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PRIDE OF SHELBURNE – Shelburne's own Hannah Sine is pictured here with her husband Jeff along with the medal she received for completing the Boston Marathon this month. Ms. Sine went the distance – thanks to hard training, determination, and plenty of local support. For more on Ms. Sine's personal triumph, please see Page 3. PHOTO BY DEBBIE FREEMAN

Infection at Residence is "not pneumonia"

BY MARNI WALSH

Heidi Vanderhorst, General Manager of Shelburne Residence Retirement Living and Long Term Care, has responded to a citizen complaint to the Free Press this week, by assuring the public that an outbreak of respiratory illness at the home that began April 6 "is not pneumonia."

A number of residents have been affected, she says, "experiencing a range of symptoms such as: runny nose, congestion, headache, sore throat, muscle aches, tiredness and, dry and productive cough."

"Because our residents are frequently of fragile health, unfortunately sometimes it does

occur that a frail resident will develop pneumonia," says Ms. Vanderhorst.

Per standard procedure, Ms. Vanderhorst says, "the appropriate authorities including the MOHLTC (Ministry of Health and Long Term Care) and Public Health were immediately alerted and additional monitoring, care and routine practices, and additional contact and drop-let precautions were put in place."

"Since then, Public Health has been working with Shelburne Residence monitoring progress and we have been routinely in contact with them on almost a daily basis."

Richard Sullivan, Corporate Manager of Marketing and Public Relations of People Live

Here Homes, which runs the facility, told the Free Press that "a total of 26 residents out of 52 were placed on an active list for exhibiting symptoms." As of April 26, only four residents remain on the active list, "the others have had symptoms resolved and are out and about."

The Residence had "an infection control protocol and followed it at all times, and we have actively communicated with residents and family about the situation," says Mr. Sullivan.

However, he added, "there have been two deaths during this time."

"Both exhibited symptoms," he said. "No

Continued on Page 5

Downing Park to host Live Art in the Park

BY MICHELLE JANZEN

Jack Downing Park will play host to arts and entertainment in the park this summer.

Members of Troupe Adore – Josh Oatman, Sohalya Smith and Steve Noseworthy – were in attendance at the April 11 meeting of Shelburne Council to request the donation of the park for the program, which was granted.

Providing family oriented entertainment, this group wants to create a community-driven troupe of artists, but to also establish value for the arts again.

They help one another accomplish their own individual goals, as well as troupe goals, that embellish the community and culture in Shel-

burne and the surrounding area, through teamwork and pooling their skills together to make it happen.

Their overall goal is to do what they love: infuse art into the heart of our home, bringing the community together and working alongside other local businesses to help arts and culture thrive in Shelburne.

Currently, Troupe Adore holds an Open Mic night at Main Street Café, located at 149 Main Street West, on a bi-weekly basis. With May dates still in the works, they invite anyone to bring your instruments and confidence, enjoy a coffee and a baked treat, or order something off the diner menu.

Continued on Page 7

Education Week launches Monday night in Shelburne

BY BROCK WEIR

Monday marks the start of Education Week and the Upper Grand District School Board is kicking off the board-wide initiative in style right here in Shelburne on Monday night.

The public is invited to come out to Centre Dufferin District High School (CDDHS) at 7 p.m. on May 2, for a celebration pooling the talents of both CDDHS and Hyland Heights Elementary School.

Continued on Page 2

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FEATURED ITEMS

Healthy people come from healthy soils, says Fiddle Foot farmer

BY MARNI WALSH

This Saturday, April 30, the Mono Mulmur Citizens' Coalition (MC2) will address local and global issues around "protecting and restoring our soil" at a free presentation - "The Real Dirt on Dirt."

The event, which will take place at Monora Park in Mono, will address the soil situation in Dufferin County, ongoing concerns about fill dirt, and organic farmer Graham Corbett's perspective on the primacy of our soil.

Corbett, and his partner Amy Ouchterlony, alongside his son Owen, have farmed organically from Fiddle Foot Farm on the 3rd line of Mulmur Township for the past six years.

MC2 member Arnold De Graaff says Mr. Corbett "will give a surprising and intriguing account of what it takes to develop really healthy soil and to grow nutritious produce and meat."

Graham, who grew up in Aurora, says farming skipped a generation in his family; his grandparents were mixed farmers in Simcoe County. The acreage of Fiddle Foot was owned by the Ouchterlony family as a weekend property, but the couple has "reverted it into a working, productive farm."

The "mixed biodynamic farm" consists of 5.5 acres of vegetables, pastured pork, pastured chicken, eggs, and cattle. Graham says the "main business is through our Community Supported Agriculture (CSA) and we attend Orangeville and Creemore farmer's markets, as well as supplying some restaurants in our surrounding areas in Rosemont, Creemore, Orangeville."

Mr. De Graaff notes MC2 is tackling the topic of soil to address the loss and decline of topsoil and the decline of micro-nutrients



Farming at Fiddle Foot Farm on the 3rd Line of Mulmur in a food conscious tradition - Biodynamics. Farmer Graham Corbett will talk about this method at MC2's free presentation The Real Dirt on Dirt, this Saturday, April 30 from 9.30 a.m. to 12.30 p.m. at Monora Park (600 Monora Park Drive in Mono)

SUPPLIED PHOTO

(due to industrial agriculture), which produce healthy food; global concerns that "directly affect the world's food supply."

He says biodynamic agriculture, like that run on Fiddle Foot Farm, is "one important way to maintain the essential nutrient level of our food."

Mr. Corbett says Fiddle Foot was farmed biodynamically right from the start.

"Biodynamics offers the most holistic approach to creating/ designing a functional, productive, and healthy farm," he says.

It "focuses on the importance of keeping livestock on a farm, in order to produce your own fertility."

"Diversity of crops and animals is key to the biodynamic philosophy," he says. "Manures are not simply put back on the land; they need to be composted in a particular manner. The goal is to develop stable humus that, once spread on the soil, carries the necessary vitality and forces to stimulate healthy plant growth."

The April 30 community meeting on soil is important to Mr. Corbett, because he will be able to share his perspective that "healthy people come from healthy soils. The issue of soil health is an issue of human health."

It should be important to the community, he says, because, "while many people are interested in healthy eating, and healthy farms, few know exactly what that means."

His presentation will focus on "a way of farming that respects, honours and nourishes the most fundamental aspect of farming: the soil."

"There is increasing support and awareness for sustainable, healthy alternatives to conventional farming practices, with its use of pesticides, herbicides, fungicides and synthetic fertilizers," says Corbett. "This talk will give people a greater understanding and appreciation for 'healthy soil'."

Information on Fiddle Foot Farm can be found at www.fiddle-footfarm.com. For more on "The Real Dirt" presentation contact Mono Mulmur Citizens' Coalition at info@monomulmur.com. The free event will take place on Saturday, April 30 from 9.30 a.m. to 12.30 p.m. at Monora Park, 600 Monora Park Drive in Mono.



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CDDHS students headed to Trade Skills Competition



Maxwell Hosken constructed an outdoor bench during the individual competition at the Regional competition on March 22, while Wesley Dousett and Jett Rykhoff constructed an outdoor table during the team competition.

PHOTOS COURTESY OF CDDHS

BY MARNI WALSH

Three Construction Technology students from Centre Dufferin High School (CDDHS) in Shelburne are headed for the nation's largest skilled trades competition.

From May 2 to 4, secondary students will compete at the Ontario Technological Skills Competition (OTSC) at RIM Park in Waterloo.

With 2,000 competitors, 20,000 spectators and 67 contests ranging from robotics and graphic design to cabinet making and carpentry, the Upper Grand District School Board says "the competition is a unique opportunity for students to demonstrate their skills to their friends, family and teachers, while gaining the attention of prospective employers."

Heather Loney Communications and Community Engagement Officer for the Upper Grand School Board, says the Region will be represented by students from Centre Dufferin DHS, Centre Wellington DHS, Erin DHS, John F. Ross CVI, Norwell DHS, Orangeville DSS, and Wellington Heights SS, competing in home and team building, robotics, architectural technology and design, automotive service technology, cabinet making, team and individual carpentry, computer aided manufacturing, electronics, graphic design, hairstyling, IT and network system administration, job interview, photography, precision machining, TV and video production, welding

and workplace safety.

CDDHS Construction Co-op Teacher Mark Greenfield says at the Regional competition on March 22, "Maxwell Hosken constructed an outdoor bench during the individual competition, while Wesley Dousett and Jett Rykhoff constructed an outdoor table during the team competition. All three students performed admirably. Maxwell achieving a fourth place finish and Wesley and Jett coming home with the first place Gold."

"Wesley and Jett will now be heading to the Provincial Skills Competition on May 3," says Greenfield. "They will arrive at 6 a.m. and by 8 a.m. begin construction of an unknown project competing against all other Gold medal winners from across the province."

"This is the first time in the past 14 years of participating in the Construction Competition that we are having students represent Centre Dufferin at this level of competition."

Results of the competition "will be announced during the closing ceremony on May 4 says Ms. Loney.

"Winners at OTSC have the opportunity to compete at the Skills Canada National Competition."

OTSC is free to attend and open to the general public.

Congratulations to all three competitors and best of luck to Wesley and Jett from the staff and students at CDDHS and the Shelburne Free Press.

"We wanted to do something different": Board

Continued from FRONT

Designated by the Ministry of Education as a time to "celebrate our accomplishments and reflect on new and exciting tasks ahead," Upper Grand has put their own spin on the event with the theme of "Learn, Lead, Inspire... Together."

And that's just what these two local schools are doing.

"We try to change it up every year, selecting schools from different areas throughout Wellington and Dufferin County, but this year we decided to do something quite different," says Upper Grand's Sue Krueger of the decision to have an elementary school and secondary school host the celebration together. "Historically speaking, sometimes when we offer it at a secondary

school, we don't get quite the same turnout as we do at elementary schools. Elementary is always a lot more popular, mainly because of the age of the kids. Usually the parents have to take them there, or they know more about what is going on. Secondary students are a little bit quieter about what they are doing at school."

But, there will be no time to be quiet about it on Monday night. There will be a lot to see and do at the ceremony, including musical performances from Hyland Heights students, a performance of Cinderella from CDDHS students, and open houses at both schools.

"This is an opportunity for us to open up our schools and showcase the schools themselves, what the students are working on and what they are doing," says Ms. Krueger. "Each school

[throughout the Board] will be doing their own types of events, so there will be things like book fairs and science fairs, and even operettas.

"This particular theme of 'Learn, Lead, Inspire... Together' is part of our mission and vision statement for 2015 - 2018 that we are sharing with our community, and it will be part of our guiding principles: leading with confidence, learning through collaboration, and inspiring all voices."



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Local business owner receives local support at Boston Marathon



Hannah is celebrated by family, friends and fans at a surprise party held in her honour at the Royal Canadian Legion.

SUPPLIED PHOTO

BY DEBBIE FREEMAN

Hannah Sine was the pride of Shelburne last week where, after months of training at Shelburne's own Towne Fitness Centre, she ran the Boston Marathon after qualifying last May.

This very special event is memorable to all of us as we remember the tragic bombing at the Marathon in Boston in 2013 and the loss of 263 lives, yet Hannah was unafraid, relentless and determined, and two years of preparation and training paid off.

Hannah prepared for the run with the help of private training coach William Clews when final stages of her training started last August.

Qualifying in Ohio didn't necessarily mean Hannah would gain entry; she had to submit an application with her qualifying time and age, and then hope she made it to the final big one: the Boston Marathon.

Yet, never in her wildest dreams did Hannah believe it when she was told she had qualified.

Excited, she packed, and was on her way to Boston.

Hannah was not new to marathons – this was her 13th – but it was, by far, the most memorable.

Arriving in Boston a few days before the big day, some of Hannah's friends surprised her, turning up at her hotel to support her.

Friends and members at her Shelburne gym had made t-shirts with "Team Hannah" on them.

Her friend Amanda, and husband Glen, had driven all the way from Dundalk with dozens of good luck messages and to support her to the finish line.

Standing at the start line in Boston on April 18, all Hannah could think was whatever happened that day, she was already a winner and was overwhelmed with the support and good wishes and messages from friends, family and members at her gym – and the T-shirts topped it all.

She started off well and after about 15kms she was experiencing tightness in her left leg.

At 25kms, her left quad had completely seized.

"Medics on site were amazing," says Hannah, adding there was an army of organizers, and helpers.

She was expecting to finish the race in 3 hours and 38 mins, which was not far off her original qualifying time, and with the help of one of the medics and some walking, she crossed the finish line in just over 4 hours: still a great accomplishment, especially with her injury.

Proud as a peacock, Hannah arrived back in Shelburne proudly wearing her Boston Athletics Association Jacket and her medal presented to her for finishing the race.

The words of encouragement and congratulations were pouring in and she felt so very special.

She was asked to stop by the Shelburne Legion on the Friday afternoon as a few people wanted to congratulate her and, lo and behold, her friends had arranged a surprise party for her return with a beautiful large poster signed by everyone, a room full of decorations, flowers and a wonderful cake with her marathon picture on it!

"When I set out to qualify for the Boston Marathon two years ago, never could I have imagined it would be such an incredible journey, and that so many people shared that with me," says Hannah. "My main goal was to finish the race, and yet this has been one of the most amazing times of my life and some of my gym members have become my good friends.

"Shelburne is a wonderful place and the people have encouraged me so much. I am fortunate to be a part of this community and I can't thank everybody enough"

Hannah explained that so many of her members have taken up running and are even more passionate than she is.

Towne Fitness have organized free running groups since they opened a few years ago, and many of those who take part have gone on to run 5km and 10km races with ease.

This year, the gym has a team of 20-plus runners participating in the Chase The Tornado event in Grand Valley on Victoria Day

weekend, so watch this space, Shelburne!

But would Hannah do the Boston Marathon again?

"Mmm, let's think about it" says Hannah

The Staff at the Shelburne Free Press would like to congratulate Hannah on her success.

We hope to see lots more of you.

Scholarship winner to perform first concert

BY MARNI WALSH

Dufferin Arts Council (DAC) scholarship winner and Centre Dufferin High School graduate Rebecca Postma will perform her first professional concert this Friday, April 29 in Beeton.

A classical and operatic mezzo-soprano, Ms. Postma is graduating with her Bachelor of Honours Music in voice performance from Wilfrid Laurier University in Waterloo.

With "a strong musical thread" on both sides of her family, Rebecca was raised in the Township of Mulmur with her parents Alison and Jim Postma, and brother Christopher.

Those who were lucky enough to catch her performance at the DAC Evening of Entertainment at Grace Tipling Hall two years ago will testify to the beauty of her voice.

Rebecca attended Primrose Elementary, as well as CDDHS, and received DAC scholarships for all four years of her undergraduate study, as well as a second scholarship from the Ontario Music Educators Association.

Rebecca's vocal training growing up in Dufferin included lessons with Pamela Claridge of Orangeville and tenor Mark Dubois, as well as tenor Brandon Leis, with whom she has been studying during her undergraduate years.

Her music teachers at CDDHS included Heidi Vandervall and Andrea Parsons.

"Rebecca began singing at a very young age, and started pursuing a career in voice performance after studying with Canadian tenor

Mark Dubois," says Alison.

She participated in many concerts with the Mark Dubois Studio Singers, including performances at Theatre Orangeville's Victorian Christmas and in venues such as Roy Thomson Hall in Toronto.

Rebecca continues to enjoy participating in charitable performances with both Dubois, and community leader George Scott including many fundraising concerts.

Performances for organizations such as Big Brothers Big Sisters, Relay for Life and Multiple Sclerosis.

She twice earned the Keith Knights Memorial Scholarship through Wilfrid Laurier University; an award recognizing a music student who has contributed to their community.

Rebecca says she has been "a participant in the Opera Laurier program the last two years, including a performance with the Kitchener Waterloo Symphony, where she developed roles such as Prince Orlofsky, from Strauss' Die Fledermaus, under the mentoring of mezzo-soprano Kimberly Barber."

Rebecca is considering a graduate degree and/or opera diploma as she continues to aspire to a career combining performance and teaching.

Tickets for Rebecca's concert are \$10 and may be reserved at songwritersshowcase@hotmail.com or apostma@xplornet.com or by calling 416-722-9795 or 519-939-2689. The concert will take place at St. Andrew's Presbyterian Church, 128 Main Street W. in Beeton at 7:30 pm.



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Local Liberals announce a new era in Dufferin-Caledon

Last week, the Dufferin-Caledon Federal Liberal Association held their Annual General Meeting and installed a new Executive Committee led by incoming president, Lynda Kee.

In her acceptance speech, Kee announced a new era for Liberals in the riding, which will focus outward to the membership and be open to the general population, organizing policy debates and bringing in notable politicians and opinion leaders to lead interactive discussions.

Kee said she expects most of these debates and discussions will result in motions which, with the consensus of the participants, will be presented to the party and government for consideration.

Most of these debates will focus on subjects where the government is looking for input, for example the intended change to the electoral system from first past the post ballots to a more consensual process.

Kee also noted that there is a motion, actively supported by Justin Trudeau and Party leadership, to eliminate Liberal membership fees and to open the Party not just to card carrying members, but

supporters as had been done for the leadership race won by Trudeau himself.

Last week, in an email broadcast to the Liberal membership promoting this motion, Trudeau opened with "...imagine building a Liberal movement that is more open, unified, innovative, and engaging than ever before."

Kee noted the membership activity plans going forward for the riding association were very much in keeping with Trudeau's goals.

The guest speaker at the AGM was Ed Crewson, who ran as the Liberal candidate in the election last year.

In the 2015 election, Mr. Crewson tripled the Liberal vote share and had four times the number of voters come out in his support compared to the previous election.

Mr. Crewson thanked the people who worked so hard on his campaign which he said was the most exciting year of his life.

Crewson declared his intention to run again in the next election and "with the support of the Liberal membership, we'll paint Dufferin-Caledon red!"

Ottawa Journal: Parliamentary Budget Officer Calls Out Liberal Budget

BY DAVID TILSON, MP
 DUFFERIN-CALEDON

Last week, the Parliamentary Budget Officer (PBO) issued his full analysis of the Liberal Government's 2016 Budget.

The PBO confirmed that the former Conservative Government left the Liberals with a \$700 million surplus, and that the Liberal deficit would exceed \$20 billion.

The PBO also confirmed that by reversing the Conservative Party's plan to raise Old Age Security eligibility to 67, the Liberals will burden future generations with more than \$11 billion in annual costs.

The PBO confirmed that the former Conservative Government left the Liberals with a budgetary surplus, contrary to what Minister Morneau told Canadians. The PBO also confirmed that the Liberals broke their election promise and ran a deficit larger than \$10 billion.

Conservatives will continue to hold the Liberal Government accountable for its out-of-control spending, and we will call on the Liberals to stop raising taxes on Canadian families and small businesses.

The PBO confirmed that the Liberals are manipulating the numbers, and this finding shows that the Liberals cannot be trusted with the country's finances.

The Conservative record is clear: During the worst economic downturn since the Great Re-

cession, Canada had the best job creation and economic growth record among G7 countries. We lowered taxes: We reduced taxes to their lowest point in 50 years, with a typical family of four saving almost \$7000 per year.

We returned to balanced budgets: After running a targeted stimulus program that created and maintained approximately 200,000 jobs, we kept our promise to balance the budget and left the Liberals with a surplus.

Canada's current economic conditions are not those that justify a fiscal stimulus.

According to the Bank of Canada's January forecast, the economy will grow by 1.4% in 2016 and 2.4% in 2017.

Figures released since then suggest growth could be even higher this year, with some commentators saying Canada will outperform the G7 average. Compare that to the depths of 2009, when GDP was shrinking at a rate of over 4% because consumer and business spending had collapsed.

The crux of Canada's economic trouble is a supply shock due to structurally lower commodity prices. This has reduced the value of output in pockets of Alberta, Saskatchewan and Eastern Canada, causing resource businesses to cut investment and hiring.

Recovery depends not on propping up demand through stimulus, but on workers and businesses shifting to higher-value activities.

Helped by a lower Canadian dollar, the rapid growth of non-energy exports since mid-2015 suggests this process is already underway.



Jiggs Dinner for Lunch

BY MICHELLE JANZEN

The Ladies Auxiliary at the Shelburne Legion Branch 220, held their monthly luncheon featuring a jiggs dinner for lunch on Thursday April 21 in the Legion's Museum Room. The Ladies Auxiliary hold a luncheon the third Thursday of every month, with the next one consisting of Spaghetti and Meatballs with gar-

lic bread.

These ladies raise funds through catering lunches and funerals, and with their dart, cribbage and euchre events for the Legion and give bursaries and donations throughout Shelburne.

This group of about 14 members is always looking for more volunteers and ask you to contact 519-925-3800 for more information. Left to right are Ladies Auxiliary members Iris Wood and Denyse Chopee, Vice President.

Shelburne Legion News

BY LESA PEAT

Congratulations to those Executive that were re-elected and to those that were newly elected on April 26.

The Branch is as busy as ever. On Monday at 2 p.m. we have Euchre in the Museum Room and Monday evenings at 6.45 p.m. is Bingo. We are looking forward to the new Bingo system. There are just a few more glitches to get through, but it should be up and running within a week or two.

Our Veterans meet every Wednesday morning at 10.30 a.m. If you are a Veteran, or know one, please come and join this wonderful group of people.

Thursday evening Euchre is getting bigger each week; play begins at 7 p.m.

April 29 is another Red Friday Wing Night with DJ Gerry Daniels.

I've been busy going to various meetings with the committees regarding The Classic Car Show. This event is going to be bigger than ever this year. It will take place on Saturday, June 18. I've also been attending Heritage Music Festival meetings as well (formerly known as The Fiddle Contest).

This event will be held as usual on the weekend after the long weekend in August, beginning on Friday August 5.

I will keep you all posted as to the activities planned for this big weekend.

Volunteers are a very important part of these two events. If you are interested in helping, please contact us at 519-925-3800.



WEBPOLL

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Results from last week's poll:

Should Ontario reverse its position on intensive behavioural intervention (IBI) therapy?

a) Yes

60%

b) No

40%

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

THIS WEEK'S QUESTION

Do you agree that former Prime Minister Stephen Harper should take the blame for Senator Mike Duffy's spending scandal?

a. Yes
b. No

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

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Animal complaints are for the dogs: Police

The Town of Shelburne has several bylaws in place in regards to dogs, Shelburne Police remind members of the public.

These bylaws address issues that affect pedestrian safety, roadway safety, the safety of the dog, noise, as well as keeping our public areas clean.

Shelburne Police responds to multiple animal complaints every year, and they are almost exclusively in regards to dogs.

They include dogs running at large, aggressive dogs, dogs running into traffic, barking dogs and even occasional dog bites.

Dog owners must understand that they are responsible for their dogs at all times, and may get charged in various circumstances. Charges may be placed under a town by-law, the provincial Dog Owner's Liability Act, or in some cases under the Criminal Code of Canada.

Under the Town By-Law, a dog owner could face a \$55 fine for:

- Permit Dog to Run at Large
- Fail to Secure Dog by Lead
- Permit Dog to Howl or Bark Excessively
- Fail to Remove Excrement
- Fail to Procure a Licence
- Fail to Secure Tag to Dog

Shelburne Police are reminding all canine owners that their dogs must never be free to roam off of the owner's private property. This means the dog needs to be secured inside the house, in a fenced area, or securely tied up in the yard.

When the dog is taken off the owner's property it must be kept under control at all times on a lead.

Also, all dog excrement must be removed immediately from any public areas which include parks, sidewalks, boulevards, parking lots, etc.

All dogs must have a dog tag. These dog tags must also be renewed every year. A maximum of three dog tags are allowed per household. The dog tags are not only a legal requirement, but have often allowed police to identify and locate the owners of a runaway dog, thus saving the owner further fines as well potential impound fees.

Dog tags can be purchased at the Shelburne Town Hall during business hours.

Shelburne Police encourages all dog owners to be diligent in their responsibilities with their pets for the benefit of all members of our community.

ramps and mounds located for that purpose at Greenwood Park.

A study released in May 2013 in the U.S. by Reuters indicates that wearing a helmet while cycling can reduce the severity of a head injury by up to 88 per cent.

The study also shows that States with mandatory bike helmet laws report 20 per cent less cycling related fatalities.

The mandatory helmet law in Ontario indicates that not only does the helmet need to be CSA or SNELL approved, but must be fastened securely with a strap under the chin.

Regardless of where, how fast or what style of riding is being done, the Shelburne Police



Service is encouraging everyone to wear a helmet at all times.

When something goes wrong the only thing between your head and the concrete or pavement is your helmet. But only if you are wearing it properly!

Symptoms have slowed

Continued from FRONT

further deaths have occurred, and the number of new residents showing signs of symptoms has slowed. The residents that are on the active list, who are showing symptoms, remain in their rooms.

"We are open to the public. If the families want to come, we provide them with gloves and protective apparel."

Ms. Vanderhorst added: "It is not uncommon for long-term care homes to experience one or more outbreaks over the winter, as occurred at a number of other local homes. Residents are also at risk because they are often already medically compromised and many viral and bacterial respiratory pathogens are easily transmitted in an institutional environment."

"Shelburne Residence had zero outbreaks this winter," she said. "This is our first since last year, which is a testament to the hard work of our staff and their diligence in infection control."



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WEAR AN APPROVED HELMET WHEN CYCLING

Now that the warmer weather is returning, the Shelburne Police is reminding everyone that approved helmets need to be worn (and worn properly) by everyone riding a bicycle under the age of 18 years. Although the law applies only to those under 18, adults are also encouraged to wear them.

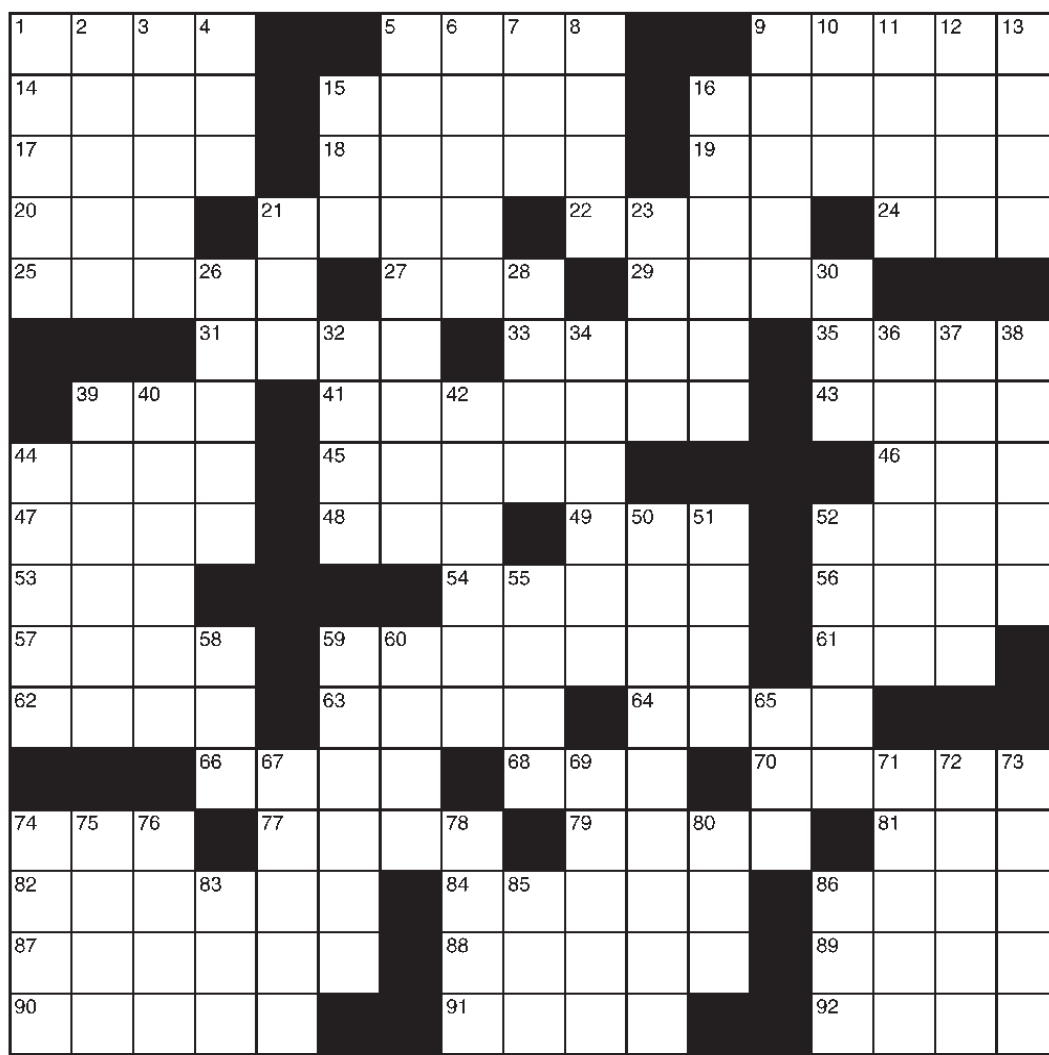
This is not only a law under the highway traffic act that could result in an \$80 fine, but a simple safety practice that appears to be underestimated by many youth and their parents.

It is not uncommon to see children, especially between the ages of 12 and 17, riding the streets without a proper bicycle helmet.

This issue extends further as many youth are taking advantage of warm days biking on the

X CROSSWORD

PUZZLE NO. 449



- 7. Dander
- 8. Track
- 9. Bobbin
- 10. Bristle
- 11. Indian melody
- 12. Smirk
- 13. Small whirlpool
- 15. Social function
- 16. Cheerful
- 21. Winter malady
- 23. Forerunner
- 26. Amid
- 28. Mountain lion
- 30. Morning drops
- 32. Rotation gauge
- 34. Note
- 36. Pushcart
- 37. Slowly, to a cellist
- 38. Stair post
- 39. Made of oak
- 40. Upright
- 42. Furry pet
- 44. South American mammal
- 50. Example
- 51. Beginner
- 52. Absolute
- 55. ___ homo
- 58. Black or Red
- 59. Paper fastener
- 60. Starchy root
- 65. Got together
- 67. Mr. Peron et al.
- 69. Amber, e.g.
- 71. Egg-shaped
- 72. Boutique
- 73. Opponent
- 74. Nonclerical
- 75. Chemical compound
- 76. Bauble
- 78. Brood's home
- 80. Type
- 83. Playing marble
- 85. Pleased Pepin
- 86. Crazed

ACROSS

- 1. Without
- 5. Part of LST
- 9. Army noncom
- 14. Taunt
- 15. Pageant prize
- 16. Higher
- 17. Naughty
- 18. White-plumed bird
- 19. Anthropoid ape
- 20. Blond shade
- 21. Temple
- 22. A road's scholar?
- 24. Whatever
- 25. Welt
- 27. Unit of electricity
- 29. Pinochle term
- 31. Mongrel
- 33. Fertilizer component
- 35. Statesman ___
- 39. Owl's question?

- 41. Enlarge
- 43. Slosh
- 44. Ducklike diver
- 45. Dairy product
- 46. Cold and damp
- 47. "The ___ Walk Home"
- 48. "Take ___, She's Mine"
- 49. Ordinarily disposed
- 52. Strongly suggest
- 53. Cooling drink
- 54. Jam fruit
- 56. Hard work
- 57. Fort Bragg meal
- 59. Bumper decoration
- 61. Tango's need
- 62. "Atlantic City" action
- 63. Grayish green mineral
- 64. Arrive
- 66. Close to closed
- 68. Before, poetically
- 70. Unevenly edged

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- 74. ___ Zeppelin
- 77. "Once ___ a Time"
- 79. Correct a manuscript
- 81. Bread truck
- 82. Cracker type
- 84. "Frida" prop
- 86. Ram or rooster, e.g.
- 87. Common salt additive
- 88. Stench
- 89. Film director Egoyan
- 90. Slip-on shoes
- 91. Nomad's shelter
- 92. Say it ain't so

DOWN

- 1. Kind of poll
- 2. Overflowing
- 3. Suitable spot
- 4. Pen
- 5. John Hancock
- 6. Palace's household

Shelburne Free Press

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Shopping In Shelburne

A Great Way To Support Local Business

TOWN & MILK VARIETY



33 years and going Strong, that's how long Shelburne has seen the friendly owners of **Town & Milk Variety** owners Bob and Louise Kim behind the counter of this buzzing convenience store on Main Street East. Originally from Korea Bob and his wife came to Canada determined to prosper and become successful business owners as they are today running the store and of course working most of the hours. Whether it be Bob opening up at 7:00am or closing for the night at 11:00am, any day of the week, you will see one of them, guiding their staff and being a hands on owner/manager definitely has its advantages. Everyone knows Bob, always friendly, always smiling, willing to oblige as he serves, stacks shelves, sweeps the floor, and jokes with all the customers.

A landmark as you drive into Shelburne, passing trade is definitely a benefit, location, location, location is the key to success. The loyal locals of course we can't forget. Open 365 days a year, closing early on Christmas Day is Bob's only bonus. You can get

anything and everything in this colourful store, from candy, lotto tickets, slushies, newspapers, you name it, Bob has it. His movie rental has also taken off, always the first store to get the new releases, and every Tuesday you'll see people flocking in to see what movie was released that day! For \$3.00 a movie rental how can you complain at that!

Bob and Louise also live in Shelburne, and have 2 children, Debbie who lives in the States with her husband and Edward, fondly known as Ed who is following dad's footsteps, and has just taken over the convenience store in Mono Mills.

So whatever you need, whatever time of day or night, drop by **Town & Milk Variety** situated right on main Street next to Petro Canada, gas station and Bob will be happy to offer you a smile and sell you his goods!

By Deb Freeman

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Town of Shelburne to Help Raise a Barn for Fiddle Park

BY MICHELLE JANZEN

Greg and Heather Holmes of Holmes Appliances – and organizers of Pickin in the Park – approached the Shelburne Council on Monday seeking financial support from to assist with developing a structure at Fiddle Park.

Mrs. Holmes addressed the council, saying “we would like to thank the Town staff for submitting an application to the Ontario Trillium Grants Program in hopes of receiving grant money to complete the project we have been working towards for the past three years.

“As no grant money was approved, we are back to request financial commitment from the Town of Shelburne to proceed with the erection of a structure in the park.”

“As organizers, we are willing to continue with this event, providing we have the volunteers and the support of the Town of Shelburne,” she continued. “Pickin in the Park has steadily grown since conception, and has now outgrown the tents which have been used for the past years. The rental of a large tent and stage will cost upwards of \$10,000 yearly, eating up a large portion of the profits. This would become the largest expense of the weekend; however, it cannot continue with the current facilities.”

Mrs. Holmes then got to the point of the presentation, adding, “As the Ontario Trillium Grant did not come through, we are asking the



Heather and Greg Holmes

PHOTO BY MICHELLE JANZEN

Town of Shelburne to cover the financial shortfall of building plans, with anticipation that construction could proceed immediately, and be complete for 2016 Pickin in the Park Festival in July.”

“By adding another structure to Fiddle Park, the park will now become more attractive as a rental option for events such as Canada Day,

car shows, Scouts and Guide Programs, camping events, Music Shows/Festivals, RV rallies, and would also be an added benefit to sports tournaments that may require camping resources within our community, attracting people to Shelburne.”

After very little debate of the added value the structure would add, and after some financial

discussions, it was confirmed that Pickin in the Park was looking for funding in the amount of \$62,000; the same amount that had been asked for when the Town of Shelburne applied to the Ontario Trillium Grants Program to raise the pole barn.

A motion was unanimously passed by council to front the monies not received from the Ontario Trillium Grant in order to construct the pole barn.

This money will be paid back over an undetermined amount of time from proceeds collected at the Pickin in the Park Festival, as well as any donations or grants that become available.

“We are hopeful that the pole barn will be erected by this year’s Pickin in the Park, being held July 21 to 24 and we have designed the pole barn with future development considerations such as sides and a cement floor, to name a few,” Greg tells us.

At this time, Greg and Heather Holmes are looking for more volunteers to help with such things as park clean-up over the weekend, people to man the gates and nightly fires as well as people to scoop ice cream for the ice cream social that is held both afternoons at the event.

For more information on Pickin in the Park, please contact Greg or Heather at Holmes Appliances and Music Store at 519-925-3037.



Take note of “NEW” Stop signs

BY MICHELLE JANZEN

Recently, the Town of Shelburne erected new stop signs on First Avenue (east and west) at Jelly Street, and again at Jelly Street (on the south side) at Andrew Street to slow down traffic.

Both of these intersections are now four

way stops and this past weekend many people have voiced their complaints on a local Facebook page, Shelburne Area Q&A and Resource Hub, about the number of cars driving right through these new signs.

This just shows how much people don’t pay attention when driving!

Troupe Adore seeks performers for May shows



Eric Naglar and Troupe Adore member Sohalya Smith perform at a fiddle duet at Open Mic Night held at Main Street Café.

PHOTO BY MICHELLE JANZEN

Continued from FRONT

Sohalya Smith invites you to “come to listen, or come to play, we ask you to please support both the local business as well as the local arts community by helping to spread the word!”

Recently, Troupe Adore has started a free community chorale.

This choir is about having fun while making music and they tell us they plan on performing for local seniors’ residences and nursing homes, community festivals and other local surrounding area events.

With a troupe of talent that includes photographers, videographers, musicians, songwriters, painters, poets, writers, contractors, and graphic designers, Troupe Adore is also offering their services to raise money for future productions in the community.

Currently, Troupe Adore has a modest but

efficient facility with audio and video editing capabilities, and can do everything from audio video production, composition work, promotional multimedia marketing ads, to live entertainment, stage design and more.

Troupe Adore is still looking for more performers for their presentation of live art in the park to perform at upcoming town arts festival being held at Jack Downing Park, downtown Shelburne, for May 6, 7 and 8th.

For more information on Troupe Adore visit their website www.troupe-adore.com or email them at troupeadore@gmail.com.

MURDER MISTAKEN

by Janet Green
Directed by Bev Nicholas

Grace Tipling Hall, Shelburne
May 6th, 7th, 13th & 14th at 8:00 pm
May 8th at 2:00 pm

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TOWN OF SHELBURNE IMPORTANT NOTICE HYDRANT & WATERMAIN FLUSHING

The Shelburne Public Works Department will commence its Hydrant Maintenance program starting Monday May 9, 2016 and will continue the program until completed.

Residents may experience water discoloration and/or odour during the flushing program. If these problems are encountered, run your cold water until it is clear.

CAUTION SHOULD BE USED WHEN DOING LAUNDRY

Theresa Erjavec
Public Works Coordinator
terjavec@shelburne.ca

14th Annual Orangeville Blues and Jazz Festival returns June 2 – 5 with Free Concerts. This award winning Music Festival featuring over 80 acts performing on five stages and in local pubs, clubs and restaurants over the course of four days. Special events include Friday: Blues Cruise with 250 classic cars, Saturday: Blues and Bikes, Memorial Jazz March and Workshops. See orangevillebluesandjazz.ca for details.

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WITH US & YOU COULD

With Mother's Day just around the corner, we are all thinking about that one-of-a-kind woman in our lives and our community – and we want to hear from you! Share your stories or photos of that special mom with the Shelburne Free Press for a chance to have your entry featured in next week's edition – and a chance to WIN a manicure and pedicure gift certificate for you or mom courtesy of Oasis Tanning & Esthetics! (Valued at approximately \$50)

HOW TO ENTER:
Send your entry to
debbie@simcoeyorkprinting.com

SHELBURNE SPORTS

Junior C lacrosse season starts this week

BY BRIAN LOCKHART

The Ontario Junior C Lacrosse season will get underway this weekend and the Shelburne Junior C Vets will once again be in the battle.

“The Vets will certainly see some changes this year in the roster and behind the bench as well,” said Vets GM Barry Trood. “Veteran coach Mark Early did not return this year after four years behind the bench. Don Monahan will step into that position.”

Fourth year captain Charlie McCammell is back for his final year of Junior lacrosse and will lead the squad on the floor both offensively and defensively.

Returning players Ty McCallum, Darren Taylor, Zach Laform, Kayden Morely, Grae Fraser, Nick Fines, and Matt Allen all have another year under their belt and will be responsible for filling the gap for the squad on offence.

Veteran Quinn Fraser will return after sit-

ting out last year due to injury and will give the team a much needed face-off man and shooter on the powerplay.

Defensively, Darren Mick, Griffin Moore, Nate Marshall, Liam Greensides, and Kyle Ethier again look to shore up the back end.

The team is looking for over-age Midgett, Oriale Manderville, to step in while the team is checking out a number of other players to fill in the roster.

“The team should be stronger in goal this year as both goalies from last season, Rhett Fleming and Wade Sawyers, are returning. Both should play with a lot more confidence this year with that rookie year under their belt,” Mr. Trood said.

The 2016 Ontario Junior C season will get underway with a game between Whitby and Huntsville on Saturday, April 30, in Huntsville.

The Shelburne Vets home opener will take place at the Centre Dufferin Recreation Complex on Friday, May 6.

Game time is 8 p.m.



The Orangeville Outlaws have moved outside for the pre-season training after starting their 2016 season indoors in the dome at the Athlete Institute. All divisions of the Club were on the field for the first day of the outdoor session. The OMFL football season gets underway at the end of May.

PHOTOS BY BRIAN LOCKHART

Shelburne athletes on the gridiron

BY BRIAN LOCKHART

With the start of football season now just a month away, members of the Orangeville Outlaws Football Club have taken to outdoor practice on the field at the Agricultural Centre.

Coming off a championship season last year, the Outlaws have several strong looking teams - especially at the Junior Varsity and Varsity levels where there is a full roster of experienced players.

The Outlaws draw players from not only Orangeville but also from the Shelburne area and from Caledon to fill out the ranks.

Varsity division wide receiver Alex Iozzo is one of the players who makes the trek from Melancthon to take part in pre-season training.

Iozzo has been a member of the Outlaws for the past six seasons.

“This is our first practice outdoors,” Alex said. “Up until now, we’ve been indoors at the dome at Acts Fitness. Practicing out, we have equipment. This is our first practice this year with equipment. It’s a lot more aggressive.”

“There’s a lot more hitting than when we were inside. Instead of working on the catching and the covering we’re doing more hitting and making sure we are tackling right. I’m on offence, so I like to catch and run with the ball.”

With every season, players are moving up to the higher divisions. This year, the Varsity squad is seeing a good turnout of players.

“We’re bigger than we were last year,” said Alex. “Last year we had 25 players, this year we have thirty-something.”

The Outlaws will be fielding teams in the Varsity, Junior Varsity, Bantam, and Pee wee divisions this season in the Ontario Minor Football League.

The OMFL has 48 teams registered from 18 clubs with six different divisions this season.

The League has member clubs from around the GTA, surrounding towns and cities, and stretching right down to the London and Windsor areas.

The OMFL season will get underway in May with opening games taking place over the May 21, 22 weekend.



The Shelburne Junior C Vets are working hard during the pre-season to get ready for the upcoming Ontario Junior C Lacrosse season. The Vets have a strong lineup this year with many returning players. The Vets season gets underway on Friday, May 6, with their home opener at the Centre Dufferin Recreation Complex.

SUBMITTED PHOTO

Shelburne Arena News

BY KIM FRASER

The Spring/Summer 2016 Recreation Guide is now available.

It includes information on the CDRC Swimming Pool summer programming, swimming lessons and public swimming schedules, as well as programs for becoming a lifeguard.

The Recreation Guide also includes all the information on the CDRC Summer Day Camp program that will keep the kids busy and entertained all summer long.

Open registration for these programs will begin Monday, May 16 from 9 a.m. to 4.30 p.m. (Monday-Friday).

An evening registration is scheduled Wednesday, May 25 from 4 – 8 p.m.

“You have the power to give life. Donate blood and joint the movement today.”

The next Blood Donor Clinic will be held at the CDRC on Friday, April 29 from 3.30 to 6:30 p.m.

The Shelburne Jr. ‘C’ Vets Lacrosse Team’s home opening game will be Friday, May 6 at 8 p.m. vs Halton Hills Bulldogs.

“This one could be Ruff!”

The next Party Rockers dance will be Friday, May 6 from 7 – 10 p.m.

These dances are suited for youth aged 7 - 13 and the dances are chaperoned by Skate Canada Shelburne volunteers as a club fundraiser.

The cost is \$10 per person.

Provincial Junior C in championship series

BY BRIAN LOCKHART

The Ayr Centennials are leading the Provincial Schmalz Cup Junior C championship final over the Port Hope Panthers after two games.

The best of seven series got underway on Friday, April 22, in Port Hope.

The Alliston Hornets were eliminated by the Panthers in their best-of-seven semi-final series after the Hornets lost 3-0 in Game Six on April 16, on Port Hope home ice.

The Centennials won their semi-final in a four-game sweep over the Essex 73’s.

Game One of the championship series saw Ayr take an early lead in the first period to lead 3-1 when the buzzer sounded to end the frame.

Port Hope scored early in the second period to close the gap but the Centennials went ahead with goal number four at the midway mark.

The third period saw the Panthers again score early, but the Centennials wrapped it up with two third period goals to take the 6-3 win.

Going to Ayr home ice on Sunday, April 24, for Game Two of the series, the game was tied at two at the end of the second period after Port Hope scored the only first period goal and Ayr tied it up with the only second period marker.

The Centennials scored at just 1:30 into the third period to again take the lead but the Panthers tied it up at the 13:14 make it a seven minute race to see who could break the tie.

Ayr met the challenge scoring the winning goal with 1:23 left on the clock to win the game 3-2 and lead the series 2-0.

The series was back in Port Hope on Wednesday night, April 27, with results not available at press time.

Game Four will be in Ayr on Friday, April 29.

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ATHLETE OF THE WEEK

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Name: ALEX IOZZO

Team: ORANGEVILLE OUTLAWS

Position: WIDE RECEIVER

After six years on the gridiron, Orangeville Outlaws wide receiver Alex Iozzo is one of the veterans on his Varsity Division football team.

“After playing for six years, I just loved running my routes and catching the ball. It’s something I’ve loved playing for a long time,” Alex said of why he likes the sport.

The Melancthon Township student is an avid athlete participating in long distance running on the track team at high school and he is a ski instructor on the Hockey Valley Resort ski hills.

Alex plans to continue playing at the Varsity football level for his two remaining eligible seasons.

CALLING ALL KIDS!



We are currently seeking newspaper carriers to deliver once a week for the Orangeville Citizen & Shelburne Free Press on

Jelly St Sth, Centre St, James St, Owen Sound St, Cedar St, Grace St, Susan St, Birch Grove

Call Debbie 519-925-2832 / 519-216-1021

Crossroads Community Church: Use of Your Tongue

Pastor Don opened in prayer humbly asking our Father God to pour His wisdom, guidance and direction into our hearts so we may be His obedient followers.

Furthermore, in prayer, we requested the ability to exercise control over our tongues so we may build people up rather than tear them down.

Pastor Don prayed to our Lord Jesus for the capacity to control this small yet powerful part of our body.

Our hearts are about the size of our fist, and mostly muscle.

It pumps about 2,000 gallons of blood through roughly 60,000 miles of blood vessels every day. Regardless of what we do, we do not control the daily routine it moves through. Another powerful muscle in our body is only four inches long.

The tongue is not the strongest muscle in our body, but it is the most powerful.

Unlike our heart, we do have control over this very agile and intriguing muscle. Proverbs 15:2

Dentists continuously instruct us to clean our teeth and tongues frequently, as these are the dirtiest parts of the body. James wrote early on in the Bible a very similar message.

James 3:5-6 An uncontrolled tongue causes terrible injury and Satan relies on the tongue to spread damaging words like a forest fire. Before you speak, remember words cannot be unspoken.

As James says, "our tongue is a world of evil and it corrupts our whole person."

He goes on to say in James 3:7-8 people can tame all types of mammals, birds, reptiles and fish but the tongue is full of poison and is untameable.

However, as believers, and having accepted Jesus Christ as our Lord and Saviour, we are not fighting the fire of our tongues in our own strength. The Holy Spirit aids in teaching us self-control.

James continues to explain our mouths and tongues are the most foul parts of our body and

through Matthew 15:16-20 he clarifies that our mouths are an extension of our hearts.

What comes out your mouth is what is in your heart. It is what is in your heart that matters to God. Paul states in Romans 3:23, we are all sinners and therefore our tongues have plenty of ammunition. The sinful part of ourselves is the stuff that comes back up just like the after taste from eating something foul.

Ephesians 4:29-32 isn't exclusively about cursing, although abusive language is not pleasing to God, but Paul is saying everything we articulate should be encouraging, helpful and good; leave others feeling valued every day.

Unfortunately, some people, even some church goers, hold grudges, fail to forgive and finally do not lay their burdens at the feet our Lord.

Their anger and bitterness piles up and ultimately the poison in their hearts becomes like hay that hasn't been properly handled.

Spontaneous combustion takes place and you now have to contend with a fire.

Regrettably the rage and anger often spews out in the form of a tongue lashing on the wrong people. This grieves God. Proverbs makes several references in 12:18; 15:1, 4 to the negative use of tongues and condemns the evil way we speak to others; the unwholesome way the tongue can crush a person's soul and spirit.

Try answering a scream with a gentle voice. Turn away wrath with peaceful words.

Proverbs 15:2 and 15:7-8 emphasize how our tongues can be used to do good rather than eject toxic words.

God wants us to use our tongues for prayers of the upright and giving pleasant advice. We have all heard the quote, "If you can't say anything nice, don't say anything at all."

But God doesn't want us to just stop talking. Proverbs is also trying to teach us to use our

tongues to spread God's knowledge; to say good things. Proverbs 2:6 tells us how God gives wisdom to the godly, provided we are faithful to Him and keep our purpose in life clearly in mind.

Psalms 119:98 and James 1:5 instructs us to find true wisdom and knowledge from God; from His book, the Bible, the Holy inspired Word of God. If you hear something that stirs you then go to the Bible and research it for yourself.

Some people like to argue and are good at it. But, if it has nothing to do with our faith or our walk with Christ then it doesn't matter; hold your tongue.

God is the only one you need to please.

When you rely on the knowledge from the Bible you never have to be ashamed.

It is only with God's ideas and ideals that we begin to measure up.

Isaiah 55:10-11 tells us God's word will always produce fruit and accomplish exactly what He wants it to.

The word of God has the power to change the world.

Hebrews 4:12 advises the words from God are not just a vehicle for communicating ideas, they are living, life changing and dynamic.

God encourages us to not only listen to His

words but to use our tongues to spread the wisdom of God. And used properly a godly tongue will heal people; remember Proverbs 15:4.

As we read earlier in Ephesians, bitterness, rage and anger grieves God. That's the disease that needs to be healed. And your tongue, if used for God, is the cure just as it says in Matthew 5:9. This scripture also speaks on peace makers. You can't be at peace with anyone else if you are not at peace with yourself and God first.

Proverbs 15:1 suggests we try to deflect anger with a peaceful calm. Use your tongue to heal anger by concentrating on making peace rather than being right.

Proverbs 25:15 declares a gentle tongue and a truly caring heart can heal many people and lead them to Jesus Christ.

A godly person uses their tongue to pray just as it says in Proverbs 15:8.

Prayer appeals to God and asks for God's power and assistance in our lives. We may have successful careers but without God guiding and directing us it will all be for nothing; see Psalms 127:9. Make God your highest priority and let Him build your life. Trust the Lord to use you in ways to build others up with your tongue and words. May the Lord richly bless these, His words. AMEN.

Christian Perspectives: Choose a Better Future

BY REV. BOB MCLELLAN
GRACE CHURCH OF THE NAZARENE

You have probably heard the statement made, "The past is gone, the future has not happened, the only time you have is the present."

While this statement sounds good, it is really a myth.

You do not have the present, because the present is always changing and fluid in nature.

With the tick of a second hand on a clock your present has become your past.

What most people do not understand is your past defines your future unless you make purposeful choices and decisions to address your past and create a different future.

Every person has developed neural pathways which create if this, then that scenarios in their life. We develop automated response systems through habits based on choices made in our past.

Often the choices and patterns we follow are not even made at the conscious levels.

It is these habits which define our character and create our outcomes in life.

Anger, bitterness, frustration, to name just a few, are responses people carry for years which impact, in dramatic ways, what their future will look like; some event or interaction of the past which is allowed to fester is all it takes to find its way into every area of life.

It affects relationships, health and how our lives will look in the future.

A person who chooses to live with a victim mentality because of something in the past will continue to carry that mentality forward into the future. Until there is a conscious decision to change how the past is perceived, they will continue to get what they have always got.

This is because God has set a universal law in place in our world. We reap what we sow.

There are options to change, if we are willing to learn how to do so.

For me, the power of the death of Jesus Christ on the Cross of Calvary and His resurrection provides the power for transformation of those who choose to believe.

There is power in forgiveness.

The Apostle Paul states in 2 Corinthians 5:17, "Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!"

True transformational change is possible at both the conscious and subconscious levels of our being if we will make the choice to take advantage of what God offers to us.

There are also practical procedures a person can implement, which will bring change to men-

tal, emotional, physical and spiritual health should a person be willing to learn and willing to follow through on them.

It is important to move beyond the "there are no options" feeling, trapped place in life.

There are always more options if you are willing to continue to look for them in faith knowing you will find them.

Dealing with the past to impact your outcomes in the future is something you may want to consider. When you do, you just might find your life in that continuing to shift momentary time, called the present, to be much more pleasant.

In Mark 9:23 it is recorded that Jesus said, "Everything is possible for him who believes."



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MEMORIAM

JOHNSTON, Luella
 (retired from Dufferin Oaks)
 Passed away January 21, 2016



Family and friends are invited to the Interment Service at 1 pm, Saturday, May 7th, 2016 at Horning's Mills Cemetery. Reception to follow at Horning's Mills Hall.

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DEATHS

FRANCIS, Larry Dennis



Passed away peacefully at Headwaters Health Centre, Orangeville on Friday April 22nd, 2016. Larry Dennis Francis in his 69th year. Beloved companion and friend of Marlene Johnston of Mount Forest. Loved father of Barbara Kelly & husband Michael and David Francis & wife Jennifer, all of Shelburne. Loving grandfather to Jessica Kelly, Bradley Kelly, Emily Francis and Hannah Francis. Predeceased by his parents Allan and Mary Francis, son Craig Francis and granddaughter Melissa Kelly. Larry will be fondly missed by his many friends and neighbours. Cremation has taken place. Friends may call at the England Funeral Home, Mount Forest on Sunday, May 1, 2016 from 6:00 - 9:00 p.m. A memorial service to celebrate Larry's life will be held at the Royal Canadian Legion Branch #134, Mount Forest on Monday, May 2, 2016 at 11:00 a.m. As an expression of sympathy, memorial donations to the Make a Wish Foundation would be appreciated by the family.
 Online condolences may be left at www.EnglandFuneralHome.com

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HONEYWOOD COMMUNITY STRAWBERRY SUPPER will be held Friday July 1st in Honeywood

MOTHER'S DAY PLANT & BAKE SALE SATURDAY May 7th 8-11:00am at Primrose United Church (NE corner of Hwy 10 7 30 sideroad, Mono). Perennials, home baking, craft/food vendors. Pre order hanging baskets, urns, window boxes, herbs, geraniums by Sunday May 1st, for pick up or delivery on day of sale. Just in time for Mother's Day! (Order forms at CARRAVAGIO IDA, church members 519 925 2397 or gailbrown.pharm@yahoo.ca

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NOTICE

NOTICE OF SALE UNDER THE INN KEEPERS ACT The owners, Mike Snowden, Crystal Snowden (Burton) and Sierra Snowden, of a 12 -13 year old grey Appendix mare named Pandora are in arrears in the amount of \$4,800.00 owing to Loralee Farms in Shelburne. As a result, the horse known as Pandora will be publicly auctioned at the Claremont Auction on May 14, 2016 by Auctioneer Bill Simmons under the Inn Keepers Act.

AUCTIONS

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Green#1590 Queen St. E, Alton. From the Hwy 109(#9) by-pass come south on Porterfield Rd for 5.4km, following the curve into the town of Alton. Sale on north side of road. **OR** From Charleston SdRd(#24) west of the town of Caledon, go north on Cty Rd 136(Main St.) into the town of Alton. Turn east at the stop sign and come 0.2km to sale on north side. (V)Vintage ****PARKING ON ROAD****

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Shelburne Library News: Literary Events – Happening Now



NEW BOOKS

I have two book recommendations this week; very different, but I know many of you will enjoy reading them. Enjoy is really not the right word for When Breath Becomes Air, by Paul Kalanithi. It is a profound conversation with author Dr. Paul Kalanithi who discovers at age 34, he has terminal lung cancer.

The endurance, the courage and the tenacity that he and his wife show during the process is heartwrenching and deeply moving.

Some of their decisions will really touch you. You will probably cry, but the strength and weaknesses of this journey will have you thinking deeply about the meaning of life.

The other book is one for our romance readers who like a slightly different take on the sweet happily ever afters.

The Sea Keeper's Daughters by Lisa Wingate is one of the Carolina Chronicles.

The characters in this novel are eccentric and delightful at times. The setting is North Carolina where Whitney Monroe is in danger of losing her high-end restaurant; however, with many twists and turns, struggles, and of course, a circuitous romance it is a delightful read.

It does keep you wanting to move along to the end with anticipation as to how it will all work out?

Fiction:

- Brush of Wings by Karen Kingsbury
- The Photographer's Wife by Suzanne Joinson
- Never Die Alone by Lisa Jackson
- Closer Than You Think by Karen Rose
- The Patriot Threat by Steve Berry
- What's Left Behind by Gail Bowen
- Me Before You by Jojo Moyes

Non-fiction:

- Miracles from Heaven by Christy Wilson Beam
- Food to Grow by Frankie Flowers
- Container Theme Gardens by Nancy J. Ondra
- Grow Fruit by Alan Buckingham
- Raised-bed Gardening by Simon Akeroyd
- The Children's Garden by Matthew Appleby
- Gardening on a Shoestring by Alex Mitchell
- Water-smart Gardening by Diana Maranhao

BY ROSE DOTTEN

AUTHOR VISITS

On Thursday, April 28, at 6 p.m., we are hosting young adult author, E.K. Johnston at our library.

Her book, The Story of Owen, is nominated for the White Pine Award.

Johnston is a really enthralling speaker. Youth and adults alike are known to enjoy Johnston's work, so it's an event you won't want to miss.

Call in and let us know you are coming.

DUFFERIN READS: ONE BOOK ONE COUNTY

Time is running out! Author, Kim Thúy will be at the Dufferin County Museum on Sunday, May 1 at 1 p.m. with her discussion about the book and her life. Join us for refreshments after the talk. Tickets are \$10 and are limited. They can be purchased at the libraries and Booklore.

TEEN SCENE

We told you to keep watching for this update, and now it's official One of our teens, Ariel, won the Forest of Reading Art Award Contest in the White Pine division. Ariel submitted a beautiful depiction of what the enjoyment of reading means to her. Check out her work (and others) at bit.ly/IQCIEWt. Her prize is a signed copy of whichever author's book wins the White Pine Award this year. Congratulations, Ariel. We are SO proud of you.

CHILDREN'S PROGRAMS

Our children's programs are continuing this week with Super Readers Club on Tuesday afternoon. Paws to Read on Tuesdays with Mac is also on Tuesday afternoon. Our regular Story Time is Friday morning. We look forward to seeing you at any or all of these fun and interactive events.



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