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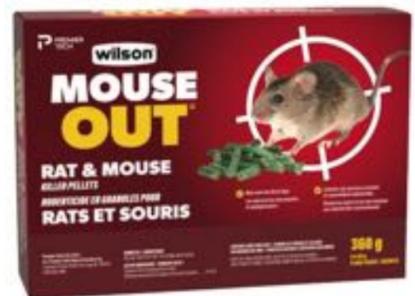


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BRIAN LOCKHART PHOTO

**LIFESAVING EFFORT:** Sherry Lambercy suffered a serious heart attack at her home in Grand Valley on April 14. During the ride to the hospital, she had to be defibrillated a total of seven times. Thanks to the efforts of paramedics Ethan Daemke and Georgia Reidl, and firefighter Jeff Beatty, Sherry survived and is doing well. Sherry wanted to thank her rescuers personally and visited the Grand Valley Paramedic station on Monday, Aug. 26. Sherry, centre, is joined by Paramedics Georgia Reidl, Evan Daemke, Deputy Chief of Dufferin County Paramedic Service Darin Tjeerdsma, Chief Dufferin County Paramedic Service Gary Staples, Dufferin County Warden Darren White, Ontario Minister of Health and MPP for Dufferin-Caledon Sylvia Jones, and Chief of the Grand Valley and District Fire Department Justin Foreman.

## Grand Valley resident revived from cardiac arrest seven times by paramedics on route to hospital

Written By Brian Lockhart

April 14 started like any other day for Grand Valley resident Sherry Lambercy.

However, late in the afternoon, she experienced discomfort that turned out to be a lot more serious than her symptoms indicated.

Earlier in the week, Sherry had experienced what she thought, was heartburn or indigestion. The pain worsened that afternoon after returning from watching her grandson play in an all-star hockey game.

"I had a little heartburn and was taking some Tums, but nothing that seemed serious. I had surgery two weeks before and was still recuperating, so I was tired, and decided to sit down and watch some TV. I said, 'my chest is crazy with heartburn,'" Sherry recalled.

Her husband Dan realized the situation might be more serious than originally thought, and he called 911.

That call saved Sherry's life.

One minute-and-a-half later, Dufferin County Paramedics were at her door having been dispatched from the Grand Valley Paramedic Station just up the street from where Sherry lives.

Paramedics Evan Daemke and Georgia Reidl arrived along with firefighters from Grand Valley.

When they arrived, Sherry's condition went from bad to worse.

"I was conscious when they got me outside and onto the gurney and into the ambulance," Sherry said. "I remember them asking me questions, to when we had to turn off my street. I remember nothing more until I woke up in the hospital."

Upon arriving at Sherry's home, paramedics Evan and Georgia quickly realized Sherry's condition was serious.

"I remember walking in and looking at Sherry and right away realizing this is a sick patient, there is definitely a severe medical event going on," Georgia said.

Georgia immediately asked Evan to take over as he has more experience and is certified at a higher level in paramedicine.

"We hooked her up to the monitor, which monitors heart rate, blood pressure, respiratory rate, and other things like CO2," Georgia explained.

Looking at the monitor, Georgia could see it indicated a heart attack.

Sherry was taken to Southlake Regional Health Care in Newmarket, which is the main cardiac centre for the region, but that was after the paramedics had to stabilize her.

After she was stabilized, the decision was made to go directly to Southlake.

The ride to the hospital was harrowing, to say the least.

Firefighter Jeff Beatty was doing chest compressions to keep her blood flowing.

"Sherry was having a heart attack and on our way to Southlake, probably five or 10 minutes out, she went into cardiac arrest," Evan explained. "She was defibrillated seven times. The first time Sherry went into cardiac arrest, we had her back immediately, but each subsequent time was longer and longer."

They were approaching the hospital and the team knew if they kept up the lifesaving effort, they had a chance to get Sherry to the hospital and save her life.

Sherry was treated at Southlake and a stent was used to open an artery. She recovered and was released three days later.

On Monday, Aug. 26, Sherry was at the Dufferin County Paramedic Station in Grand Valley to personally thank them for saving her life.

Usually, paramedics do not know what happens to their patients after they hand them off to hospital staff as privacy rules don't permit that type of information.

However, Evan, Georgia, and Jeff, now know that their efforts saved a life, and Sherry wanted to express her thanks in person.

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### MORE WAYS TO SHOP



# Summer Garden Series raises funds for Headwaters Health Care

Written By **Brian Lockhart**

It was a day to get some exercise and enjoy beautiful gardens while raising funds for a good cause at the same time

The Pilates Summer Garden 2024 series hosted by Hannah Sine of Towne Fitness in Shelburne, was held at five locations amid some of the most beautiful gardens in Dufferin County over the summer.

Each location was kept a secret until a week before each event. People who were registered were sent the surprise location in an e-mail.

Every event featured different Pilates workouts led by Hannah.

Hannah came up with the idea for a Pilates-inspired event as a way to raise funds and make a difference. She decided that the Headwaters Health Care Centre is something that everyone will need and she knew the funds raised would go directly to making a difference.

The Pilates Summer Garden series proved to be a very popular event. In fact, some attendees, who have their own gardens, asked if they could be on the list as a location for the next event.

“Each event was very unique,” Hannah

explained. “Once we go through the first event, the rest just followed and it was easy. People that were part of the series approached me and said, ‘please put me on the list. I’d love to have you use my property next year.’ We did five locations. You paid \$150, and you could attend one or five of them. It didn’t matter because 100 per cent of the proceeds go to the Headwaters Health Care Foundation. You didn’t know the location until three or four days before the event. You received an e-mail with directions and what to expect as well, who the hosts are and some history on the property.”

The event raised \$3,520 in support of the Headwaters Health Care Foundation.

“This money will be used for highest priority needs,” explained Shauna Santarossa, officer communications and donor relations at Headwaters Health Care Foundation. “We use this for capital requests from the hospital for equipment – they make a list every year for equipment they need, such as replacement equipment or equipment that may be at end of life. It’s stuff we need to continue operating the hospital.”

The Pilates Summer Garden 2024 series was so successful and so much fun that Hannah plans to have another event next summer.



BRIAN LOCKHART PHOTO

**STRETCHING FOR THE CAUSE:** The Pilates Summer Garden Series 2024 was held at different garden locations around Dufferin County over the summer. The event featured Pilates exercises led by Hannah Sine of Towne Fitness in Shelburne. The event raised \$3,520 for the Headwaters Health Care Foundation. Hannah presents a cheque to Shauna Santarossa, officer of communications and donor relations at the Foundation, in the hospital garden on Wednesday, Aug. 21.

# Headwaters to hold fundraising hike to support fight against breast cancer

Written By **Sam Odrowski**

A new fundraiser for Headwaters Health Care Foundation is coming to the region in October.

The inaugural Headwaters Hike to Fight Breast Cancer will take place on Thursday, Oct. 10, from 5 p.m. to 8 p.m. at Monora Park Pavilion (500 Monora Park Rd, Mono).

“Headwaters Hike to Fight Breast Cancer is an opportunity for our community to come together and get moving, have fun, and support cancer care at Headwaters,” said Headwaters Health Care Foundation CEO K.C. Carruthers. “We’re excited to launch this new event, and we look forward to making a difference for patients who rely on our hospital for their cancer care.”

The most common cancer for women is breast cancer. Globally, someone receives a diagnosis once every two minutes.

Since the government does not provide funding to purchase medical equipment at Headwaters Health Care Centre, almost every piece of technology used for cancer screening is funded by community donations.

Money raised from the Hike to Fight Breast Cancer will be used to purchase and maintain such equipment.

Anybody interested in participating in the hike can register individually or create a team.

The early-bird cost of registration is \$25 per person, available now until Sept. 6. From Sept. 6 to Oct. the registration fee will go up to \$35.

The registration fee includes an event t-shirt (as long as registration is completed prior to Sept. 19), as well as complimentary post hike BBQ.

There are three routes available for the hike, based on participants preferences – 1km, 2km or 5km.

After registering, participants can create their own fundraising pages to be shared with family and friends to encourage pledges.

Prizes will be awarded for the individual who fundraises the most and team who fundraises the most will be awarded with prizes.

To register, please visit [hhcfoundation.akaraisin.com/ui/hiketofight](http://hhcfoundation.akaraisin.com/ui/hiketofight)



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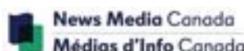
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We acknowledge the financial support of the Government of Canada through the Canada Periodical Fund of the Department of Canadian Heritage.

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## Time warp

I was watching YouTube videos the other night. I came across a short clip from the movie Unforgiven, starring the legendary Clint Eastwood, as William Munny – a former gunslinger and outlaw responsible for killing "women and children" and "just about everything that walks or crawls."

Munny is called back into service as a mad dog killer to avenge a prostitute who was attacked by a client.

The movie also stars Gene Hackman, Morgan Freeman, Richard Harris, and Saul Rubinek. It was a great movie with a great cast, and it won several Oscars, including Best Picture.

Unusual for a Western, the main character has no redeeming qualities at all. There are no heroes.

I was watching the final scene where Munny kills half the people in the saloon to avenge the death of his friend and partner, Ned.

When he's leaving the saloon, in the dark, and pouring rain, he calls out a warning to the men who have gathered in the street to shoot him down.

"Okay, I'm coming out. Any man I see out there, I'm going to kill him. Any SOB takes a shot at me, not only will I kill him, I'll kill his wife, and all his friends, and burn his house

down."

That's one mean-spirited guy. It was probably Eastwood's best movie – although personally, I consider 'The Good, the Bad, and Ugly' to be my favourite Clint movie.

I wanted more info and looked up Unforgiven on the movie database, and was surprised to learn the movie was released in 1992. What? That was 32 years ago! How is that possible?

I could have sworn that movie was made, at most, 20 years ago.

Maybe my age is showing, but some days I feel like I'm living in some kind of weird time warp.

I still get a lot of news about Freddie Mercury, a former member of the band Queen, on various news feeds. They just made a movie about his life.

But Freddie Mercury died in 1991 – that's 33 years ago.

Frank Zappa was another rather famous musician, known for his off-beat style of music, as well as his trademark mustache and soul-patch.

I just saw a video of him performing in California a few days ago.

But Frank died in 1993 – 33 years ago.

## BRIAN LOCKHART FROM THE SECOND ROW



I still see teenagers wearing Queen and Zappa T-shirts.

Somehow, that would be like me and my friends wearing, "I saw Pery Como in Vegas" shirts.

Sam Kineson was a well-known comedian. He was a former Pentecostal preacher, who turned his church act into a comedy routine. I liked him, but he was a little intense.

He died in a car accident in 1992.

Kurt Cobain was the king of grunge music and leader of the band Nirvana. His music still gets a lot of airplay and I still see people wearing Nirvana T-shirts.

Cobain died by suicide in 1994.

There are so many things that happened over 30 years ago that still seem to be relevant.

I have my own theory on this, and it has a lot to do with new technology.

At one time, when you watched an old movie or saw an old photograph, it looked old. Old movies had scratches, and photos were always black and white, not the sharpest, and faded over time.

That left the impression that you were seeing something that was outdated, and not relevant.

I still watch old black-and-white movies,

even though the style of movie-making has changed dramatically. I enjoy old movies from the 30s and 40s, with the actors and their impressive Mid-Atlantic way of speaking – which by today's standards, simply wouldn't work on screen.

Old movies are not shown on television anymore with the exception of a few specialty channels, because a large portion of the population just won't watch A Night at the Opera with the Marx Brothers or Never Give a Sucker an Even Break, with W.C. Fields.

Digital technology has proven to have one very good property – and that is preservation.

When people see videos or photographs of Freddie Mercury or Kurt Cobain, it looks like it could have been shot yesterday. It is crisp, clean, and has good sound.

It is a lot easier to be interested in a video of a performance with excellent reproduction characteristics, so people become interested.

Time is a funny thing – it never stops. Here's a fun fact to wrap your head around.

Cleopatra was born at a time closer to the space race, than when the pyramids were built.

## Catalan Pimpernel

Carles Puigdemont, the self-exiled leader of the Catalan separatist movement, aspires to become the new Scarlet Pimpernel. Last week he left Belgium, where he has lived as an unwelcome guest since he led a failed attempt to secede from Spain seven years ago, and had himself smuggled back to Barcelona, the capital of the region of Catalonia.

He chose this moment because a new regional coalition government was coming to power that included one of the Catalan nationalist parties. In the eyes of hard-line separatists they were traitors, and Puigdemont's duty, as he saw it, was to mock and humiliate them.

His plan was to appear suddenly in Barcelona on the day the new regional government took power. Collaborators got him safely to the city, and last Thursday Puigdemont showed up near the regional parliament building, surrounded by around forty people wearing Puigdemont masks.

He gave a short speech denouncing his various political enemies, disappeared back into the same crowd of Puigdemont look-alikes, then into a car and away. By Friday, he was back in Belgium.

Boldness, precise timing and a lot of luck – could this be a new Scarlet Pimpernel for our times? In the words of the song that accompanied the original 'Scarlet Pimpernel' play, changing only the name of enemy from 'Frenchie' to Spaniards.

They seek him here they seek him there

Those Spaniards seek him everywhere. Is he in Heaven or is he in Hell?

That damned elusive Pimpernel!

Well, yes, but could Puigdemont match the deeds of the fictional Sir Percy Blakeney, aka the Scarlet Pimpernel? Sir Percy was a rich, foppish and not too bright habitué of London clubs during early years of the French Revolution (1792-93), but he had another, secret life.

The Scarlet Pimpernel was, according to Stan Lee, the co-creator of Marvel Comics, the 'world's first superhero'. Baroness Orczy's very successful 1920s book and play gave us the trope of a meek, insignificant character whose family and friends have no idea that his alter ego is a superhero. Dozens of other Spandex-clad superheroes followed.

The fictional Pimpernel went back and forth between London and Paris at the height of The Terror, rescuing French aristocrats from the guillotine in the nick of time. He was a master of disguise, a brilliant swordsman, and a champion of justice. Just like Carles Puigdemont, a legend in his own time – or at least in his own mind.

What Puigdemont did was a brave and clever stunt, but it will not revive the separatist project in the minds and hearts of most people in Catalonia. The Spanish-speaking half of the region's population has no wish to break away from Spain, and the Catalan-speaking half has lost faith that it can

## GWYNNE DYER OUR WORLD TODAY



happen in this generation.

The evidence was in last May's regional elections. For the first time in decades, pro-independence parties did not win an outright majority.

The inauguration of the resulting regional government, a coalition between a bigger socialist party and a smaller pro-independence party, determined the timing of Puigdemont's defiant gesture. But it was merely a gesture: the new government was duly installed in power later the same day.

Some places must go on struggling for independence until they win it, because the circumstances they were living in were intolerable. Most of the recent examples, like South Sudan, are in Africa.

In other, more fortunate places, like Scotland, Quebec and Catalonia, independence is only an option. There is no oppression, the democratic norms are observed, even the language is not in danger – and prosperity is shared equally by the majority group and the minorities.

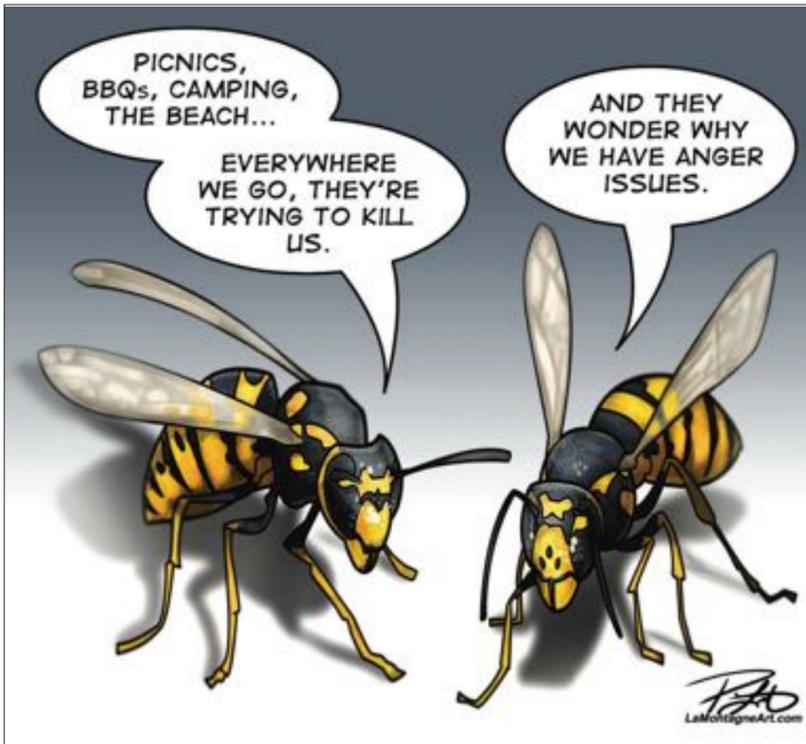
Pro-independence movements will still arise from time to time because many people want more 'meaning' in their lives, and a much smaller of number of well-edu-

cated members of the minority elite see more power for themselves in an independent state. Since they tend to congregate in the local media, they can persuade a lot of people they need independence.

In former Canadian prime minister Jean Chrétien's deathless phrase (in deliberately mangled franglais), they want "le flag sur le hood": a big government job and the limo that goes with it. This comment is an injustice to many sincere individuals, but Chrétien knew what he was talking about.

In prosperous, well-run places these are transient enthusiasms. One lost or botched referendum (Scotland 2014, Catalonia 2017) or two at most (Canada 1980 and 1995), and that generation moves on.

The next generation does not pick up the torch from their parents, because that's not how generational turnover works. The subsequent generation might, because it will seem like a new idea again by then. But it's over in Catalonia for now, and the world will continue to rotate in an easterly direction at the usual speed.



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# Be aware of ongoing scams, fraud says Dufferin OPP

Officers from the Dufferin Detachment of the Ontario Provincial Police (OPP) are warning residents of fraudulent activity that has been taking place across Dufferin County.

If you would like to report an incident, please contact the Canadian Anti-Fraud Centre at 1-888-495-8501 or the Ontario Provincial Police 1-888-310-1122.

Canada Revenue Agency scams/fraud:

- Caller claims to be CRA agent.
- Caller will advise that you have outstanding balances, owe taxes from previous years income tax or have an issue with your social

insurance number.

- Will request your personal information - will often threaten to arrest you if you are not able to comply immediately.

Bank scams/fraud:

- Caller calls representing a bank official.
- Will often ask you for help with local bank investigations.

- The caller will advise you to make a withdrawal from your personal account to assist them with their investigation.

- The caller will want to meet you in a private setting to obtain the cash.

Emergency scams/fraud:

- Caller will pretend to be your loved one who has found themselves in an emergency.
- Caller could claim to be police/lawyer representing your loved one in an emergency.

- Caller will often ask you to send money to help your loved one.

Romance scams/fraud:

- Suspect will often use social media or dating sites looking for potential victims, often using fake profiles.

- Suspects will often develop relationships quickly.

- Suspect will work extremely hard to gain your trust, hoping that you will send them money in exchange for broken promises.

Contractor scams/fraud:

- Contractor asking for large deposits upfront.

- Contractor promising the world "trust me, I know what I am doing".

- Contractor refusing to pull a permit for the work you have agreed upon.

- We ran into some unfortunate circumstances and will require some more money to start/complete the job.

# Dufferin OPP lay charges in recent impaired driving incidents

The Dufferin Detachment of the Ontario Provincial Police (OPP) have charged a driver with an impaired operation related offence.

Officers from Dufferin OPP were conducting a "Reduce Impaired Driving Everywhere" (RIDE) spot check on Townline in the Town of Orangeville on Aug. 23, just after 1:30 a.m.

A driver entered the program and the officers we led to an impaired operation investigation.

As a result, Teresa PRICE, a 60-year-old from Orangeville, has been charged with:

- Operation while impaired - blood alcohol concentration (80 plus)

The accused is scheduled to appear at the Ontario Court of Justice in Orangeville to answer to the charges. Their driver's license was suspended, and the vehicle was impounded.

None of the listed charges have been proven in court.

In another incident, officers from the Dufferin Detachment of the Ontario Provincial Police (OPP) charged two drivers with impaired driving last Friday, Aug. 23.

Just before 5 p.m., Dufferin OPP officers conducted a traffic stop along Broadway in

Orangeville. Officers spoke with the driver and were led into an impaired driving investigation.

As a result, John MACDONALD, a 47-year-old male, from Burlington has been charged with:

- Operation while impaired - blood alcohol concentration (80 plus)
- Disobey sign

About two and a half hours after John MacDonald was charged with impaired driving, Dufferin OPP conducted a traffic stop along Highway 10 in Mono.

Officers were led into an impaired driving

investigation after speaking with the driver. As a result, Anthony BARTER, a 63-year-old male, from Caledon has been charged with:

- Operation while impaired - blood alcohol concentration (80 plus)
- Operation while impaired - alcohol and drugs

The accused persons are scheduled to appear before the Ontario Court of Justice in Orangeville, to answer to the charges at a later date in June 2024. Their driver's licence was suspended for 90 days, and their vehicles impounded for a period of 7 days.

# Keep your purse on you to avoid theft, Dufferin OPP advise

Members from the Dufferin County Detachment of the Ontario Provincial Police

(OPP) wish to bring awareness to their Dufferin residents of a recent theft trend.

In the recent weeks, officers of the Dufferin County OPP have responded to minor thefts involving some sticky handed criminals preying on local shoppers. While shopping at local establishments, there have been several individuals who have fallen victim to having their debit cards, credit card and cash stolen right from their bags and purses.

The Dufferin County OPP wish to provide our residents with some tips and tricks to hopefully minimize the chances of this happening to you.

- Always keep your purse/bag on you and

never leave it in your shopping cart.

- When possible, have the purse/bag zipped shut.

- Keep your banking cards and cash in a separate compartment and less accessible.

- Have the opening of the purse/bag aligned directly in front of you, rather than off to the side or pushed behind your body.

- Be mindful of who may be lingering around you throughout the store.

- Be mindful of a stranger engaging in a convoluted stories or randomly asking for your assistance to draw you away from your cart, these individuals are usually not working alone.

If you or someone you know have fallen victim to this sort of crime, contact your banking establish immediately and contact the Dufferin OPP at 1-888-310-1122.

**adopt a cat**

Hear ye- hear ye! May we present to you, Duchess! Not only is this girl stunning, she is so so friendly and great with other cats.

Duchess is approximately 5 years old and melting all the volunteers hearts since she came in months ago.

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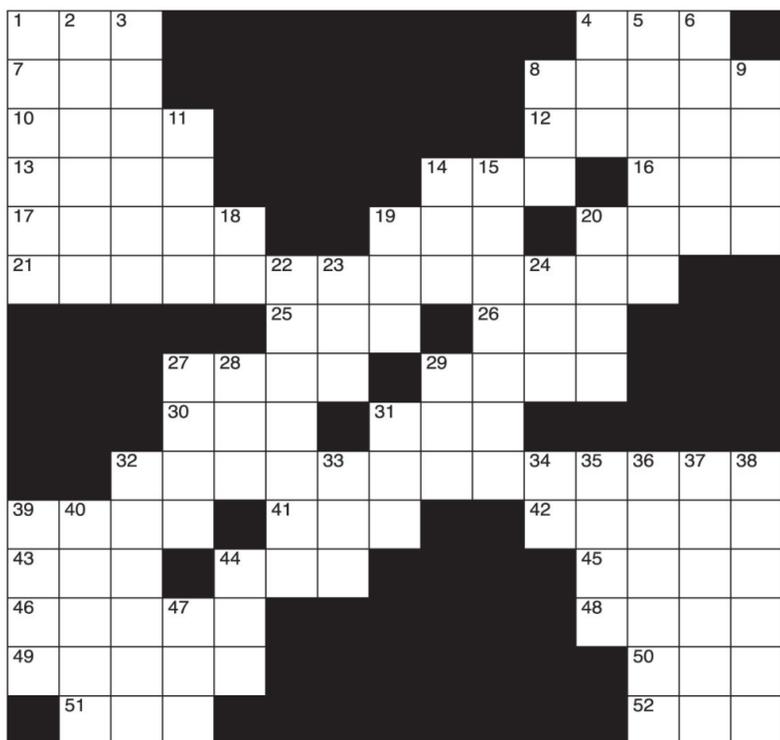
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## CROSSWORD



### CLUES ACROSS

1. Microgram
4. After B
7. Everything
8. An unfortunate development
10. Coat with sticky substance
12. Cylinder of tobacco for smoking
13. Minimum interval take off
14. Yuck!
16. NBA sensation Jeremy
17. Where some rockers work
19. Midway between northeast and east
20. Snake-like fishes
21. Groups of homes
25. Swiss river
26. Useful towel

### CLUES DOWN

27. "The Wire" character "Moreland"
29. Oafish creature
30. A major division of geological time
31. Bird-like Chinese dinosaur
32. Sporting events
39. Body part
41. Clerical vestment
42. Shows data
43. Some are "special"
44. Expression of disappointment
45. Students' rights document (abbr.)
46. Vacation locale
- Costa \_\_\_
48. Pop singer
49. Distract outside a city
50. Mark Wahlberg comedy
51. Coniferous tree
52. Midway between south and southeast
24. Paddle
27. Past participle of be
28. Tall, rounded vase
29. Device manufacturers
31. Financial institution (abbr.)
32. Paper product
33. A type
34. Atomic #43
35. Red Hot Chili Peppers' drummer
36. Behaviors
37. Decays
38. Walked confidently
39. Voice (Italian)
40. Class of adhesives
44. Bar bill
47. One-time aerospace firm

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

# It's in you to give: Blood donor clinic coming to Shelburne next month

Written By Brian Lockhart

Canadian Blood Services continues to see thousands of empty donor beds each week, with appointment bookings falling short of hospital demand for blood and plasma. This could cause the national supply to dwindle.

Hospitals have the blood they need today, but that could change if appointments aren't filled.

One in two Canadians are eligible to give blood, yet only one in 76 will actually donate.

A dedicated but small group of donors have been supporting patients in Canada. More new donors are needed to keep pace with the growing demand for blood and blood prod-

ucts in hospitals.

New donors of all types are needed, but it is particularly vital that people with the group O-negative, O-positive, or B-negative, donate as soon as they can.

The demand for blood is rising. As the population of Canada grows and ages, there has been an increase in surgeries and treatments that require blood transfusions.

While the donor base has grown in the past year, it is not growing at a pace that keeps up with what's needed by patients.

Blood plays a critical role in everyday medical care. Many people with various health conditions require regular transfusion therapy. A person living with thalassemia could

need blood every two to five weeks. A person living with leukemia may need blood from up to eight donors every week.

Recent changes to donation criteria mean that many people who weren't able to donate in the past might be able to now.

A donor clinic is coming to Shelburne next month.

The clinic will be held at the Centre Dufferin Recreation Complex (200 Fiddle Park Lane) in Shelburne on Friday, Sept. 13, from 3 p.m. to 7 p.m.

You can book your appointment online at [blood.ca](http://blood.ca), or by calling 1-888-2DONATE.

It is important to keep your scheduled appointment once made.



# Headwaters Health Care Centre to receive \$3.6 million for upgrades, repairs

Written By Sam Odrowski

Dufferin-Caledon MPP and Ontario's Minister of Health Sylvia Jones recently announced that Headwaters Health Care Centre (HHCC) will be receiving \$3.6 million in support of essential infrastructure upgrades and repairs.

The funding comes from the provincial government's Health Infrastructure Renewal Fund (HIRF) Program. This program aims to enhance the infrastructure of hospitals and health facilities in communities across Ontario.

"Our investment in HHCC's infrastructure will allow them to modernize and make critical upgrades, ensuring people can access high quality care, in the community, for years to come," said Jones.

Headwaters Health Care Centre was built 27 years ago, and with age comes the need for repairs and renovations. The \$3.6 million in funding will partially support HHCC's multi-year Plant and Building Automation System Upgrade. This will support Headwaters' goals in its 2024-2029 Energy Conservation and Demand Management Plan.

"These funds will ensure a safe and comfortable environment for patients, families, and caregivers," said HHCC in a recent press release.

The work includes replacing end-of-life equipment, installing a heat recovery chiller, upgrading the Building Automation System and installing a steam boiler to support food services and medical device reprocessing. In addition, HHCC will implement efficient water fixtures and LED retrofits.

HHCC has selected Blackstone Energy Services as the development partner for this project.

"With over 20 years of experience in the healthcare sector, and an energy management partner to Headwaters Health Care

Centre for over a decade, Blackstone will oversee the implementation of the planned improvements," said HHCC in a press release. "Following a comprehensive engineering study, Phase 1 has begun with the installation of blackPAC™, a Distributed Energy Resource Management System that will provide real-time data on energy usage and help establish benchmarks for future energy management strategies."

After the phased project is completed, HHCC see significant reductions in the use of electricity, natural gas, and water consumption. This will result in lower energy costs and a 55 per cent reduction in greenhouse gas emissions.

HHCC anticipates these upgrades will also support the hospital in achieving its Energy Conservation and Demand Management (ECDM) targets by 2029.

"Investing in these infrastructure upgrades is crucial for the future of Headwaters Health Care Centre. By modernizing our systems, we'll not only improve operational efficiency but also significantly reduce our energy consumption and operational costs," said Cathy van Leipsig, vice president of Corporate Services and Chief Financial Officer for Headwaters.

"These upgrades will ensure a more sustainable and reliable facility, reinforcing our commitment to providing the highest standard of care to our community and to protecting our environment."

The hospital is one of the region's largest employers with over 800 staff, 200 physicians and six midwives. HHCC also benefits from the dedication of over 200 volunteers.

"The funding received through the HIRF Program will not only ensure the hospital's physical infrastructure is upgraded but also contribute to the overall economic prosperity of the region in a sustainable manner," said HHCC's press release.



CONTRIBUTED PHOTO

IMPROVING HEALTH CARE: The Facilities Team at Headwaters Health Care Centre who will work with Blackstone Energy Services on improving the hospital's Plant and Building Automation System.

## HOLIDAY INTERRUPTION FOR WASTE COLLECTION

Collections for the day of the holiday and the rest of the week will be shifted to one day later.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 25	August 26	August 27	August 28	August 29	August 30	August 31
	<b>LABOUR DAY</b>	September 3	September 4	September 5	September 6	September 7
September 8	September 9	September 10	September 11	September 12	September 13	September 14

double up

Monday ZONE

Tuesday ZONE

Wednesday ZONE

Thursday ZONE

Interruption no collections

### Happy Labour Day!

Due to the holiday on Monday September 2<sup>nd</sup>, garbage, Blue Boxes and Green Bins will be collected a day later that week. Double Up Days allow you to place up to TWO un-tagged bags/containers of garbage out on your collection day that week.

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# Calm first-day-of-school jitters

Starting school for the first time or simply returning to campus after another summer break can lead to mixed feelings.

**K**ids may be excited to see their friends every day, but that comes at the price of the end of lazy summer days.

The first day of school is on the horizon, and parents may discover their children seem a bit despondent that vacation is coming to a close. Such feelings may stem from more than the end of summer vacation. Some students may be nervous about going to school. New faces, new experiences and new teachers can lead to a little anxiety. Here are some ways to tame the nerves.

★ **Do a trial run**

Before school starts, do a test run to the drop-off location, bus stop or pick up whomever will be carpooling together. Getting into that routine can help reduce nervousness.

★ **Participate in meet-and-greets**

Some schools offer certain events designed to introduce students even before classes begin. Schools may host ice cream socials or picnic lunches on school grounds, particularly for younger grades. These events give children an opportunity to get to know their classmates before the first school bell rings.

★ **Take a school tour**

If a student is about to start in a new school or will be attending school for the first time, families will want to see if they can get tours of the school and facilities. Just one glance inside can be enough to familiarize students with the lay of the land, which might make things less scary on the first day.

★ **Check the class list**

Some schools do not provide a list of all students in particular classes, but increasingly those that rely on programs like Google Classroom or Canvas may enable students to see who will be in their class. Children also can use social apps like Instagram and Snapchat to locate school-associated groups to find other students. Parents and their children can brainstorm how to deal

with other students who may have been difficult in the past, while also perusing lists for friendly faces.

★ **Practice conversation skills**

Many modern kids have their eyes locked on devices. They may be a little rusty with ice breakers and initiating conversation. Role playing at home can give kids some ideas of how to forge new relationships in the classroom.

★ **Recognize and take concerns seriously**

Parents and other caregivers can be receptive to conversation with children regarding their concerns about starting school. Talking about feelings can help kids tame their nervousness, especially when adults take them seriously.

Children may be nervous about starting school. Parents, caregivers and teachers can work together to help students overcome these jitters quickly.



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Goodbye vacation! Hello to school!  
Hello new class, Goodbye old pool.  
Vacation time is over, School time is here.  
Now we welcome, A new school year!

Author Unknown

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# BACK to SCHOOL

## Parental involvement is a key factor in students' performance

Success in school can carry over to successful experiences later in life. That underscores the benefits of developing skills in the classroom. Students learn in their own way, and at times there may need to overcome various obstacles.

to support their students' math learning at home led to higher percentages of students scoring at or above proficiency on standardized math tests. Additional research indicates the benefits also extend to other subjects and areas of learning, including language comprehension and expressive language skills.

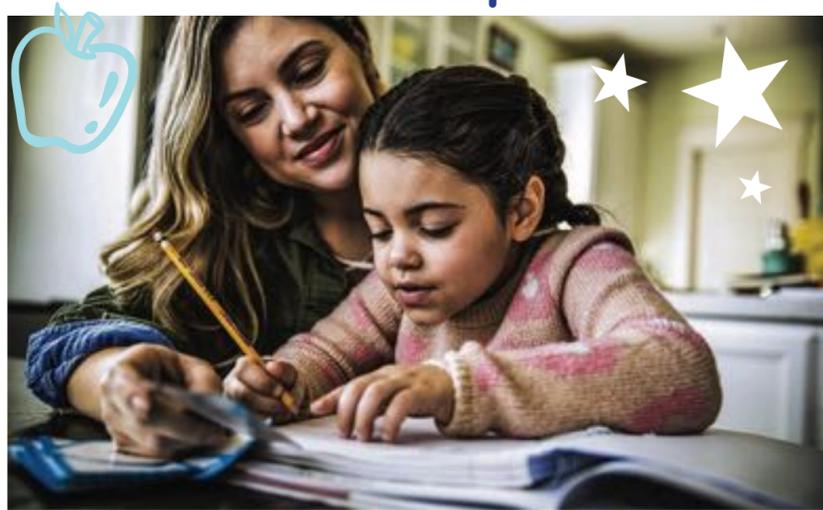
With so much to gain from parental involvement in students' educations, parents can embrace these strategies to get more involved.

### ★ Develop a partnership with the teacher

Open communication with the teacher(s) can help parents stay up-to-date on what is going on in the classroom and learn early on where a student may need extra support. Then parents can offer extra guidance if it is feasible, or look into an experienced tutor.

### ★ Be firm but supportive

Too much academic pressure may cause a child to pull back or even test boundaries, and that can lead to students falling behind in school. Parents must find the right level of involvement and guide their kids without sounding like good grades are "make or break" the relationship.



### ★ Attend school functions

Parents can go to open houses, back-to-school nights, conferences, and other events held at school to show support and interest in their children's education. Involved parents also build school-based networks this way, which can be called upon if their student needs additional support in the future.

### ★ Establish a schedule at home

Students can benefit from a schedule, with regular bedtime, homework time and opportunities to relax. Knowing what to expect and when to expect it can take some of the stress out of learning and studying, according to Nemours health.

Parents working in concert with schools and their children can lead to better academic outcomes.

The job of education does not fully fall on educators and administrators. Education begins at home. Research has found that kids benefit significantly when parents and other caregivers are strongly involved in a child's education. A 2020 study published in the Journal of Prevention and Intervention in the Community found that parental involvement in a child's education is associated with improved academic performance. Specifically, children whose parents are more involved in their educations have higher levels of academic performance than children whose parents were not as involved. A 2005 study from researchers at the Johns Hopkins University Center of School, Family and Community Partnerships showed that school practices that encourage families

## Three tips for a more eco-friendly lunch box

(NC) Back-to-school means back to packing lunches. As more schools are encouraging "litterless" lunches, it can be hard to come up with ways to make your child's lunch more sustainable and waste free. Here are three tips to make it easier:



### 1 Portion to reduce packaging

Buy food you'll use in your child's lunch, like yogurt or applesauce, in larger quantities. Purchase a big tub that you can portion into reusable containers, rather than individually packaged cups, to avoid wasteful packaging.

Put re-useable or wooden cutlery and a cloth napkin into your child's lunch box to reduce what's thrown away. A napkin is also something you can personalize so kids can stand out from their friends.

### 2 Consider where your food is coming from

Grow your own salad, herbs or vegetables where possible. This saves on packaging and transportation-related emissions, which helps reduce your carbon footprint. It's also a great activity for engaging the kids.

When shopping, look for products from companies that are prioritizing eco-friendly initiatives. You can often identify them by the packaging. For example, the carbon zero logo on Maple Leaf Foods products means the company prioritizes reducing and balancing out its carbon emissions and making a positive impact on the environment.

### 3 Meal plan, "upcook", and make your own snacks

Instead of buying individually wrapped snacks at the grocery store, try healthier, more environmentally conscious options. You could also turn this into a Sunday activity with the kids by batch-making homemade granola bars. Not only can this be a fun family activity, but you'll save countless wrappers from going to a landfill.



Meal planning helps to reduce food waste. Are you likely to have leftovers that can be "upcooked" and added to your child's lunch? Leftover chicken from last night's dinner can be used on a sandwich, or leftover bacon from breakfast can be a tasty salad topping.

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# County advocates for homelessness support, affordable housing at annual AMO Conference

Dufferin County sent delegates to the 2024 Association of Municipalities of Ontario (AMO) Annual General Meeting and Conference that ran from Aug. 18 to 21.

Members of County Council and County officials met with government ministers and officials and municipal leaders from across the province to work together to advance Dufferin's priorities.

"Dufferin County values collaboration and ongoing conversation with our partners, and appreciated the opportunity to meet with provincial Ministers and officials to discuss our shared priorities at the AMO Annual Conference. By working together and advancing our common goals, we can create a better quality of life for our residents and a community where everyone can thrive," said

Dufferin County Warden Darren White.

**Priorities discussed included:**

- Homelessness Prevention Program funding
- The creation of more deeply affordable and supportive housing to provide much needed housing and help restore affordability
- The impact of changes to the Development Charges Act including the phase-in provision, the continued elimination of land as an eligible expense and the removal of housing as an eligible service
- The amount of financial grants available to the heritage and cultural sector
- Increased government funding for museums like the Museum of Dufferin
- The funding formula for child care ser-

vice managers

Approaching 2051, Dufferin is projected to grow by 59.5 per cent. The county is one of the fastest growing regions in Ontario and will have rapidly changing needs and operational demands. Dufferin County is committed to ongoing collaboration and partnership with its government partners to increase affordable and attainable housing options and ensure that programs, services and infrastructure align with changing community needs.

**Dufferin County Strategic Plan 2023 to 2026**

Dufferin County's 2023 to 2026 Strategic Plan is the County's guide for the next four years and beyond. It includes priority areas and specific goals, in alignment with many

provincial objectives.

Under the Plan, the County's vision is to be a community that grows together. The Strategic Plan places a renewed focus on equity and inclusivity and sets out the County's commitment to create a community where all can thrive.

"Dufferin County's vision under our Strategic Plan is to be a community that grows together. To achieve that vision and advance key priorities like quality child care, affordable and attainable housing and supporting the cultural institutions that play a vital role in the well-being of our community, collaboration is required. We thank the Province for meeting with us and look forward to advancing our shared priorities," said Dufferin County's CAO Sonya Pritchard.

# Theatre Orangeville to host stand-up comedy night for first time

Written By Constance Scrafield

Greg Morton is the headliner at Theatre Orangeville's first-ever Comedy Show. Run, don't walk to buy your tickets is the advice – this laugh-out-loud show is in the theatre for one night only on Saturday, Sept. 7 at 7:30 p.m.

We have Drew Gwilliams, head of the Orangeville Tourism Centre, to thank for dreaming up and making this comedy night possible here at Theatre Orangeville, as the comedy event coordinator.

During a Google Meet get-together with Drew Gwilliams, Theatre Orangeville's marketing strategist/content creator Amanda Doerrie and comedian Ray Anderson, Mr. Gwilliams admitted he is new to Theatre Orangeville, saying, "If a comedy show like this came up, I would definitely go to it. If we bring in a show like this, people who have never been to the theatre might come to see it and then, want to keep coming to the theatre."

Working in tourism, he commented, "Last year's Panto [Cinderella - If the Shoe Fits...] was a beautiful thing."

As head of tourism, Mr. Gwilliams wanted to help and he took an interest in the history of Theatre Orangeville. He worked with Much Music for 25 years.

Entertainment is in Drew Gwilliams' blood – that's his story.

"I admire the genre of comedy," he said simply. "The guys and girls on the stage are really brave."

Bringing in the stars of this show is Ray Anderson, a comic and magician himself and a part of the upcoming comedy show. He gave some insight into the perils of the comic crowd work.

"It's the most dangerous thing to do," he said. "It's the only genre where people think they can do anything – the hecklers. I get to the place where I'm trying to make people have a good time."

Greg Morton is the headliner of the show following his tremendous successes

at America's Got Talent. His act there was a fabulous collection of voice imitations, beginning with several very identifiable, very funny clips from Star Wars.

"My company had Greg after his America's Got Talent," Mr. Anderson commented. "We work well together."

Amanda Doerrie remarked on his high quality of talent as she has recently seen in a video of his. "He keeps people captivated" was her praise.

While his voices are great, Mr. Anderson wanted us to know that these jokes are only a part of what Greg Morton is bringing with him to the Theatre Orangeville's Comedy Show.

Fiona O'Brien came to Canada from Dublin, Ireland in 2012, since when she "has provided the world with three future taxpayers." She has been featured in comedy festivals across Canada and is a much-loved participant on CBC's Because News.

Said Ray Anderson of her, "Halifax [Comedy Festival] gave her an encore! She's a very bright, funny person."

Jeff Elliott is the emcee of this fine event. He has been a favourite character comic, entertaining audiences at comedy festivals and other venues across Canada. Said to be "funny in an unconventional way" [comment review following a private function], Jeff is full of surprises.

Anjelica Scannura is a comic and a dancer, a regular in the comedy festivals circuit. She has opened for a number of well-known comics and has appeared on Just for Laughs Toronto. She has performed at Massey Hall in Toronto.

A frequent performer on stages in Las Vegas, Greg Morton "is called Mr. Standing Ovation by people in the business," Mr. Anderson informed us. "No one wants to come on after him."

Although he is a Canadian, Greg Morton can be better paid in the US, which is why he has spent more time there.

He reflected on comedy in Canada



CONTRIBUTED PHOTO

**JUST FOR LAUGHS:** Drew Gwilliams is showing off the poster for Theatre Orangeville's first ever Comedy Show on Sept. 7. As head of the Orangeville Tourism Centre, Gwilliams brought the idea of this new comedy show to the theatre's artistic director David Nairn. The show will feature Greg Morton as headliner and Jeff Elliott as a fellow comic and emcee, Anjelica Scannura, Fiona O'Brien and Ray Anderson, who's a comic, magician and producer. Anderson has brought in the stars of this show.

during our conversation.

"We need to promote Canadian Stand-Up," said Drew Gwilliams. "Stand-up puts a mirror to society and that's important."

Over a show, the comedy heats up and for this comedy show to come, as Ray Anderson told us, he heats up the stage for when Greg Morton comes on. The flow of the evening keeps the audience excited and laughing, amazed and astonished by Mr. Anderson's clever magic. Ray Anderson grew up in the theatre and so many people know him.

Comedians create these moments; they suspend these moments to help people forget their troubles for that short time. Every artist wants to be loved, he assured us, and give back.

This first-time new show, Mr. Gwilliams noted, puts Theatre Orangeville on the

cutting edge, to see that it can bring such extraordinary talent, and such a great line-up.

Yet, Mr. Anderson wanted to add once more about Greg Morton's share of the show, that for America's Got Talent, Greg Morton just did voices. If people think he will just be doing voices, they will want to know – no – he is doing much more.

"He has a whole work to come," we were told.

As for Amanda Doerrie, she is so excited to see this terrific line of talented comics wow the patrons. New patrons are going to see this is an amazing theatre.

Theatre Orangeville's first Comedy Show is one night only and that is Saturday, Sept. 7.

For tickets, go to [www.theatreorangeville.ca](http://www.theatreorangeville.ca) or call the Box Office at 519-942-3423.

# Heidi's Walk for Hope comes to an end after raising nearly \$200,000 for FTP

Written By Sam Odrowski

Family Transition Place will not hold Heidi's Walk for Hope this year.

The fundraiser started as the Ferguson Memorial Walk in 2012, created by Gus and Penny Bogner to honour their daughter Heidi Lee Ferguson (née Bogner). She was tragically killed on Sept. 12, 2009, in a domestic dispute with her estranged husband.

The Bogner family raised over \$120,000 in support of Family Transition Place's largely unfunded youth education programs from 2012 to 2019.

Family Transition Place took over the walk and carried forward Heidi's legacy from 2020-2023, raising an additional \$75,000, bringing the total amount fund-raised up to nearly \$200,000.

"Through Heidi's Walk for Hope, we continued to honour Heidi, the incredible support received by her family, increase awareness about domestic violence, and raise critical funds to support violence prevention education," said Family Transition Place in a statement issued last month.

"We sincerely appreciate the participation and support of this important event by our community throughout the last 12 years,

and after much consideration, have decided to pivot our awareness and fundraising direction this fall."

The statement continued, "Making a decision like this has not been easy, but together with the Bogner family, we are confident it's the right time and very excited to share new opportunities to support and learn more about the important work we do. Please stay tuned for announcements coming soon."

A tribute to Heidi, her family, and the positive impact they've had through their fundraising efforts will be installed at Family Transition Place's Orangeville location next month.



FILE PHOTO

# King's Coronation Medal

## Nomination Deadline: September 9, 2024

Do you know a Dufferin - Caledon resident who has made a significant contribution to our community and Canada?

Nominate them for the King Charles III Coronation medal by visiting my website [sylviajonesmpp.ca](http://sylviajonesmpp.ca). Submissions can be made online or in person at my office.

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# SHELBURNE SPORTS

## Shelburne Cricket Club prepares for season final

Written By Brian Lockhart

It has been a long season and the Shelburne Cricket Club is now moving toward the final championship game.

The Gladiators have already secured their place in the championship.

The final day of regular season play took place at KTH Park in Shelburne on Sunday, Aug. 25, with the Gladiators meeting the Samurais.

Unlike the previous week which had a lot of rain and cut the games short as players ran for shelter in the downpour, this week the weather was perfect to be out on the pitch.

It was a good game on Sunday, with the Samurais coming out on top.

Highlights of the game included an exceptional performance by batsman, Abhay, of the Gladiators who showed remarkable skill on the pitch, achieving a half-century during the match.

All the regular house league matches for the season have now concluded. The Warriors have been eliminated this season.

There will be more cricket action this weekend as the Club moves into championship play.

On Saturday, Aug. 31, the Samurais will face the Warriors in a final decisive match at KTH Park.

This is a semi-final game with the winner going on to compete in the 2024 Shelburne Cricket Club final championship game.

The Gladiators have already secured their spot in the final. They will have to wait to find out the winner of Saturday's semi-final to see who they will be up against in the championship game.

The Shelburne Cricket Club has had a successful season with regular games on the weekends all summer long.

BRIAN LOCKHART PHOTO

**FINAL MATCH:** The Samurais take on the Gladiators during the final Shelburne Cricket Club regular season match on the pitch at KTH Park in Shelburne on Sunday, Aug. 25. The Samurais won this game. The Club will have a semi-final match this weekend with the winner going on to the championship.



## Junior A Northmen find success, but fall short in final Minto Cup series

Written By Brian Lockhart

After a successful season that saw them win the Ontario Junior Lacrosse League (OJLL) championship and earn the right to compete at the national level for the 2024 Minto Cup, the Orangeville Junior A Northmen will call it a year after taking a loss to the Coquitlam Adanacs in the final Minto Cup series.

The final game took place at the Poirier Sport and Leisure Complex in Coquitlam B.C. on Friday, Aug. 23.

While the Northmen had a good year, Junior A Northmen general manager Nick Rose said they enjoyed the experience, but the club's goal is always to bring back the championship cup.

"It was a well run tournament and great experience for our guys," Nick said of the Minto Cup tournament. "We did come home

a little disappointed after not getting it done."

The Northmen lost their first game of the tournament to the Port Coquitlam Saints.

"The Poco team, they had a big physical presence," Nick said. "We battled back against them in the semi-finals and won 13-9. The final game was a very tight game (against Coquitlam), everyone was playing their hardest, but we couldn't buy goals in that game. The Northmen have very high standards, especially the Junior A team, and we're going to have some really great memories when we look back on it. Our goal is to raise the trophy... we want to be the champion at the end of the year."

The Northmen won the OJLL championship on Sunday, Aug. 11, with a win over the Mimico Mountaineers on their home floor at Tony Rose Arena in a series that went the full seven games.

Four days later, the Northmen were on a plane heading west to represent Ontario in the Minto Cup.

In addition to the Northmen, three other teams arrived to battle it out for the national title - Coquitlam Adanacs, the Port Coquitlam Saints, and the Raiders Lacrosse Club from Alberta.

The Northmen lost their first game in the Minto Cup competition on Saturday, Aug. 17 to the Port Coquitlam Saints, after playing to a 12-7 final score.

The Northmen pulled it together for their second game of the tournament and won 13-6 over the Raiders.

In their third game, the O-ville team had a huge second period and won 12-9 over the Coquitlam Adanacs.

A 13-9 win over Port Coquitlam on Aug. 20 moved the Northmen to the championship

series against the Coquitlam Adanacs.

The final series was a best-of-three match, scheduled to be played over three days. The series went the full three games.

In game one of the series, the Northmen were trailing 8-6 at the end of the second period. They were outscored 6-1 in the third period and took a 14-7 loss on Aug. 22.

The teams were back at it the following night, Aug. 23, for game two. The Northmen needed a win to keep the series alive.

Game two was a real battle. The first period ended in a 2-2 tie.

The Adanacs managed to go ahead by two goals in the second to take a 6-4 lead with one period remaining.

The Northmen put up a good fight in the third period but couldn't get the goals to tie it up and the Adanacs won 9-6 to claim the 2024 Minto Cup championship.

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**ATHLETE OF THE WEEK**

**DARSH RAMAVAT**

A youth player with the Shelburne Gladiators, Darsh Ramavat has been playing cricket with the Shelburne Cricket Club for three seasons.

"It has a good feeling," Darsh said of why he likes playing the sport. "It makes really happy to play. I like the competitiveness. When you play, everyone is friendly but competitive at the same time."

Darsh said he plans to continue with the sport and enjoys playing every weekend.

**TEAM: SHELBURNE GLADIATORS**



BRIAN LOCKHART PHOTO

**SPLIT SECOND PLAY:** A player makes it safe to third base as the ball arrives a split second later during game between the Brew Crew and Droppin' Ballz on the diamond at Hyland Park in Shelburne on Sunday, August 25. The Shelburne co-ed slo-pitch league is getting ready to move into the playoffs.

Don't go fishing for your news, community highlights, current events and more!

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# Shelburne CHURCH DIRECTORY

**ABIDING PLACE FELLOWSHIP**

www.abidingplace.ca  
519-925-3651

**SUNDAY SERVICE 10:00AM**

Mel-Lloyd Centre, Entrance "F" Door,  
167 Centre St, Shelburne

Pastor; Rev. Gord Horsley

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**CALVARY BAPTIST CHURCH**

Sun: 9:30, 10:30 & 1 PM • 553281 Dufferin Rd 16, Orangeville  
Wed: 7:30 PM • 475461 County Rd 11, Amaranth

Pastor Daniel Elliott



www.atcalvarybc.ca  
519-216-6001

**BETHEL BIBLE CHAPEL**

419 Main Street East, Shelburne

Sunday Services - 9:45am Lord's Supper  
10:45am Family Bible Hour, Sunday School

Chapel 519-925-3910 or 519-278-0066  
www.bethelshelburne.com - All Welcome!!



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**TRINITY UNITED CHURCH**  
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# Funding to advance electric vehicle awareness provided to Dufferin

Written By Sam Odrowski

Funding has been secured for Dufferin County's Electrifying Back Roads project, through the Natural Resources Canada's Zero-Emissions Vehicle Awareness Initiative. The initiative supports projects aimed at increasing knowledge, awareness and public confidence in electric vehicles. It also supports public charging infrastructure with outreach, education and capacity-building activities.

"We are excited to launch Electrifying Back Roads and are grateful for the support from Natural Resources Canada. This initiative is a pivotal part of our strategy to advance electric vehicle adoption in Dufferin County and to provide our residents with the tools and knowledge they need to make informed decisions about their transportation choices," said Dufferin County Warden Darren White.

The Electrifying Back Roads project is designed to help with the public's under-

standing and awareness of electric vehicle (EV) options among local rural communities.

"With the Government of Canada's Electric Vehicle Availability Standard requiring 100 per cent zero-emission vehicle sales by 2035 for all new light-duty vehicles, this initiative aims to provide residents with accessible, reliable and engaging information to support their transition to EVs," said the County of Dufferin in a press release.

The County will host a series of electric vehicle test-drive events and distribute educational resources specifically tailored to rural residents next year. To ensure these efforts effectively address local needs, the County is inviting community members to participate in two surveys – one is for current EV owners and the other is for non-EV owners.

Residents who complete either of the surveys will have the chance to win a \$250 gift card to a locally owned restaurant of their choice. The survey is available at [joinindufferin.com](http://joinindufferin.com).



"The transition to zero-emission vehicles will play a key role in achieving the County's target of net-zero emissions by 2050. By actively seeking feedback from both current and potential EV owners, we can ensure that

our educational resources and events are aligned with the real needs and interests of our community," said Dufferin County CAO Sonya Pritchard.

# New exhibit coming to Museum of Dufferin's Silo Gallery this September

Written By Brian Lockhart

A new art exhibit will be coming to the Museum of Dufferin Silo Gallery showcasing the work of an Orangeville artist.

Stephanie Casino Esguerra is presenting her exhibit titled, 'Anima(lis),' with an opening reception on Saturday, Sept. 14.

"An obvious ode to the Latin origin of the word 'animal', this show is a depiction of the transformations I've lived through, grown through, and witnessed in my life," Stephanie explained. "Anima', by definition refers to the soul, or in Jungian psychology, the 'feminine part of human psychology'. This is the very part of me that transforms as I age,

evolve, and change over the years."

Stephanie currently resides in Orangeville. She was born in Vancouver and raised in the Greater Toronto Area. She creates textural art, often depicting wildlife and spiritual themes.

Working in acrylic, watercolours and inks, Stephanie's work puts an emphasis on line-work, negative space, and unusual compositions.

There will be an opening reception for the exhibit on Saturday, Sept. 14, from 1 p.m. to 4 p.m. in the MoD Silo Gallery.

Stephanie will also be hosting two workshops at the museum.

In October, she will host a sketching and

ink workshop for adults.

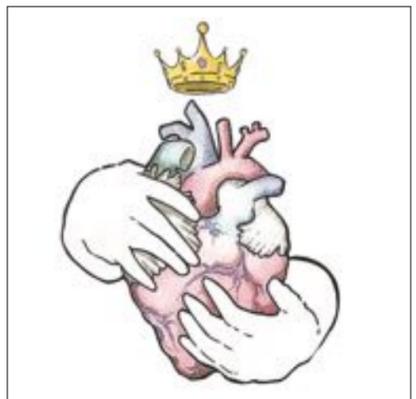
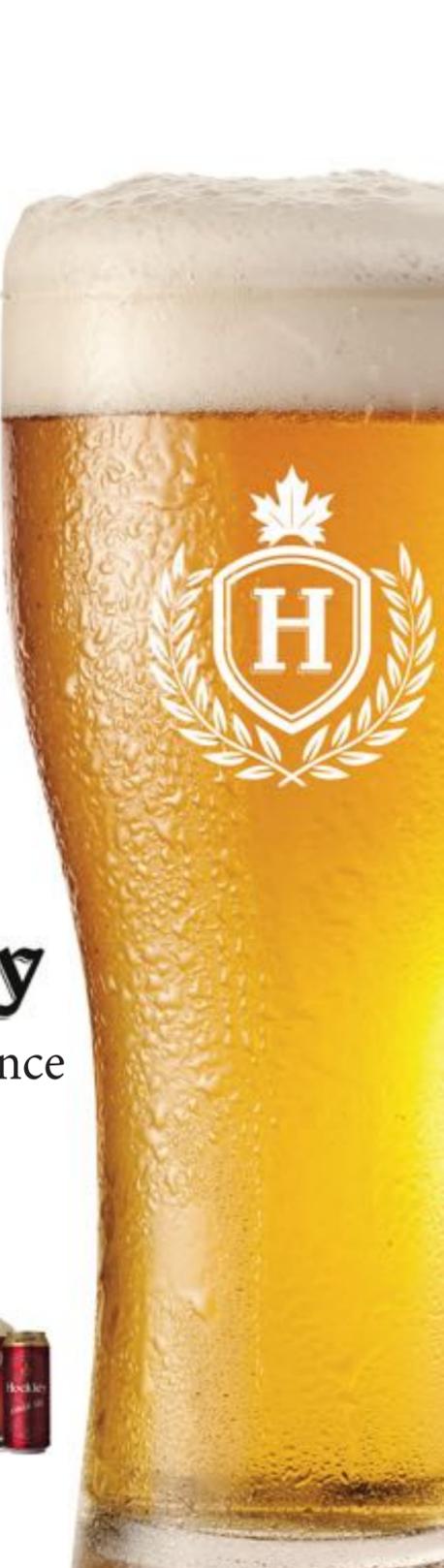
That will be followed by a class for kids, about fighting fish line art in November.

See the Museum of Dufferin website, [www.dufferinmuseum.com](http://www.dufferinmuseum.com), for registration information.



CONTRIBUTED PHOTOS

**TRANSFORMATIONS:** Orangeville artist Stephanie Casino Esguerra will present her exhibit titled 'Anima(lis)', at the Museum of Dufferin. An opening reception will be held on Saturday, Sept. 14.

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## News from Shelburne Library

Last week was full of wonderful end of summer celebrations. Our youngest friends enjoyed pizza, prizes, and wonderful musical entertainment by Pete and Anna at the Shelburne Library's Summer Reading Finale!

We also finished out the weekend with an absolutely delightful Authors in the Hills of Mulmur event! From exquisite food to insightful conversations with authors Rod Carley, Nita Prose, and Natalie Jenner, it was an event for the books.

Stay tuned for more exciting events coming this fall.

**Staff Pick of the Week: We Used to Live Here** by Marcus Kliever – Charlie and Eve are renovating an old house in a remote, woodsy neighbourhood when a man and his family show up unexpectedly, claiming to have previously lived there. When the man asks to look around, Eve ignores her better judgement and welcomes them inside. From that point onward, disturbing and inexplicable things begin happening around the house – leading Eve to question whether the house is haunted, whether the family has sinister intentions (or are even human), or whether she is losing her own mind.

**Why Amy Recommends it** – This is a fast-paced novel with an eerie "what is going on?" vibe that kept me guessing the whole way through. With so many strange occurrences to try and make sense of, it's hard to know what is a red herring versus what is real and relevant. I enjoyed the many unsettling layers to this novel and the questions I am left pondering in its wake. And I'm really looking forward to seeing this come out as a Netflix original movie..

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 Email, or call us for pricing. Classified cut-off time is 12 pm Tuesday

AUCTIONS



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Are you ready for this “cents-ational” sale? On the auction block we have a collection of soughtafter quality new and vintage coins and paper currency.

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Featuring: 1923 CDN 25 cent shinplasters; 1954 CDN 5 dollar Devil’s Face banknotes; CDN \$1-\$100 banknotes; uncut sheets of CDN 1 dollar banknotes; \$10 rolls of 25 cent silver pieces; CDN & U.S. silver dollars; international coin sets; 1967 CDN Centennial denomination set; 1891-1998 ICCS certified CDN 1 cent coins; 24kt Gold Plated Queen Elizabeth Medallion; RCM collectible coins including Leaf of Hope; Silver Maple Leaf Coloured Coin; Brilliant Uncirculated Silver Dollar and more!

Lots begin closing online at 5pm on Sept 6th. **PLACE YOUR BIDS ONLINE NOW.**

Interested in absentee bids? Give us a call if you have any questions.

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**LIVE AUCTION SALE**

for Jeff Begg

**FRIDAY September 6th, at 6:00pm**

**554447 Mono-Amaranth TLine, Mono**

Go west through Orangeville on Hwy 9 to County Rd 16 (Veterans Way at Greenwood Cemetery), turn north 5 miles to farm on East side. OR From Shelburne go east on Hwy 89 for 2 miles to Mono-Amaranth Townline, turn south & go 5 miles to farm on East side. **\*\*PARKING ON SITE\*\***

**Lawn Tractors:** JD X580 lawn tractor, 54” cut, 554hrs, well maint; JD LA115 lawn tractor, 42” cut, 167hrs, new deck belt, runs good. **Mach & Equip:** Wallenstein MX130 T PTO manure spreader; 3pth fertilizer spreader; 10ft chain harrows with drawbar; 1986 Freuhauf 48ft van trailer, for storage, is dry, held truck parts and more!  
**Farm Rel/Shop/Misc:** Stihl FS100RX gas trimmer; misc tools; Makita 355mm chop saw; qty ladders; rakes, forks, shovels; steel tube gates (8ft,6ft,4ft); misc hand & power tools; 200gal diesel tank; qty chains; Yardworks log splitter; T-bar steel stakes; battery cables; ext cords; qty rubber water troughs; Generac XP-10000E generator, elec start, gas, 10,000W; Red Rock 40ton gas log splitter; hand tools & smalls; 2 pcs stone ledge or mantle; sm stainless fridge; cedar outdoor furniture; misc lumber; misc horse tack & equip; floor bottle jack; Stihl leaf blower; Stihl MS180C chainsaw; Stihl tree trimmer; Garant axe; (2)walk-behind rototillers plus additional items. Lots to see here!

**Lunch Booth & Washroom Available**

**Order of Sale: Wagonload; Shop/Farm Rel; Equipment & Lawn Tractor.**

**\*\*NOTE: Smaller sale, please be on time.**

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



**Fall Equipment Consignment**

**Saturday October 5th, at 9:30am**

**554447 Mono-Amaranth TLine, Mono**

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

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

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**\*\*Watch the website as items will be added regularly\*\***

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**2013 HEARTLAND BIG COUNTRY RV** for Sale Model BC3450T 5th wheel. Purchased in 2020 and has not been on the road since then. All amenities hooked up for viewing. All season functionality. Asking \$25,000 O.B.O. 905-587-0077 or email rainjet@msn.com

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for rent. Available end of August. Ideal for seniors, or mature working person.

**NO PETS, NO SMOKING**  
 Call **519-940-5336**

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HELP WANTED



**STUDENT LIBRARY ASSISTANT**  
**PART-TIME, CASUAL POSITION**

Shelburne Public Library will receive applications until **August 23rd, 2024** for the Student Library Assistant position.

This position involves supporting Library functions through shelving returned materials, completing the clerical tasks associated with incoming materials, and any other clerical functions as assigned. This position also supports programming initiatives when necessary. We are looking for a highly motivated, responsible, and enthusiastic individual who can work well in a team environment where quality service and good communication skills are a requirement. Applicants must also be punctual and have reliable transportation.

**Minimum Qualifications:**

- Experience working in a public service environment
- Willingness to learn new technologies
- Ability to assist patrons with computer-related issues
- Keen attention to detail

This is a part-time position with flexible hours, which will include after school and weekend shifts. Resumes should include all educational and training information, work experience and references. The rate of pay for this position is **\$16.20/hr** with a tentative start date of September 3rd, 2024.

*Shelburne Public Library is an Equal Opportunity Employer - only those applicants selected for interviews will be contacted.*

Please send your resume and covering letter to:

**Rose Dotten, CEO**  
 Shelburne Public Library  
 201 Owen Sound Street  
 Shelburne, ON L9V 3L2

Or by email: rdotten@shelburnelibrary.ca

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The CDRC Board of Management is seeking positive, team-oriented individuals to fill the above-mentioned positions. Under the direction of the Facility Maintenance Manager, the successful candidates will be involved in a diverse range of job activities including, but not limited to facility custodial maintenance, ice maintenance and some repairs. The jobs involve physical requirements. These positions are part-time/casual with the bulk of the work hours occurring between September and March. The successful candidates must be available to work a flexible schedule including weekends, late evenings, statutory holidays and special events during the summer months in accordance with operational needs. The jobs require strong teamwork and communication skills to work well with other staff and the public. A background in recreation would be an asset.

Full details for these positions including hours of work and wage ranges are available on the Town of Shelburne website at www.shelburne.ca. Resumes may be submitted online or in person to the Centre Dufferin Recreation Complex located at 200 Fiddle Park Lane, Shelburne. Email: mlamers@shelburne.ca. Please note position applying for on the subject line.

We thank all those applicants who apply and advise that acknowledgement will only be forwarded to those applicants who are invited for an interview.



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- Sausage Rolls** 26-28 PIECES 500 g **SAVE \$2 each**
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## EVERYDAY MEALS

- Smoked Beef Brisket in BBQ Sauce** 400 g **SAVE \$3** **14<sup>99</sup> each**
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- Pulled Pork** 2 POUCHES x 340 g **16<sup>99</sup> SAVE \$3**
- Bacon Wrapped Chicken** 4 PIECES x 142 g/5 oz **16<sup>99</sup> SAVE \$3**

## PREMIUM MEALS

**17<sup>99</sup> SAVE \$2**

- Turkey Stuffed Pasta Shells** 907 g
- Supreme Stuffed Peppers** 4 PIECES 907 g
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- Butternut Squash Ravioli Bake** 907 g

## SUPER SIDES

- Stuffed Potatoes** 4 PIECES 560 g 4 Varieties **12<sup>99</sup> SALE**
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- Gourmet Brownie Variety Pack** 12 PIECES 480 g **7<sup>99</sup> SAVE \$3**
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- Fruit Bars** 6 PIECES 534 mL **7<sup>99</sup> SALE**
- Ice Cream Cookie Sandwiches** 6 SANDWICHES 600 mL 2 Varieties **10<sup>99</sup> SALE**
- Chocolate Caramel Pecan Cheesecake** 600 g **12<sup>99</sup> each**
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**SAVE \$5**



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## Labour Day Sale!

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**SAVE 50%**

**SAVE 45%**

**HOME ESSENTIALS Black Earth Top Soil 20 L**  
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Was \$14.99  
**11<sup>98</sup>** /EA



**GREAT PRICE \$2<sup>97</sup> /FT**  
**Decorators Composite Deck Boards**  
Saltbar & Sandwater Only

**SAVE 25%**

**BEAUTITONE WOOD-SHIELD BEST 100% Acrylic Deck & Siding Stain Semi-Transparent Clear, 3.4 L**  
1870-827

**Can Be Tinted!**

Was \$59.99  
**44<sup>97</sup>** /EA



**FALL MUMS ARE HERE!**



**GREAT SELECTION! VARIETY, COLOURS AND SIZES**



**SAVE 45%**

**MIRACLE-GRO All Purpose Potting Soil Mix - 28.3 L**  
5053-354

Was \$8.99  
**2 FOR 10<sup>00</sup>**

# Shelburne Home hardware building centre

725 Steeles Street  
Shelburne, Ont  
519-925-3991  
**STORE HOURS**  
Thursday 7:00am - 6:00pm  
Friday 7:00am - 6:00pm  
Saturday 8:00am - 5:00pm  
Sunday 9:00am - 4:00pm

## 3 DAYS OF SAVINGS! Savings Available August 31 - September 2

