainly hope for a good year ahead, but our customs do little to encourage this. Our tradition is to share a kiss with someone at midnight, but most people don't know the symbolism behind it. Along with bringing love, the kiss is said to help rid people of bad memories from their past. Mostly though, it's just about another night to party.

In other countries around the world, the new year's celebrations are more important to their way of life, their actions that night setting the stage for the year to come. Oh sure, many places still throw large parties as well, but their traditions, like our midnight kisses, are sometimes taken very seriously.

In the Philippines, a big celebration is very important. In fact, the louder the better with them, as the noise of firecrackers and celebrations are thought to drive away any bad spirits. There is also a long standing tradition of wearing polka dots, which are said to bring good luck financially.

In Mexico, what's underneath is more important. Wearing yellow underwear is said to attract luck, while red underwear will attract love in the new year. Some also sweep towards the outside of their houses to sweep out bad things from the year before.

Starting the new year with a mouthful of grapes is not uncommon in Spain, where at midnight people eat 12 grapes, one for each stroke of the clock at midnight. This is a tradition that began in the early 1900s. If a person can finish eating their 12 grapes by the time the clock stops chiming, it is said they will have 12 months of good luck.

Although it is less common now, Denmark doorsteps could once be quite a mess on New Year's Day. Friends and neighbours traditionally throw dishes at each other's doors and the bigger the mess, the better. It meant you had more friends.

Starting fresh is of big importance in Ireland, where it is traditional to scour their homes clean before the new year. At midnight it is also considered lucky for people to enter a home through the front door and exit through the back door, while single women go to sleep with mistletoe under their pillows to bring dreams of their future husbands.

Whatever your tradition, old or new, Happy New Year!

Radon test recommended

Ongoing research confirms that long-term exposure to radon is the second-leading cause of lung cancer in Canada. In a recent Ontario study, nearly 14 per cent of all lung cancer deaths are linked to radon exposure.

Radon is a naturally occurring radioactive gas that comes from the breakdown of uranium found in rocks and soil. It may seep into buildings through cracks in foundation floors and walls, gaps in service pipes, open floor drains or any other area of exposed soil. Radon gas is invisible, odorless and tasteless. In fact, the only way to know the radon level in your home is to test for it.

The cancer risk from radon exposure develops over the long term and depends on the level of radon, the length of exposure and a person's smoking habits.

A national study completed by Health Canada found higher than recommended radon levels in some homes tested throughout the country. Radon levels vary from one house to another, even if they are next door to each other. Concentrations are generally highest in basements and lower levels of homes.

The only way to know if you have a radon problem is to test your home. The most accurate test kits monitor the air for a minimum of three months and are then mailed to a lab. These test kits are available for purchase at local retailers and online. Health Canada recommends testing during the winter months in the lowest-lived in level of your home. The testing process costs between \$25 and \$75.

Quitting smoking is another important way to reduce risk, since the combination of smoking and radon exposure dramatically increases the chance of developing lung cancer.

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<p>Bananas</p>		<p>49¢ lb.</p>	

SHELBURNE SPORTS



Peewee LL1 team moves towards playoffs



PHOTOS BY BRIAN LOCKHART
GETTING READY FOR THE PLAYOFFS – The Shelburne Wolves Peewee Rep team hosted Elmvalle at the Centre Dufferin Recreation Complex on Saturday. The Wolves rep teams are coming to the end of the regular season and getting in shape for a playoff run.



Tyke 2 hockey season off to a great start

The Shelburne Legion Tyke 2 wolves got off to howling start in their first three games.

First, Shelburne hosted Flesherton. The team saw first hand how all the practice drills payed off. There was solid defence, for example Mason Osman who put on his game face and helped keep the puck in Flesherton's end for the better part of the game, a hat trick for Adam Copeland, an end to end rush by Callam Stevenson who whistled the puck to the back of the net and some great saves from net minder Aryton Pomeroy who guarded the pipes to enjoy a shut out. Shelburne won 4-0.

For the second game, Tyke 2 played Flesherton again, this time at their rink. Leaving the first game behind, both teams exhibited good

sportsmanship by lining up before the game and wishing each other the best. Of note were a couple of spectacular diving puck cover ups by goalie Zachary Baird to ensure that Flesherton was limited to one goal. At the end of three periods of spirited back and forth play, Shelburne came out on top again with a 3-1 victory.

For the third game, Dundalk came to town. The enthusiasm for Christmas was obvious; three quick goals for Shelburne to start the game off. Amazing teamwork was highlighted by the five assists noted on the score sheet, Abigail Abbot and Morgan Copeland each getting one. In the end, the scoreboard showed Shelburne with a decisive win.

Stay posted to see what's in store for 2014!



PHOTOS BY BRIAN LOCKHART
PLAYING LIKE THE BEST – The Shelburne Wolves Peewee LL1 team takes on the squad from Stayner during Saturday morning hockey action at the Centre Dufferin Recreation Complex. The Wolves battle back from a one goal deficit to end the game in a 3-3 tie. Wolves forward Brodie Best got the hattrick scoring all three Shelburne goals.

Bantam LL1 victorious against Stayner

The first game of 2014 brought home a win for Bantam LL1 on Saturday January 4th at the Shelburne arena against Stayner of 5-0.

After a slow start in the first period with no goals by either team, Stayner put up a good fight against the Bantams with their goalie working flat out with shot after shot on their net. Reluctant to get through Stayner's iron goalie Shelburne's persistence paid off.

With only a few minutes into period 2 Tyler Fournier scored the first goal. Followed shortly after with 2 more goals from Kyle Burke, the Bantam's were on a roll. Stayner kept their

own constantly through to period 3 and kept the Bantam's on their toes. A very tense game with Stayner displaying their passing tactics couldn't hold off Fred Dickson coming in with goal 4, and to finish Sawyer Kirsten closed the game with final 5th goal. Adrenalin was flowing as both teams battled it out and not for the want of trying Stayner took the loss in their stride.

The Bantams would like to thank their sponsors Petro Canada for supporting them this season and for the commitment of coach Shaun Cavey.

BY BRIAN LOCKHART

One of the best compliments a coach can be paid, is through seeing a team improve as the season goes on. It's a measure of hard work by the players and discipline and coaching skills taught the players by the coaches.

The Shelburne Wolves Peewee LL1 team is riding on a .500 season so far, with a fourth place standing in a 16 team line-up.

"They play as a team – even our weakest guys are out there to win," said coach Joe McRae.

The squad is working toward moving to the first division playoff series.

"The start of the year it was all skating," McRae said of coaching techniques. "Now its plays, different plays – powerplay, penalty kills, that will make the difference in the playoffs. They all know the systems we use. It makes it easier to coach them during a game."

The team has worked hard through the season. They started out at the bottom of the league and through practice and dedication they have made their way up through the standings.

"Our weaker players have gotten stronger, that's the biggest improvement. They have really stepped up and improved the game," McRae said.

With a few missing players and a short bench, their Saturday (Jan. 4) game against Stayner saw the squad battle back and tie it up to end the game at 3-3.

Shelburne's Brodie Best scored all three Wolves goals to get the hattrick – an accomplishment for which he shared credit to his teammates for setting him up with the pass.

The Peewee LL1 team will finish the season with several road games to end the regular season before finding a berth in the playoffs.

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ATHLETE OF THE WEEK

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As a defenceman on the Shelburne Wolves Bantam LL2 team, Ayden Litt isn't content to always play in the back position.

"I'm an offensive defenceman," he said of his playing style. "I like to create the frame, create the play. I like the physical part of the game and playing with my friends."

Although he isn't planning a career in the sport, he said he will continue to play as long as he can.

Ayden also plays pond hockey with friends when he's not suited up for the

Wolves squad.

As a student at Centre Dufferin District High School, Ayden is in the hockey program and hopes to try out for the varsity team next year.

As a well rounded athlete, he doesn't limit his sports to time on the ice.

"I play mostly basketball, soccer, volley, and baseball in addition to hockey," he said.

Ayden was chosen as athlete of the week by his coach Rob Newton who considers Ayden to be an outstanding member of the Wolves Bantam team.

Name: AYDEN LITT
Team: SHELBURNE WOLVES BANTAM LL2
Sport: HOCKEY
Position: DEFENCE

SMHA

Home Games
 Shelburne Arena



January 9th
 Bantam Rep vs Georgian Shores... 8:30pm - 9:50pm

January 11th
 Atom LL1 vs Creemore 10:30am - 11:35am
 PeeweeLL2 vs Creemore 11:45am - 12:50pm
 Bantam Rep vs Collingwood..... 2:10pm - 3:25pm
 Bantam LL2 vs Essa..... 3:35pm - 4:50pm

January 12th
 Tyke 3 vs Tyke 2 2:00pm - 3:05pm
 Atom LL#1 vs Atom LL#2..... 3:15pm - 4:20pm
 PeeweeLL#2 vs Stayner #2..... 4:30pm - 5:35pm
 Midget rep vs Flesherton 5:45pm - 7:35pm

January 13th
 Tyke 1 vs Dundalk..... 7:00pm - 7:50pm
 Midget LL#1 vs Midland 8:00pm - 9:50pm

For complete schedule please visit
www.shelburneminorhockey.com
 (Schedule and game times are subject to change.)



The Shelburne Red Wings Junior "A" Hockey Club is looking for new billet houses to accommodate the teenage players from other countries, who are in Canada at the World Hockey Centre for a maximum of 6 months.

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COME CHEER ON
 THE TEAM!

What is this thing called 'global warming'?

BY WES KELLER

The record-setting frigid air we're suffering is actually the result of global warming, some meteorologists are saying.

It doesn't feel that way. Last week, the U.S. National Oceanic and Atmospheric Administration (NOAA) warned that millions of Americans from Montana down to as far south as Alabama would be putting their lives at risk if they ventured out "for any length of time into brutally cold conditions that are driving temperatures to their lowest in 20 years."

It predicted that wind chills could be between minus 37C and 46C – as low as -50F. The unusual drop in temperature was blamed on a Polar (or Arctic) Vortex, apparently not an unusual phenomenon but plain old cyclones in the stratosphere, but the effects this time around are unusually harsh.

We are feeling the effects in Dufferin and the rest of southern Ontario, where wind chills dropped to as low as minus 40, including Orangeville and other parts of Dufferin.

But a single winter cold air outbreak doesn't negate the reality of global warming, says Michael Mann, a climatologist and director of the Earth System Science Centre at Pennsylvania State University.

"If you take a step back and look at how extreme temperatures are actually changing over time, you see that in North America over the past decade, we have broken all-time records for warmth at twice the rate as records for cold," Mr. Mann is quoted in media reports as saying.

A month ago, "we reported the warmest conditions the globe has ever seen in November, and Australia is in the midst of a record heat wave to finish out what we have now learned was the warmest year on record for the entire continent of Australia."

Meantime, some researchers say the Polar ice cap is shrinking, while others say it is expanding. Paradoxically, they can both offer data in support of their divergent conclusions.

Evidently, the cap has been receding but periodically growing, such that the shrinkage is more of an average than an absolute at any given time.

What difference does it really make?

If you scan numerous websites, you'll find a majority agree that open sea areas have increased. As a result, more sunlight is being absorbed by seas and less reflected by ice surfaces.

As a result, the Arctic waters are warming. This is theorized to have had effects on the jet stream, causing cold Arctic air to move more rapidly south. The warmer water has been documented to have attracted more southerly species, threatening the marine biology.

Alaska is warmer than usual. Warming in Arctic regions is said to free methane from beneath the permafrost.

Methane, a gas also released consistently from many old landfill sites including several rehabilitated into relatively large parks in Toronto, and also from beat bogs and marshes (swamp gas, CO₄), has 72 times the greenhouse effect that an identical amount of carbon dioxide would have.

"If the same mass of methane and carbon dioxide were introduced into the atmosphere, that methane will trap 72 times more heat than the carbon dioxide over the next 20 years," Wikipedia says, quoting official sources.

The after Christmas financial crunch: strategies to manage post-holiday debt

BY ALEX SHER

Almost immediately after the Christmas rush and excitement passes, new stress finds its way into our lives as the cost of Christmas begins to arrive in bills and credit card debt.

While many will be struggling financially even more than the before Christmas, there are options available to help people cope and form a plan of attack to get out of debt.

Financial planning services are available in every banking institution, independent financial advisors can be sought out to help plan ahead and create a personal budget to be followed on a monthly basis.

The general advice is the same across the board and there are a few obvious ways to begin financial recovery. The first step commonly recommended is to avoid unnecessary spending all together, impractical over Christmas but setting and average amount to spend and sticking to that set amount is a great way to keep spending under thumb.

The second step is perhaps the most obvious and coincidentally the one most not followed. Never spend money you don't have. On average Canadians spend upwards of \$1000 over Christmas and that amount does not include credit card spending. The over use of credit cards is pummeling Canadians sending the entire country into a situation of living beyond means available. This is very similar to digging

a financial hole so deep few see the light of day, a way out.

Simply avoid using credit cards if possible.



Ice rescue of a different kind, with a sad ending



BY JENNIFER HOWARD

A day of birding recently ended up in a day of frustration and a trip to Toronto Wildlife Center to hopefully save a life.

So many people would say "it's just a goose, who cares". But the fact is, it is a living breathing thing. It feels pain, gets scared, and is helpless to help itself in a lot of cases. This goose (pictured here) being one of them.

My friend Ann was up from Toronto and we headed out to see what we could find. Not a lot going on. We headed to Orillia to meet yet another friend, Bob. Saw some gulls and ducks. But really not a lot of action. One thing you just never know if you will see anything or not. But the company was great and beautiful scenery as always touched our cameras.

However near our days end. We took another gander to the lake front. A surprise was awaiting us there. Two days ago it was open water. Now only a couple little openings greeted us. Bob walked over to the edge. Ann and I heard something we didn't like. Bob turned around and looked at us.

"You're not going to like this" he said. And we didn't. A young Canada goose was stuck with a huge ball of ice around its leg. It was injured as well. We couldn't see to what extent at the time but knew it needed help.

A few years ago we lost our Midland OSPCA for wildlife. And the answer we got from OSPCA was they don't do wildlife calls. Heard it before. We have a few wildlife rehabs around our area. But the trouble is that all of them are not licensed to look after birds. It seems to be a specialty. As we watched her on the ice not far from the shore, we knew we had to try helping it ourselves. We couldn't leave her out there. She was giving in and losing the battle.

Ann volunteers at TWC in Toronto and had a net in her trunk and other emergency items needed. We set to getting a plan into action. We had only but one chance to get her. We could not go on the ice as it was not safe. Our safety is always first priority. Luck was with us. Bob got her first try with the net. Pulled her in and we got her to the truck. That's when we saw the horrible injury to her leg. Huge fracture totally open. Wrapped her in a blanket and tried to warm her up. I put my body around her until they got the box ready for her. She was calm and hungry. But this huge ice chunk on her leg would be an issue for sure. And that fracture looked very nasty. Contacted TWC and got instructions. And off we went. She was pretty calm the whole trip.

Our luck did not hold however. When they examined her, the leg was too badly damaged. Nothing could be done. The only good thing that came out of this however. Was that it didn't suffer anymore. It was giving in to the cold and pain. And it must have been very hard for it. It didn't have a lot of fight left in it when we got it. But I know wildlife rehabilitators can do a lot to save an animal or bird if gotten in time. This

Set a goal, ideally before summer to have all the debt accumulated over Christmas paid off by following the monthly plan of attack budget and live within your means.

For those who already find themselves passed this simple solution, consolidation of debt counselling services might be an option to consider where a quick grouping of all bills can be managed at a low monthly cost and a conversation with your bank can steer you in the right direction.

One common mistake people often make is waiting too long to confront their financial head on. Some find financial debt embarrassing and banks, intimidating. Not only will people find they are not in that financial debt boat alone, they will discover that banks want to help. In today's economy a simple practice is to make an appointment with your bank sooner than later and get the help you need to be on the path to a debt free life.

Last but not least, tips to save money over Christmas are also simple. Never pay full price for expensive items, always pay with cash if possible, include shipping and browsing on line as free shipping is a plus, and homemade gifts cost far less and are greatly appreciated. Think outside the realm of traditional commercialism when gift giving, bigger and most expensive is not always better, it truly is the thought that counts.

One wasn't. Her leg was horrible. The pain must have been horrific for it. Knowing that bird did not suffer anymore was a good feeling. Losing a life not so much. But we do what we can. Our wildlife rehabilitators are needed more and we are losing them because of lack of funding. It is very very sad. If you need to find a wildlife rehabber. Go to:

Provincial List of Authorized Wildlife Rehabilitators in Ontario

Remember that your first priority though is your own safety. It is best you talk to wildlife rehabbers first for instructions and proceed only if it is okay. This time of year is a tough one for wildlife. Deep snow. Ice forms, trouble getting food. Often it's a tough one for sure.



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CAMP: Applications are being received for up to three (3) positions within our Recreation Department for Seasonal Summer Day Camp Coordinators. The successful applicants must have Standard First Aid with CPR-c. The job requires strong interpersonal and communication skills in order to work well with children, other staff, volunteers, parents and the community. A background in recreation and program development and implementation would be an asset. Interested, qualified individuals may submit their resume quoting CDRC-CAMP2014.

Preference will be given to applicants returning to either College or University to further their education. All standard employment requirements apply.

Resumes for all positions will be received until January 30, 2014 at 2:00pm at the Centre Dufferin Recreation Complex by email, fax or in person:

Centre Dufferin Recreation Complex
 200 Fiddle Park Lane, Shelburne, ON L9V 3C9
 Phone: (519) 925-2400 Fax: (519) 925-2402
 Email: kfraser@townofshelburne.on.ca

Please note position applying for on cover page

We thank all applicants for their interest and advise that only those selected for an interview will be contacted

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COMING EVENTS

DUNDALK LITTLE THEATRE AUDITIONS
 The Dundalk Little Theatre will be holding audition readings for our April comedy on Monday, January 13, 2014 at 7:00 pm at the Dundalk Olde Town Hall, 80 Main Street E, Dundalk. Call-backs will be on Tuesday, January 14, 2014 at 7:00 pm. We welcome people age 21 years and older. Several parts are available for both men and women. Come out and enjoy the fun! For more information call 519-923-9444.

DICK WHITTINGTON & HIS CAT - Come to the pantomime - it's the greatest of fun for all the family! Join in the adventures of Dick Whittington and his cat Tammie, when they journey to London to seek their fortune...
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 January 26th and February 2nd at 2:00pm
 At the Grace Tipling Hall, Shelburne. More info at www.tiplingstagecompany.com or call 519-925-2600 to reserve tickets.

THE ANNUAL GENERAL MEETING of the **Shelburne Agricultural Society** will be held at the Shelburne Agricultural building located on William Street in Shelburne, on Friday January 17th. Potluck Dinner starts at 6:30pm followed by annual meeting.



Shelburne Muskies Hockey Club 2013-2014
Jamboree schedule
 • January 12, 2014
 • February 9, 2014
 • March 9, 2014
 • April 13, 2014
 • May 11, 2014 from 1pm - 6pm

Centre Dufferin Recreation Complex 200 Fiddle Park Lane Shelburne
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DEATHS

Mason, Andy; at his home in Mount Forest on Saturday January 4th, 2014. Andrew "Andy" Wilbert Mason in his 64th year. Beloved husband of Jane (Loughlean) Mason.
 Loved father of Lisa Caughy & husband Justin of Walkerton, Jewel Mason of Dundalk, Shannon Fleury & husband Quinn Mazaris of Mount Forest and Nicole Andrews & husband Kevin of Mount Forest. Loving grandfather to his 7 grandchildren. Dear brother of Jewel Lewis & husband Max of Listowel and Fred Mason & wife Debbie of Shelburne. Loved son-in-law of Irene Loughlean of Mount Forest. Andy will be missed by his nieces, nephews and by Jane's family. Predeceased by his parents William "Bill" & Elsie Mason (McLaren) and by his son Eddie Mason. Cremation has taken place. Private funeral arrangements have been entrusted to the England Funeral Home, Mount Forest. Memorial donation to Cancer Patient Services or to a charity of one's choice would be appreciated by the family. On line condolences may be made at www.England-funeralhome.com



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Dipping into the past...

150 YEARS AGO
 Thursday, December 31, 1863
 • From The Sun, Orangeville:
 THE NEW YEAR – The merry Christmas holidays are now passing away, and another year, with all its new hopes and high aspirations, is at hand. The country has seldom been in a position to bid the old year adieu, or enter upon the new with more favorable auguries of material and social prosperity than at present. A bountiful harvest, safely gathered, fills the land with plenty; and while neighboring nations are suffering from civil wars or foreign oppression, Canada enjoys the blessings of profound peace and tranquility. We have much cause for congratulation, but in the fullness of our prosperity may be the measure of our gratitude and thankfulness for the blessings we enjoy, never grow less, and may each succeeding new year be a happy one to our friends, and patrons, and to all.
 THE MUNICIPAL ELECTIONS – The first election of councillors for this village will take place on Monday, the candidates being Messrs. F.C. Stewart, W.E. Thompson, T. Jull, F. Irwin, J. May, W. Armstrong, W.S. Hewat, and S.H. McKittrick. Of these, Messrs. Stewart, Jull, Armstrong and May have at different times

served as councillors in Mono and Garafraxa, and have their past services to recommend them to public favor. The other candidates are, however, well qualified for the office, and if they have not public services to recommend them, they have undisputed merit and success in their respective businesses. Between the candidates, there is very little to choose, and any five of them will make as good a Council as any municipality need desire.
 The candidates for Mono are Messrs. Geo. McManus, John Avison, Thos. Elder, Samuel Hall, Geo. Little and Wm. Campbell. The first four served in the Council this year, and appear to have given general satisfaction. We have no doubt they will be re-elected. There will, however, be a close contest between Messrs. Little and Campbell, but the former, we believe, will be re-elected.
 SCHOOL EXAMINATION – The quarterly examination of the pupils attending Bythia Street school took place in the school room on Thursday last, in the presence of a large number of the parents and guardians of the children. The examination, which was principally conducted by the teacher, Mr. Geo. Brunt, was very satisfactory. The several classes acquitted themselves in a manner creditable alike to their own industry and the ef-

forts of their worthy instructor. In reading, arithmetic, grammar, geography and history, the pupils evinced a marked improvement since the last examination, and answered the questions asked them with surprising readiness. After several classes had been heard, the judges awarded prizes to those meriting them, and the examination closed with their distribution among the scholars.
 PROPOSED GRAVEL ROAD AND TRAMWAY – It appears to us that a more important subject cannot be brought before the public in this section than the construction of a gravel road and tramway from the village to some point on the Grand Trunk Railway. Many suggestions might unquestionably be made to forward and achieve an object so desirable, but that which seems to us the most reasonable and sensible, is the organization of a joint stock company with a subscribed capital of about \$60,000. This sum, according to the calculations of a gentleman experienced in such matters, would be sufficient to complete the excavating, grading and gravelling of the road, and laying of a substantial tramway side by side with it.... The traffic on the tramway would be immense and increasing every year, and the great loads which a span of horses would be able to draw

on it would, it is apprehended, render it a cheap medium for the transportation of produce, merchandise and other commodities.... We throw out these hints merely with the view of arresting the attention of our public men, and eliciting the opinions of others on the project. We will refer to the subject again.
 125 YEARS AGO
 Thursday, January 10, 1889
 • In the third sale of 1888, Laurel Cheese Factory handled 60,622 pounds of milk and manufactured 6,122 pounds of cheese, which was sold at an average of 10 cents a pound, realizing \$612. Expenses included \$153.05 to manufacturers, \$12.00 to caretaker Hugh McGowan, and \$3.00 to salesman for a total of \$168.05. As a result, \$444.20 was divided among patrons and nearly 9.9 pounds of milk were needed to produce one pound of cheese. The amount returned to patrons per cwt. of milk was slightly over 73 cents.
 • Shelburne Public School opened on Monday with five teachers Mr. McMaster, Miss Sutherland, Miss McKinnon, Miss Willson and Miss Summers.
 • One day recently Messrs. Thomas Armstrong and George Morrow, using a horse-power sawing machine, cut 50 cords of wood in the short space of six hours for Mr. Harry Irwin, of Mulmur.

100 YEARS AGO
 Thursday, January 8, 1914
 • Owing to the presence of typhoid fever last summer and fall, the village's sources of water supply have been under suspicion. Doctor Smith, Medical Officer of Health, sent samples from each of the three wells to Dr. John A. Amyot, Head of the Laboratory of the Provincial Board of Health, to be analyzed. Reports shows that the water from all of the wells to be free from infection and to be as good water as it is possible to get. Of well No. 1, on school grounds and well No. 3, on Main Street East, Dr. Amyot says "neither of these specimens show infection. The bacterial count is low." With regard to well No. 2 on Victoria Street, he says: "this specimen shows neither chemical pollution nor infection with bacteria of intestinal origin."
 A letter from Dr. J. W. S. McCullough, Chief Officer of Health for Ontario, sent to Town Clerk Whalley, said the report "seems to indicate that they [the typhoid cases] are the result of fly infection. The District Officers recommends that all outside closets should be dry earth closets of approved construction and fly-proof; also that there should be installed a municipal system of collection of garbage. I should be obliged if your Board would take this matter up and pass your recommen-

dation to the Council."
 • In Monday's Municipal elections J. J. White was elected Reeve of Orangeville and Thomas Amott Deputy Reeve. The full Council will include Mayor J. L. Island, re-elected by acclamation, and Councillors A. D. Holmes, Thomas Henderson, James Darraugh, L. K. Johnston, B. McGuire and James Matthews.
 75 YEARS AGO
 Thursday, January 5, 1938
 • The first joint services of Shelburne's United Churches were held Sunday in Knox Church, presided over by Rev. Harold Hutcheson, formerly minister of Wesley Church. Holy Communion was dispensed at the 11 a. m. service.
 • Shelburne Skating Rink opened its doors to the skating public last Wednesday night and already the committee in charge reports increased attendance over last year. Skaters will find clean, warm accommodation in the rink since its interior has been rebuilt. The dressing rooms are slightly smaller, but are weather proof and particularly warm and cozy.
 • Flesherton Village Council recently purchased a new snowplow blade to be used in front of a truck to keep the local streets open during winter so the fire brigade will have easy access to any property where a fire might occur.

Continued from PAGE 10
50 YEARS AGO

Wednesday, January 8, 1964

Last Saturday's Toronto Star carried a story on the inability of Shelburne District Hospital to find someone willing to open a \$25,000 a year medical practice in Shelburne. The story quotes hospital administrator E. J. Eldridge as saying he "can't understand it. Shelburne has everything a young doctor could hope for: a modern 30-bed hospital, pleasant living conditions 60 miles northwest of Toronto and 6,000 people who need another doctor." He noted that Shelburne currently only has two doctors, one of whom is semi-retired. "The last young physician we had left to take over his father's practice in Nova Scotia."

The story said that Dr. Hedley Smith a 40-year-old native of northern Ontario is the town's only resident physician and works up to 14 or 15 hours a day, seven days a week.

The New Year, 1964, came in last week with a generous snow fall, locally an estimated four inches, but in the Welland area 12 inches in one six hour period.

10 YEARS AGO

Friday, January 9, 2004

As many as 245 employees of Canam Manac's Orangeville plant are receiving letters of permanent termination

this week. The announcement was made Monday by company's CEO Charles Dutil.

A fire Saturday evening which caused about one million dollars damage at Orangeville Precast Concrete, will

Animals benefit from online shopping

ShopandShare.ca, an innovative website that pairs online shopping with automatic donations to charity, has selected the Alliston & District Humane Society (ADHS) as its 'Featured Non-Profit' for January.

The 'Featured Non-Profit' designation allows ADHS supporters and other ShopandShare.ca users to channel a percentage of the money they spend online at more than 200 popular retailers directly to the Humane Society. There are no additional fees, mark-ups, or out-of-pocket donations required.

For the ADHS, the extra exposure and potential donations from being a 'Featured Non-Profit of the Month' could mean the difference between life and death for many local animals.

"ADHS is a locally run, totally volunteer, no kill organization that struggles to pay the upkeep of its shelter and the bills for caring for the many

not slow down the company's operations.

Despite the damage general manager Doug Harkness said the company is ready to put the event behind them and get back to business.

lost and abandoned dogs, cats and small animals that come through our doors. ADHS appreciates the support of volunteers and community members who use ShopandShare.ca for their online purchases, and help us to continue to operate our animal services," says Jane Clarke, ADHS vice-president.

ADHS supporters can help raise automatic donations each time they book their vacations, purchase clothing, toys, gifts, cleaning supplies, and much more through ShopandShare.ca, thanks to partnerships with more than 200 popular retailers, including: Sears, Expedia, Chapters/Indigo, Amazon.ca, ToysRUs, Old Navy, Various Hotel Chains, Travel Sites, & Car Rental Agencies.

ADHS supporters simply register and choose the ADHS as their favourite non-profit, then follow the links to their favourite retailers. A percentage of the money they spend is automatically allocated.

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Forgiveness is the attribute of the strong."
- Mahatma Gandhi

Be kind to one another, tenderhearted,
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as God in Christ forgave you.
- Ephesians 4:32

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BY JENNIFER HOWARD

Winter is upon us and with it comes owls. Searching for food. Because their food has been depleted where they live. They arrive in numbers, hungry, emaciated, some in need of help. I am hearing of the arrival of a beautiful big white owl from way up north in the open tundra where they nest on the ground. Snowy owls.

They are already arriving in the wildlife rehabilitation centers due to emaciation. (Starving, thin). At least 40 have already died from either getting hit by cars or starved to death. Mostly immature owls. By now that number has surely changed to more.

These owls and other owls as well need to hunt on their own. Of course if you see an owl on the ground unable to fly looking thin or injured. You need to get it to help asap. Check info at the end of this article. They are incredible birds of prey and some of the foods they eat are voles, mice and rabbits. They are silent hunters. Sitting on a branch on the edge of a field watching, listening.

They have incredible eye sight and hearing. But of course, there are people out there that "need" that shot no matter what. Almost like the shot is more important than the life itself. Following or harassing the owls as they arrive. This baiting or feeding is not illegal here. Apparently it is okay to do so. But what I have seen happen with this "baiting" technique is owls that become dependent on humans for food, who get hit by passing cars, who are being fed store bought mice meant for some bodies pet. These are (not native species). These mice are not meant to go free to mingle with our "native" species. They are invasive. They are not the owl's regular food. They are for some ones little boy or girl to play with and have a sweet little pet. Do they have feelings, yes, do they feel fear, yes. What do you think it is like for these wee animals to suddenly go from a nice warm environment to being set free in the frigid cold/snow and all of a sudden, silently from above, this little life is taken? I call that animal cruelty as do many people I know. (I am not alone with my feelings here). Only my opinion as I know people will be on the outs for what I

Perspectives

Some of us in the Headwaters Area have recently had to face the reality of winter weather without the usual comforts provided by electricity. Many have had to bundle up in blankets, sitting in the dark for several very cold evenings through Christmas week 2013. Some might portray this as a romantic adventure but more accurately it has been an unexpected hardship to simply get through. Plans for family gatherings have had to be altered. In some instances a lot of food has gone to waste. It will be a Christmas to remember for all the wrong reasons.

Perhaps it is a mechanism to avoid the mundane or the things we find hard to face. Perhaps it is merely a function of our God-given imaginations. Whatever the source, human beings can manage to manufacture a sense of romance where none may have ever been intended.

Take the story of the birth of Jesus. The picture in our heads is that of a beautiful and peaceful tableau of mother and child, shepherds and angels, and stable beasts all tucked carefully into a miniature shed. Jesus' birth was actually set against the backdrop of two very human realities - weather and politics.

In the story of the birth of Jesus as told in the Gospel of Luke, the people of the nation of

Israel were living in a country conquered by the Romans. This was a political reality. The Governor Quirinius decided to take a census of the people. He did not have his agents go door to door. Rather he demanded every head of a household take his family back to the town of his clan. Mary and Joseph travelled to Bethlehem. They could find no place to spend the night due to the demand placed on the local inns by such mass migration.

In desperation, because Mary had gone into labour, they sought refuge in a stable. As we represent this birth by placing figurines of Royal Doulton quality into a mock up of a pristine cow shed are we able to get past the romance and face the reality of the situation? A stable may have provided some shelter from the wind but certainly would not have been warm. Nor would it have been very clean. T

he stalls of large animals require mucking out on a regular basis. And any woman who has ever been through childbirth could tell you what it might be like to deliver a baby in a stable, on a bed of straw, without medical aid, during winter weather.

This December in Israel and other parts of the Middle East has been particularly harsh. Temperatures have frequently dipped below freezing and the snow fall has broken records in some areas. The country of Syria has been torn

apart by political unrest and governmental retribution. Does this reality also move us beyond a romantic picture of the peaceful town of Bethlehem lightly robed in snow and illuminated by an extra large star? Does it move us to consider the lives of thousands and thousands of displaced persons living in the refugee camps in the Middle East? Among them are women who like Mary are giving birth under adverse circumstances. Some are infants like Jesus subject to cold and hardship.

Have the December days some of us spent without electrical power helped us to recognize the harshness of life without the basic necessities?

Jesus was introduced very early on to the realities of political demands and harsh winter weather. He came to know life as it is and that moved him to spend his life bringing healing and hope to others. As we come to understand Jesus' human life and not confuse it with a romantic tableau of the birth scene, we too are called to see the realities of life and bring healing and hope where we can.

Reverend Stephanie Pellow
St. Paul's, Shelburne
St. Alban's, Grand Valley

Crossroads Community Church

Despite the heavy snow the Spirit of God drew us to His altar of praise. Worship was heartfelt and filled with joy as we welcomed a New Year of ministry. Bob read Isaiah 61:3, Revelation 3:15-17, Hebrews 7:10, and 2 John 1:1. Pastor Don shared announcements and prayers, we pray for those who are homebound due to physical limitations, we pray for loving people to come to their aid. We also pray for prodigals, we pray their hearts would be tender and return to God. We keep the Ferguson family of Orangeville in our prayers as they have suffered great loss in a house fire this past weekend, may God comfort them and send provisions their way. (If you are able help contact Shoeless Joe's restaurant in Orangeville for details).

Pastor Don came forth and prayed over the service grateful for the past year and thanking God for the blessed year ahead. Then he posed a question, "Have any of you ever made New Year's resolutions?" Then He asked, "How many have been kept?"

I think we can all agree that it is difficult to keep our resolutions. It is a New Year so we are all given a fresh start, and since we can't change our past we need to change our present so we can have a better future. So this year I suggest we make this simple resolution, promising to ourselves and God to change for the better. The Apostle Paul says this, "...Brothers and sisters, I do not consider myself yet to have taken hold

of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus, (Philippians 3:12-14).

We can learn from the past so we don't repeat the same mistakes but we must keep going forward. We all have an imperfect past, less than praiseworthy moments, just as Paul had when he persecuted many Christians, (Acts 7:59-60, 8:1, 9:1). We all know that Paul was a religious leader of his day, but all that religion did not shield him from his shady past, it did not remove his sinful tendencies and did very little to set him free. Later he discovered that he did not need to be a slave to his past, Paul shifted his focus towards Jesus and this is what changed everything. He was now free from his past through Jesus and Paul could now move forward and intentionally make daily changes, he now had the power to live for God. Making changes takes intentional determined effort and Jesus gives us the power to do so. Learning to daily live for Jesus won't always be convenient and that is where God intervenes when we trust Him, just as God did for Joseph in Genesis 37-39. Joseph had it easy being his Dad's favorite but it quickly changed when his brothers sold him as a slave, or when he was falsely accused of taking advantage of his master's wife, he suffered many trials but he kept his focus on God and God was with Him and God turned things

around for Joseph, in the end Joseph was rewarded for his faith.

Beloved, Paul instructs that we need to work towards our goals and keep our focus on them, (Philippians 3:12-14), many of us put pictures on walls or our fridge to motivate ourselves to attain them, should we not do the same with our relationship with God? Should we not continuously put reminders of our faith in front of us to keep our focus on Him? After all since we are going to spend eternity with Him shouldn't our desire be to know Him more and more? James puts it like this,

#1. We should humble ourselves so God can teach us,

#2. We must resist the devil so we won't give into temptation,

#3. We ought to draw near to him so He draws near to us,

#4. Replace our bad thoughts with godly Thoughts and

#5 In repentance confess and express remorse for our wrong doings, when we do all this regularly we are assured that God will lift us up, He will always be with us... (James 4:7-10). This is God's way for us to achieve a stronger relationship and maintain a healthy spiritual life. So once again let us together promise God that this year we will focus on getting to know Him more and become better for it, Have a fantastic week seeking God's presence and Happy New Year, Asherey Shalom!

For more information go to: <http://www.shelburnecrossroadschurch.ca/>

Winter owling is upon us

am saying. But seeing it from my perspective as I have seen awful things because of it. With what I have witnessed. Talking first hand with wildlife rehabilitation centers. Let's just say it is wrong.

Now there are situations where they are baited such as for banding the bird. And to catch a sick bird. Both situations are done with the bird's safety being # 1. And when it is done it is the end of it. They do what they have to do and move on. In banding I believe the mice are raised for this purpose and they are not harmed. Although they do have casualties. They are used to lure the owl or hawk in and are in a different level in the trap. With these situations the birds are not harassed. They follow a protocol. Catch and release. Photographers wanting that "best ever photo" follow, chase and surround the birds baiting it to make it hunt. I have seen 30 people plus, surrounding a bird, some keeping a safe distance while others are not happy to do that and "move in for the kill" I have seen them follow the birds into the woods even if on private property, having it out with property owners. These are the photographers that give us all a bad reputation. They stress the birds out and they make it impossible for others to view the bird from a safe distance. You're not going to change those people. I have met a few. When asked what they are doing, the comment has been (I am a photographer NOT a birder). I am not convinced they have the bird's best interest at hand. But that they are only interested in that photo. And for that I will never understand. I am a photographer. I have some amazing photographs; I never would bait to get a photo. You get it or you don't. It is what it is. My main goal is the well being of the wildlife I photograph. Using a long lens, keeping a safe distance, being quiet. The big one here though. Patience. I know some great photographers. And for those that bait not all are bad. Some just have their priorities mixed up. And some I know have stopped baiting when they realized what the effects are on the birds. There is good and bad in everything we do as humans. We are not perfect after all. But I have seen firsthand the damage. And it is very upsetting. I will never be that desperate to get a photograph. I have a friend who came across photographers that used bunnies to lure in bald eagles. She was livid. She called authorities and they told her it is not illegal. A tethered live rabbit bought in a petshop,

stuck in a field of snow, for an eagle to come in and rip it apart is in other words "fine". Animal cruelty if you ask me. I want people to know that these owls need their space. If you see one. Enjoy it, take photos of it at a safe distance and do not chase it if it flies. It is stressed if it does that and needs its own space. It is critical that they find food and that not be interfered with. Some smaller owls are pretty tame looking. They will let you approach them. But don't go to close and never ever try to touch them. This is very very wrong. But I know it happens. It is again as I say a lot I know. "Common sense". And we as humans have it but don't think or get caught up in the excitement. After all some of us have never seen an owl. And they are magnificent birds of prey. If you are a birder and you spot one. Don't report an owl on a birding sight as it will attract large numbers of people. And the bird will suffer. People that I know, we just go out looking and if you find one it is a bonus. If you don't, the scenery we are blessed

with always makes wonderful shots and peaceful times for us. And you never know what you might capture. We truly are blessed with the beauty around us and the wildlife it holds. So let's respect it all and go out and quietly enjoy that beauty. Getting away from the everyday hurry up and go nowhere life a lot of us lead. It is the best therapy you will ever get. Enjoy. If you see an owl in need. Contact The Owl Foundation at 905 562 5986 located in Vineland. Or the nearest wildlife rehabilitation center near you.

If you have found a raptor in distress, please visit the Wildlife International page for listings of rehabilitators in your area. You may also contact your local Humane Society or Ministry of Natural Resource office for information.

Do not feed or feed or give water to any raptor without instruction by an experienced rehabilitator.

You can be doing more harm than good. Raptor throat anatomy is very different from yours.

You can drown a raptor by putting fluids and food into the wrong area.

