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JOSHUA DRAKES PHOTO

A GRAND EVENING: The Shelburne Bhangra Dancers took to the stage during the grand reopening of Fiddle Park on July 12. They were the opening act to kick off the celebration of the newly redeveloped Fiddle Park, which also featured musical performances from the Campfire Poets. See more photos on Page 3.

Town marks grand reopening of Fiddle Park with concert series

Written By JOSHUA DRAKES
LOCAL JOURNALISM INITIATIVE REPORTER

The Town of Shelburne held its grand opening celebration for the newly redeveloped Fiddle Park on Sunday, July 12. The ceremony was meant to celebrate the completion of close to \$3.7 million in upgrades to Fiddle Park over the last 14 months, and to kick off the first of its concert series.

Attendance was strong, with hundreds eager to see the park's improvements.

Shelburne Mayor Wade Mills took to the amphitheatre to welcome attendees and commemorate the event.

"Today's celebration really is something that's been in the works for years," he said. "The journey began back in 2021 when council adopted a vision and a set of guiding principles for the future of this park, and invited the community to help shape what it could become through extensive public engagement."

Mayor Mills continued, "Those conversations ultimately led to the adoption of the Fiddle Park Plan in 2023, and today we have the privilege of seeing that shared vision become a reality. My hope is that generations of residents will make memories here, celebrating milestones, meeting new friends, watching their children go, and simply enjoying time together, because ultimately this park is really about people."

Following the official reopening and ribbon-cutting, guests were free to explore the park and partake in a variety of family activities.

The park was full of kids eager to try out



JOSHUA DRAKES PHOTO

RIBBON CUTTING: Dignitaries from the Town of Shelburne formally reopened Fiddle Park on July 12 with a ribbon-cutting ceremony in its new amphitheatre. The mayor thanked town staff, community partners and construction teams for their hard work in making the new park a reality.

the new swings, climbers and other entertainment on site. Tents were set up for additional games and face painting.

Food options were also on site, offering refreshments, dinner and dessert, with ice cream a particular favourite of the night, owing to the heat.

Thanks to the weather remaining clear, campfires and marshmallows were also on site to give guests even more sweet treats to enjoy.

As more guests trickled into the amphitheatre, the Bhangra Dancers took to the stage first, bringing their well-known folk dancing style to Fiddle Park as the opening performance for the night.

Following their performance, the Campfire Poets took to the stage to bring their

signature style to Shelburne once again. The band complimented the new park's look, cracked a few jokes, and played a rich set of covers, including hits like Brown Eyed Girl.

Fiddler Aaron Solomon also took the stage, showcasing his talents and adding a lively fiddle performance to the evening's entertainment lineup.

Fiddle Park was abuzz with activity throughout the opening ceremony and first official concert series. The reception was positive, and guests thoroughly enjoyed the new park.

With only the first concert in a series behind it, Fiddle Park's grand opening sent one clear message - the park is back, and it's bigger and better than ever.

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Shelburne Family Chiropractic & Wellness Centre hosts community garden

Written By JOSHUA DRAKES
LOCAL JOURNALISM INITIATIVE REPORTER

A community garden is a shared space for families, both green and seasoned, to care for their own plants in a communal, welcoming environment.

Tucked behind a Main Street storefront, the backyard of Shelburne Family Chiropractic & Wellness Centre features a thriving community garden.

Owner Alexandra Magder said that the garden itself is not new. The clinic inherited an existing garden and reshaped it into a more structured community project, offering residents the chance to try their hand at growing and caring for plants.

“We’ve had that garden in place for quite some time, including with raspberry bushes and an apple tree as well,” Madgeer said. “We always are looking for opportunities where we can encourage healthy and positive family activities, and because we’re such an agricultural community, we thought it was just a great opportunity to utilize that garden for that.”

Working with a local landscaping company, they tilled the soil and laid down garden fabric, cut planting holes, and organized a simple system at the front desk with seeds, tools, and popsicle sticks so families could label their plots.

During a two-week window in June, every available plot was claimed.

Participants range from first-time gardeners – including children under five planting for the very first time – to families who al-

ready maintain gardens at home but wanted to join a shared community effort. A rain barrel supports eco-friendly watering, while staff step in to water daily during hot weather for families who cannot visit regularly.

Magder said the garden is meant to promote healthy, positive family activities, physical movement, and outdoor time, while teaching children where their food comes from.

“The garden helps to promote wellness as well... gardening is a very physical activity,” she said. “It’s also just a great way to encourage families to get out there, teach young children how to grow and encourage them to learn.”

Half of the garden is dedicated to pumpkins for families participating in the growing season, to be harvested close to Halloween, while the other half is planted with five varieties of lettuce, grown by clinic staff and earmarked for donation to the local food bank.

The lettuces, chosen for their low maintenance and multiple harvests, allow the garden to give back several times in a single season.

Looking ahead, the clinic hopes to continue planting pumpkins each year, though staff will consult with landscapers about crop rotation and soil health.

If pumpkins are not feasible in future seasons, they say the garden will still be used – ensuring the space remains an active, green asset for Shelburne and the many families interested in developing their green thumbs.



CONTRIBUTED PHOTO

GROWING IDEAS: Dr. Richard Magder (back left), his daughter Rivers (front right), Clinic Coordinator Melissa (back right) and young community garden participant Olivia (front left) stand among the rows of plots at Shelburne Family Chiropractic & Wellness Centre. The garden was inherited when they acquired the property, but over time, they reorganized it into a thriving community garden open to anyone in town. The initiative was driven by a desire to promote healthy habits and family cooperation.



CONTRIBUTED PHOTOS

CARS, GUITARS & COMMUNITY: The Shelburne Lions Club kicked off its 2026 Classic Cars & String Guitars series on Sunday, June 28, with the free family event featuring classic vehicles, live entertainment and community members coming together in support of the Shelburne Food Bank. The monthly series continues on the last Sunday of July, August and September at Blitzful Treats Food Truck in the Trainer Games Fitness Centre parking lot.

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JOSHUA DRAKES PHOTOS

COMMUNITY SPACE: The newly redeveloped Fiddle Park community space recently showcased its upgraded features, drawing dozens of children and their parents to explore, play, and spend time together. The extensive redevelopment project — which cost nearly \$3.7 million and took 14 months to complete — has completely transformed the area. The heavily reworked park now features new climbers, swings, and sports courts for basketball and other activities, alongside convenient amenities like nearby water taps and a shade canopy system. With features ranging from active play areas for kids to shaded picnic spots for families, the new park truly offers something for everyone.



Nomination period closes next month for municipal candidates

The deadline for individuals looking to run for the position of councillor, deputy mayor or mayor in their municipality is approaching.

Interested candidates are encouraged to file their nomination before the deadline of Friday, Aug. 21 at 2 p.m.

Municipal clerks then have until 4 p.m. to certify or reject nominations. Clerks must verify that nominees are eligible to run in order to certify them.

Anyone who is not certified by a clerk will not see their name on the ballot.

The nomination period opened on May

1, and several incumbents throughout Dufferin County have declared their intention to seek re-election in the Oct. 26 municipal election.

Dufferin County is comprised of eight municipalities: Orangeville, Shelburne, Mono, Grand Valley, Amaranth, East Garafraxa, Melancthon and Mulmur.

The mayor and deputy mayor of each municipality serves on Dufferin County council, except for East Garafraxa, which does not elect a deputy mayor to the county level.

A county warden is chosen from county council members to serve a two-year term.

What you need to know in the Town of Shelburne

The voting period for the 2026 Municipal Election runs from 10 a.m. on Friday, October 16, 2026 to 8 p.m. on Monday, October 26, 2026.

Voters in the Town of Shelburne will once again be able to cast their vote for mayor, deputy mayor, councillors, and school board trustee all from the comfort of their home, or anywhere they can access the internet or telephone 24 hours a day. The Election Centre will be available during the voting period

to provide assistance.

To vote in a municipal election, you must be a Canadian citizen and at least 18 years old, be qualified to vote in the municipality by living in the municipality, or owning or renting property in the municipality, or being the spouse of somebody who owns or rents property in the municipality.

To learn more go to: shelburne.ca/town-hall/2026-municipal-election/voters-information

Shelburne Council to consider contribution to Stevenson Memorial Hospital in budget

Written By JOSHUA DRAKES
LOCAL JOURNALISM INITIATIVE REPORTER

Shelburne council will consider a \$100,000 request for Stevenson Memorial Hospital's redevelopment during its 2027 budget talks, following a project update at its July 13 meeting.

Representatives from the Stevenson Memorial Hospital Foundation outlined plans for the new hospital in Alliston and asked council to consider funding a patient room, which could be named in the Town of Shelburne's honour.

Retired physician and foundation volunteer Dr. Ted Vandevs said the redevelopment will expand the existing hospital with a modern facility on the current site.

"It's going to include updated equipment, including an MRI," he said. "There will be all private rooms and bathrooms for patients, a birthing suite, a raised helipad, and additional parking."

A new wraparound building will be constructed on the grounds, making use of natural lighting, and will feature the elevated helipad and new and expanded green spaces.

The project has a total cost of \$405 million, with the province funding approximately 90 per cent of the construction costs. The re-

maining local share, along with furniture, fixtures and medical equipment, must be raised through community fundraising.

The foundation has raised approximately \$44.5 million toward its \$80-million fundraising goal and is seeking support from residents, businesses, municipalities and community organizations throughout the hospital's catchment area.

Vandevs said the current hospital was originally designed to accommodate about 7,000 emergency department visits annually, but now sees more than 40,000.

He said the redevelopment is intended to improve access to healthcare across the region while helping attract and retain doctors, nurses and other healthcare professionals.

Stevenson Memorial serves a broad catchment area that includes Shelburne residents, many of whom rely on the hospital because of its proximity and connections to employment in the Alliston area, Vandevs noted.

He added that the goal is not to leave the project for later generations to manage; he wants it done promptly.

"The campaign has been running for seven years," Vandevs said. "I don't want to mortgage this hospital on our kids. Our great-grandparents, our grandparents, and



FILE PHOTO

BUDGET REQUEST: Stevenson Memorial Hospital in Alliston is undergoing a major redevelopment project, with Shelburne council set to consider a \$100,000 funding request during its 2027 budget talks.

our parents built the first two iterations of Stevenson. It's our turn to build this one."

Council voted to receive the presentation and refer the funding request to next year's

budget deliberations. Members also indicated the town could help promote the hospital's

fundraising campaign through its communication channels.

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Visit dufferincounty.ca/waste for updates and a full listing of acceptable materials & limitations.

Future events: August 19, September 19, October 31 .

See website for details on hours & locations for each scheduled event.

Dufferin County residents, including Amaranth, East Garafraxa, Grand Valley, Melancthon, Mono, Mulmur, Orangeville and Shelburne can attend any of these events.

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OPINION

Home is where you make it

My ideal day is around 78°F, no humidity at all, sunny, with the odd puffy cloud passing across the sun just to change it up a bit.

On a day like that, you can enjoy just about any outdoor activity in comfort, without getting a bad sunburn, worrying about rain, or feeling unpleasant because the humid air has you sweating like a backyard sprinkler.

Days like that don't happen all that often.

Of course, the opposite is when you are knee-deep in snow and shovelling the driveway only to see the plow coming and you know that in another minute, the end of your driveway, where you just spent an hour with your shovel, will be filled in again – back to the drawing board.

After this past year's winter, which seemed like it was never going to end, I started wondering what it would be like to just move to a sunny climate for the winter months. A lot of people do it.

The older I get, the less I appreciate winter.

The place where you choose to live is largely determined by where you were born. I know a lot of people who still live in their hometown.

Some people just feel comfortable with

the place they grew up, while others just want to stay close to family.

Home is where you make it.

I recently watched a YouTube video about a small town, more like a hamlet, named Darwin that is located in the appropriately named Death Valley in California.

One resident said that during July and August, "it actually is hotter than hell."

During the summer months, the temperature routinely rises to 110°F and hotter. This is one place you really could cook your eggs by placing them on a rock.

You could almost feel the heat just by watching the video, and everything, and I mean everything, looks like it had been baked in an oven.

Nothing grows there. There are no plants, no trees, and no flowers. There are just rocks and dirt.

It is a major challenge to get to the next town just to get groceries.

There are no real stores, sports or recreation facilities, or restaurants.

The documentary asked several residents why they chose to live in such a godforsaken place.

One man said it was peaceful.

A young woman with a child pointed out the housing opportunities. She paid less

than \$20,000 for her house. It looked like a house where \$20,000 would be a big overpayment.

But people live there.

I saw another documentary on a family that lives off-grid in Alaska.

They have a log cabin with no running water. They have no neighbours.

I don't know why you would want to raise children in a place where they couldn't join a minor baseball league team, be part of a Girl Scout troop, or even meet other children for friendship.

I'll bet when those kids are old enough and learn of the outside world, the backwoods cabin will become a distant memory.

It is the type of place where having your truck break down in the dead of winter could mean a death sentence for the occupants.

But people live there.

I've seen photos of picturesque Italian villages perched precariously on cliffs overlooking the Mediterranean. From the air, the villages have a unique, if somewhat crowded, look.

I've heard people express a desire to live there, based on the photos.

It might be good for some people.

BRIAN LOCKHART
FROM THE SECOND ROW



I always point out that you would have to sell your Mustang convertible because those houses don't have a garage. They don't even have a driveway. They don't have a yard, so forget the backyard barbecue or that in-ground pool you have always wanted.

The houses are several hundred years old. They are uncomfortable and lack modern amenities.

Good fences don't make good neighbours in these villages because no one has a fence. Your neighbour's house is attached to yours, either on the side, or possibly on top or below.

When I mention these living conditions, quite often people realize it isn't a place for them.

Living in a quaint village would get old really quickly.

But people live there.

Home is where you make it.

I have no real plans to move to a tropical climate, but spending a few weeks each year under a palm tree does sound nice.

Home is where you make it, so I guess I'll buy a snowblower and get used to it.

It's a shame they can't both lose

The last time oil-tankers were being shot up in the Persian Gulf, back in the 1980s, it was Saddam Hussein's brutal tyranny in Iraq versus Ayatollah Khomeini's revolutionary Islamist regime in Iran, and people used to say "It's a shame that both sides can't lose."

The United States backed Saddam because he was just another murderous thug, whereas the new regime in Tehran was an actual threat to American interests. It had overthrown Iran's American-backed puppet king and wanted to spread its Islamist ideology across the region.

So of course, Ronald Reagan's administration chose Saddam's side. It sent Iraq arms by clandestine means (because Congress wouldn't authorize it), and even provided targeting information for Iraqi poison gas attacks on Iran. The Americans chose the 'lesser evil,' but at least they knew it was evil.

Once in a while they would even say it out loud, quoting U.S. diplomat Henry

Kissinger: "It's a shame that both sides can't lose." But they never did anything about it, and after eight years of slaughter the war ended in a no-score draw.

Approximately 30 years later, the world finds itself in a similar situation. This time it is the United States itself, not a local henchman, that has attacked Iran, and Israel has also made thousands of air strikes on Iran. Yet the war has swiftly degenerated into a stalemate that could last for years. Is it inappropriate to wish that both sides could lose?

The United States has already lost. Donald Trump can bomb Iran to his heart's content but he cannot force Iran to keep the Strait of Hormuz open. The US-Israeli attack has taught the Iranian regime that their control of the Strait is a far more usable and effective strategic asset than their mythical nuclear weapons ever could have been, and they will never give it up.

The current on-again-off-again 'strikes' and 'pauses' in the Persian Gulf are due

to the fact that the 'Memorandum of Understanding' that made the 60-day 'ceasefire' possible was deliberately vague about who actually gets to control the Gulf.

The text says that "Upon the signing of this MoU, the Islamic Republic of Iran will make arrangements using its best efforts for the safe passage of commercial vessels, with no charge for 60 days only, from the Persian Gulf to the Sea of Oman, and vice versa."

A straightforward reading of the MoU puts Iran in charge of guaranteeing safe passage, and Iran was already insisting that ships pass through on the Iranian-controlled northern side of the Strait with Tehran's permission and guidance.

However, the ink was not yet dry on the MoU when the United States began 'encouraging' ships to use the southern, Oman-controlled channel through the Strait instead. Iran immediately began targeting those ships to discourage that behaviour, and the U.S. hit various Iranian shore installations again, and so on. Protection rackets often involve violence.

This may go on for some time, because neither side yet believes that it has been irrevocably defeated. Trump really does have no way of turning this around unless he's willing to use nuclear weapons (so far, so good), but the Iranian regime unfortunately can see a path to victory.

It wouldn't be a military victory, of course, but Trump is a man of little

patience and at any point he can just 'declare a victory and leave' (as the saner Americans used to say during the final years of the Vietnam war). That would probably leave Iranians suffering under the brutal tyranny of their current rulers for a long time to come.

By last year that 47-year-old regime was clearly nearing its sell-by date. This January's demonstrations were suppressed with the massacre of up to 35,000 protesters, and in the normal course of events mass killing on this scale would suggest that the regime was on its last legs. It probably was, until the United States and Israel launched their surprise attack.

Now, instead, the regime has appealed to both Iranian nationalism and the Shia Muslim tradition of victimhood and won a whole new claim to legitimacy by its successful defence of the Iranian state.

Trump and his Svengali, Israeli prime minister Binyamin Netanyahu, also killed off the old, cautious generation of Iranian leaders. They have been replaced by younger, bolder, more innovative men who have run rings around the traditional military strategies of the Pentagon.

It really would be a good thing if both sides could lose this war: the Iranians might be free of the theocratic regime at last, and it might also be the beginning of the end politically for Donald Trump. But that is not to be. Only one side has lost.

GWYNNE DYER
OUR WORLD TODAY



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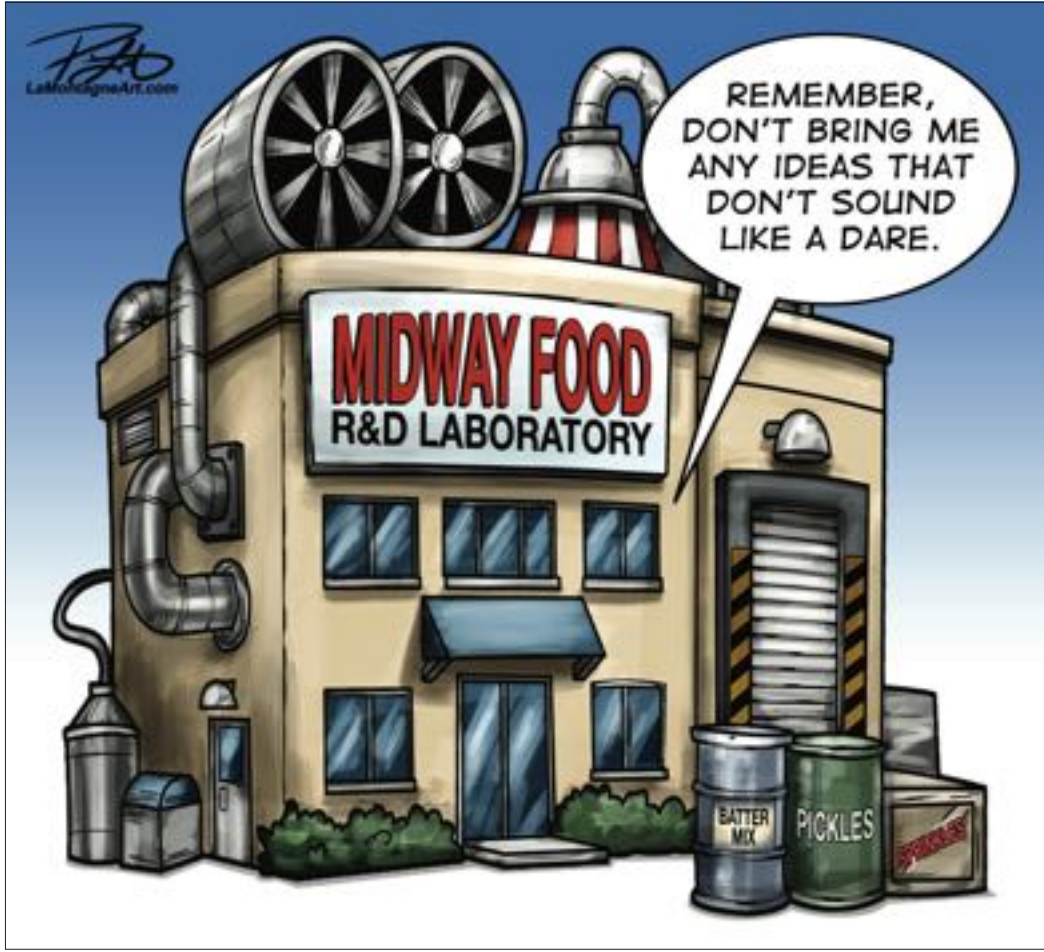
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COMMUNITY VOICES

Headwaters Rising: Listening to what rises to the surface and answering the call

Measuring the well-being of a community is much like measuring the depth of a river with a stick – you can get an idea of a particular spot at a particular moment, but it does not capture the complexity of the river as a whole.

The river will change over time and through space. Before we step in, it is important to check the depth, temperature, and current of the river, to check upstream sources and downstream hazards, and to best prepare for what we might encounter.

What it means to be well in our community is a rich and complex picture that cannot be captured in a few data points. Before we jump into complex community issues, or guide a growing community into a thriving future, it is important to check the temperature, test the currents and deeply listen to what is rising to the surface for residents.

At Headwaters Communities In Action (HCIA), we believe that the best way to understand and ensure the safety and well-being of our community is to keep listening and foster action on what we hear. As part of the work we do with dozens of community partners, we hold up a mirror to Dufferin County by inviting residents to share their honest experiences, perceptions and opinions through the Community Safety and Well-Being (CSWB) survey.

More than data collection, it is an invitation for our community to look at itself, map our shared strengths and reveal the areas where our collective current poses risks to those who struggle to keep their heads above water.

The responses we receive paint a complex and personal picture of life in our region. While many residents deeply value our stunning natural environment and the neighbourliness of the rural-urban lifestyle, others shared stories of profound isolation. We heard from an older lesbian who expressed feeling completely invisible, and a single mother who felt looked down upon in a neighbourhood dominated by older, married couples.



Headwaters Communities in Action

Making Life Better Together

Our neighbours shared experiences of severe social anxiety and PTSD, revealing that a simple trip to the grocery store can feel insurmountable, and the subtle, heavy weight of feeling out of place due to shifting demographics, visible disabilities, or economic hardship.

The survey reveals a community that is aware of its challenges and where priority action should be taken. Despite a misperception about crime trends, residents were generally well attuned to pressing needs.

Out of 607 respondents, an overwhelming 71.1 per cent stated they do not believe everyone in Dufferin County has housing appropriate to their needs. Strikingly, 26.3 per cent of respondents noted they only “sometimes” had enough healthy, safe, and culturally relevant food, pointing to a known and worsening issue of food insecurity across the region.

Community safety, housing, mental health, family support and food insecurity emerged as top priorities for the 2025-2028 CSWB Plan.

Recognizing the challenges our communities face, and having some power to act on them, partners at the Dufferin County CSWB Integration Table, co-chaired by HCIA, have been helping realize a vision of community care that centres the community voice, embodies true service integration and focuses on upstream prevention. Significant progress was made last year in key areas:

• Housing and Mental Health: The Homelessness and Addiction Recovery Treatment (HART) Hub began offering integrated supports for individuals facing housing and substance use challenges. 27 new permanent supportive housing units opened on First Street in Orangeville.

• Family Support: The Youth Wellness Hub will be using community spaces to reduce travel and stigma barriers for people aged 12 to 25.

• Food Insecurity: New local public health research is identifying priority actions. Initiatives like the Giving Spoon and Food for You are providing ready-to-eat meals and combating social isolation. Infrastructure projects like the Commissary Kitchen in Shelburne will expand the capacity of local food entrepreneurs.

• Community Care: In 2025, 15 Care Days held across Dufferin and Caledon served 241 individuals, providing immediate, low-barrier access to health, nutrition, and housing supports in safe environments.

CSWB priorities are strongly tied to local municipal responsibilities. For instance, addressing road safety, crime and intimate partner violence connects to the municipal OPP Detachment Boards, which help govern local policing priorities.

Housing affordability and supply are driven by municipal zoning bylaws and county-level housing and land use plans.

Food insecurity and family supports are directly impacted by local economic development efforts and the ease of accessing appropriate services.

The CSWB process provides important insights to help us identify and navigate the rapids of change, together. Our local democratic systems hold many tools to support upstream solutions, clear obstacles, and put wind in the sails of progress. Who we elect to wield those tools matters.

On Oct. 26, residents will head to the

polls for the municipal election. If we want to elect decision-makers who reflect the urgency and direction demanded by our community, we need many responsible, informed and community-minded residents to run for office.

The last several election cycles saw a concerning number of acclaimed council seats, particularly in smaller towns and townships, simply because no one else put their name on the ballot. When seats are acclaimed, voters don't have a choice in who represents them.

Nomination Day is Aug. 21, 2026.

If you look at the mirror our community held up, do you see yourself in its priorities? If you feel a pull to put your oar in the water, or take the helm of local government, consider running for council. If not you, encourage someone who you think would be great. Your neighbours deserve choice.

It's not as daunting as you might think.

Come talk to people who've been through it at two Counsel on Council Mixer events being hosted on July 22, from 5 to 7 p.m. at Mono Centre Brewing Co. in Mono and July 26, from 4 to 6 p.m. at Grand River Chop House in Grand Valley.

We have traced the stream of information to reach the source of what matters to our community. Now it's your turn: enlist candidates who will help create the community you and your neighbours want, candidates who will listen and go with the flow of what our community has told us.

Sit with this question this month: “What would you do about these priorities if you were on council?”

Headwaters Rising is a monthly column from Headwaters Communities In Action. This month's column was contributed (with help) by Jennifer Payne, executive director of HCIA. Learn more about our organization at hcia.ca. To read the Dufferin County Community Safety & Well-Being Plan and annual updates, visit: dufferincounty.ca/plans-policies/community-safety-well-being-plan/



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COUNCIL 2026 DATES COUNCIL 2026 DATES July 27, August 24, September 14 & 28, October 5, December 14

WATER USE DAYS

During the hot, dry summer months, water consumption typically rises as a result of increased lawn watering, car washing and other outdoor uses, causing your water bill to increase and reserves to run low. Protect our environment by using the resources available to us wisely.

As per Bylaw 47-2014 under Section 9.1 for the months of June, July and August the external use of water is:

On even calendar dates at only those municipal addresses ending with numbers **0, 2, 4, 6, 8;**

On odd calendar dates at only those municipal addresses ending with numbers **1, 3, 5, 7, 9.**





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Aug 23 | 6:00 PM Tyler Reed & Aubry FillHarmonics

Sept 13 | 6:00 PM Whiskey Rocks

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SPORTS

Mansfield U14 Rep A/AA Cubs are undefeated for the season

Written By **BRIAN LOCKHART**

The Mansfield U14 Rep A/AA Cubs are having a stellar season and remain undefeated after their latest win over the Innisfil Cardinals on Monday, July 13, on their home diamond in Mansfield.

The Cardinals took an early lead in the game with a run in the first inning.

A double in the first inning from Keagan Senay started things off for the Cubs, followed by a run batted in by Bennett Tupling to even the score.

There were no men on base in the second inning for either team.

Owen Littlejohns hit a double in the third inning, then stole third base, but the side retired before they could score.

The Cubs really got things moving in the fourth inning, starting with a single from Finn Armatage.

With the bases loaded, Tupling hit to bring in a run. Paul Twiss had a huge hit that allowed two runners to score to make it a 6-2 game.

The Cubs scored two more runs when Littlejohns hit a big shot to centre field and followed up by stealing home plate.

The big hit of the night came in the fourth when Twiss knocked the ball out of the park over the left field fence for a home run.

The Cubs kept up the good play for the rest of the game and left the diamond with a 12-5 win.

“I think we played pretty well. We started off a little slow and gave up some hits, but we were doing well,” said Cubs first baseman Perry Brownridge after the game. “We’re undefeated for the season.”

Teammate Keegan Senay said he thought the team played a good game.

“We started off a little slow, but as we got



BRIAN LOCKHART PHOTO

CAUGHT IN THE MIDDLE: The Mansfield Cubs U14 Rep A/AA team are undefeated so far this season. Their most recent game ended with a 12-5 win over the Innisfil Cardinals on the diamond in Mansfield on Monday, July 13. Cubs third baseman Paul Twiss runs down a Cardinals player who got caught between bases and tags him for the out.

through the game, we started warming up, then we were solid,” Keegan said. “I thought we were pretty good on defence other than

a couple of early misses. I thought we were pretty good.”

The Cubs will return to their home diamond

in Mansfield on Monday, July 20, when they will host the Barrie Baycats.

Game time is 6:30 p.m.

Senior Mansfield Cubs defeat Clarksburg Blues in North Dufferin Baseball League

Written By **BRIAN LOCKHART**

It was a good night for the Mansfield Senior Cubs when they hosted the Clarksburg Blues on the diamond at Mansfield Community Park on Wednesday, July 8.

The Cubs played an outstanding game on both offence and defence.

Cody Bryan started on the mound for the Cubs.

Mansfield got the bats moving early in this game, including a home run from Dylan Gervais in the first inning.

The Cubs were leading 4-0 at the end of their first at-bat.

Mansfield was leading 5-0 when Justin Fenn hit a ball high over the infield that was missed and allowed a runner to score.

The Cubs’ defence allowed no men on base in the top of the second inning.

The second Cubs home run of the game came in the second inning when Jackson Burek knocked the ball over the left field fence.

A play at first base ended the inning.

Clarksburg got on the scoreboard in the third inning when a sacrifice bunt advanced two players on base. They scored on the next hit. Another hit brought in a second Blues run.

The side ended on a double play.

The Cubs brought in another run in the fourth inning when Dylan Gervais hit a double and then rounded the bases to score on the next hit.

Jackson Burek hit to drive in a run and make it an 8-2 game. That was followed by another hit from Zac Piechocinski that allowed a runner to score.

The bases were loaded when Cam Green singled.

Cody Bryan hit to bring in another Cubs

run and make it a 10-2 game.

At the end of the night, the Cubs left the diamond with an 11-2 win.

The New Lowell Knights continue to lead the senior division of the NDBL with a 13-1-1 record.

They are followed by the Owen Sound

Baysox, Ivy Rangers, Orillia Majors, and the Bolton Brewers.

The Cubs will return to their home diamond in Mansfield on Sunday, July 19, when they will host the Barrie Angels for an afternoon contest.

Game time is 1:30 p.m.



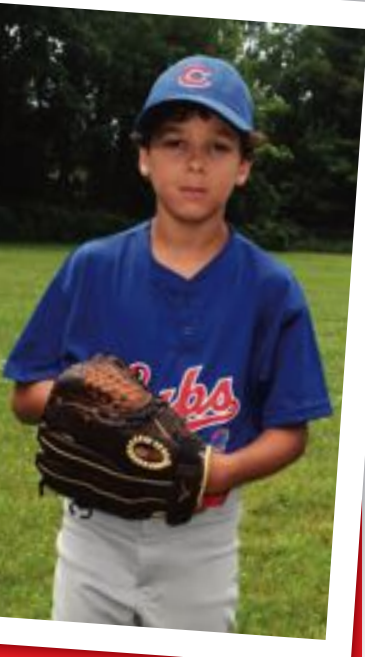
BRIAN LOCKHART PHOTO

INTO THE DIRT: The Mansfield Senior Cubs host the Clarksburg Blues on the diamond in Mansfield on Wednesday, July 9. Cubs base runner Dylan Brown gets a face full of dirt but manages to steal third base. The Cubs played an all-around good game and left the diamond with an 11 -2 win.

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ATHLETE OF THE WEEK

MICKEY DEPALMA

Playing baseball for seven years, Mansfield Cubs U11 catcher Mickey DePalma brings a lot of experience to his team.

Mickey was the first player on the team to hit a home run this season.

“I like playing catcher, hitting, and I like everything about it,” Mickey said of why he likes playing the sport. “If I’m catching and you try to steal, I’ll throw it to the base to get you out.”

When he’s not on the field, Mickey plays hockey during the winter months with the Honeywood Hurricanes.

TEAM: MANSFIELD CUBS U11
POSITION: CATCHER

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Headwaters Health Care Foundation names new chair, vice-chair

Written By SAM ODROWSKI

The Headwaters Health Care Foundation (HHCF) has appointed Sandra Hartman as board chair and Jeet Dhillon as vice-chair.

The leadership changes come as the foundation begins planning for future initiatives, including early work toward a fundraising campaign to support the redevelopment of the Emergency Department at Headwaters Health Care Centre (HHCC).

Hartman has been a longtime supporter of the hospital and said her connection to Headwaters is personal, as she received care there during a traffic moment in her life.

“I am honoured to serve as board chair of the foundation,” Hartman said. “Headwaters holds a very special place in my heart. I know firsthand the critical role our hospital plays in this community, and I am committed to working alongside our dedicated team and supporters to ensure we continue to raise the funds needed to provide exceptional care, close to home, for every patient who walks through our doors.”

As chair, Hartman will help lead the foundation’s board as it works on future fundraising priorities.

Dhillon joins Hartman as vice-chair after

making an impact on the foundation’s board within a short period. She has supported fundraising efforts and community events during her time with the organization.

“I am excited to take on the role of vice-chair and continue supporting the important work of the Foundation,” Dhillon said.

“Whether it’s connecting with donors, supporting campaigns, or volunteering at events, I am proud to contribute in any way I can to help strengthen health care for our community.”

Headwaters Health Care Foundation CEO K.C. Carruthers said the new leadership team will help guide the organization as it continues its fundraising efforts.

“Sandra brings not only strong leadership but also a profound sense of purpose to this role,” Carruthers said. “Her personal connection to Headwaters drives her passion for philanthropy, and we are incredibly fortunate to have her guiding the Foundation as we look ahead to our next chapter.”

Carruthers added that Dhillon’s involvement with the foundation has included supporting fundraising initiatives and events.

The Headwaters Health Care Foundation raises funds to support patient care and services at Headwaters Health Care Centre.

Burn ban in effect across Dufferin County

Written By SAM ODROWSKI

A complete burn ban is now in effect across Dufferin County as dry conditions and wildfire smoke increase fire risks and affect local air quality.

The Dufferin County Fire Chiefs declared the ban effective July 15, prohibiting all open-air burning and fires of any kind until further notice.

Fire officials said the combination of extremely dry conditions and poor air quality caused by wildfire smoke has created a higher risk of fires spreading out of control.

The ban is intended to reduce the risk of wildfires while preventing additional smoke from entering the air.

Residents are reminded to monitor local air quality conditions and limit outdoor activities, especially if they experience health impacts from the smoke.

Smoke from wildfires in northwestern Ontario has resulted in reduced air quality and visibility across Dufferin County. Exposure to wildfire smoke can affect the heart and lungs and may worsen symptoms for people with existing health conditions.

Residents are encouraged to reduce time spent outdoors, avoid strenuous activities, and consider rescheduling outdoor sports, activities, and events while air quality is poor.

Symptoms from wildfire smoke exposure can include eye, nose and throat irritation, headaches and mild coughing. More serious symptoms, such as wheezing, chest pain or severe coughing, should be treated as a medical concern.

Those most vulnerable to wildfire smoke

include adults 65 and older, pregnant women, infants and young children, people with chronic illnesses, and those who work outdoors.

Residents can help improve indoor air quality by keeping windows and doors closed, using the highest-quality air filter their ventilation system can support, and using a certified portable air cleaner that filters fine particles.

If spending time outdoors is unavoidable, a properly fitted respirator-style mask can help reduce exposure to smoke particles.

Dufferin County is also reminding residents to take precautions as hot weather continues. People are encouraged to drink plenty of water, limit time in the heat and never leave children or pets unattended in vehicles.

Residents without air conditioning are encouraged to keep windows, doors and blinds closed during the day to reduce heat exposure. If air quality improves and temperatures drop overnight, opening windows can help cool the home.

People are reminded to watch for signs of heat illness, including headaches, nausea, vomiting, dizziness, fainting, rapid breathing or a rapid heartbeat.

Heat stroke is a medical emergency. Call 911 if someone experiences confusion, loss of consciousness, seizures, a very high body temperature, or hot, dry skin or excessive sweating.

For more information on air quality and wildfire smoke, visit Wellington-Dufferin-Guelph Public Health’s outdoor air quality resources.

Town waives fees for annual Terry Fox Run

Written By JOSHUA DRAKES
LOCAL JOURNALISM INITIATIVE REPORTER

The Town of Shelburne will waive park rental fees for this year’s Terry Fox Run, following a unanimous decision of council at its July 14 meeting.

Council approved a request from the organizers of the Shelburne Terry Fox Run to waive the user fee for Natasha Paterson Memorial Park, where the annual cancer research fundraiser will be held on September 20. The amount of the waived fee is \$90.50 plus HST.

The brief discussion came during the regular council business portion of the meeting.

The request was a straightforward support measure for a long-standing commu-

nity event. A motion to waive the fee was moved by Councillor Benotto and seconded by Councillor Guchardi, and was carried unanimously.

The decision effectively provides in kind support from the municipality by eliminating the park booking fee for organizers, while allowing the event to direct more of its resources toward cancer research fundraising in the spirit of Terry Fox’s legacy.

The Shelburne Terry Fox Run is one of many local runs held across Canada each year, continuing the tradition of community-based, volunteer-led events in support of the Terry Fox Foundation.

The annual fundraiser will take place on Sept. 20 this year, with registration opening at 9 a.m. and the run commencing at 10 a.m.



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Jax

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Thank you for my beautiful cards, flowers and gifts.

Thank you to my family for making my party so amazing. It was a lovely day and made many happy memories.

Ruth Hand

COMING EVENTS

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Alice Porter's 100th Birthday
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County of Dufferin issues safety advice amidst heat wave

Written By **SAM ODROWSKI**

Dufferin County is reminding residents to take precautions during a heat warning, particularly those at greater risk of heat-related illness.

Health risks from extreme heat can be higher for young children, pregnant women, older adults, people with chronic illnesses, and those who work or exercise outdoors.

Residents are advised to speak with a health-care provider or pharmacist if they are unsure whether their medications could increase their risk of heat-related illness during hot weather. They should not stop or change any medications without professional guidance.

Certain medications may affect how the body responds to heat, such as its ability to cool down, maintain fluid balance, or recog-

nize thirst. These medications can include diuretics, certain blood pressure medicines, antidepressants, antipsychotics, anticholinergics, stimulants, non-steroidal anti-inflammatories, opioids, and sedatives. It is important to ask your healthcare provider whether your medication may increase your risk of heat-related complications.

Residents should continue taking medications as prescribed and speak with their health-care provider before making any changes.

To reduce the risk of heat-related illness, residents are encouraged to drink water regularly throughout the day, even when they do not feel thirsty, limit time spent in direct heat and avoid strenuous activity during the hottest parts of the day. Residents are reminded never to leave children or pets unattended in vehicles and are encouraged to visit public

cooling locations, such as splash pads, pools or recreation centres.

The Town of Orangeville's recreation centres are open daily from 9 a.m. to 9 p.m. as cooling centres during heat warnings. Water refill stations are available for people and pets, and water bowls are available outside for dogs.

Residents without air conditioning can keep windows, doors and blinds closed during the day, open them when temperatures drop at night, use fans to circulate air, and take cool showers or apply cool cloths to the forehead, the back of the neck, and the wrists to help lower body temperature.

Keeping pets indoors when possible, limiting outdoor walks during extreme heat and avoiding hot pavement, which can burn animals' paws, are other ways to reduce the temperature's impact.

Symptoms of heat illness can include headache, nausea, vomiting, dizziness, fainting, rapid breathing or a rapid heartbeat. Residents are encouraged to check on neighbours, friends and family members who may be more vulnerable to heat.

Heat stroke is a medical emergency. Call 9-1-1 if someone has a high body temperature and is confused, experiencing dizziness or fainting, has lost consciousness, is having seizures, or has hot, dry skin or heavy sweating.

Residents can find publicly accessible cooling locations and services through Wellington-Dufferin-Guelph Public Health's Cooling, Warming and Clean Air Spaces Map.

More information on staying safe during extreme heat is available through Dufferin County's Beat the Heat Guide and Health Canada's extreme heat resources.

Local advocacy group spreading the word about human trafficking in Dufferin County

Written By **JOSHUA DRAKES**
LOCAL JOURNALISM INITIATIVE REPORTER

CRY NoT, a grassroots anti-human trafficking committee based in Dufferin County, is working to confront a crime that often remains invisible in small communities.

A local committee of parents, concerned residents and volunteers are taking the initiative to shine a light on human trafficking

in Dufferin, a danger they say is all too real. The group offers educational presentations to schools, community groups and charities to teach them what they can do to help.

Member Sheri Moir said that the group, formed in 2020, just before the onset of COVID-19, grew out of a presentation to the Rotary Club of Orangeville by Dufferin Caledon Victim Services on sex trafficking in the region.

"We joined together as a committee because a Rotary Club member was moved by a presentation that was given to our Rotary Club of Orangeville by the Caledon Dufferin Victim Services about human trafficking, in particular sex trafficking, in our area," she said. "Our vision is just to safeguard and protect our community against the evils of sex trafficking through awareness and education of the public."

That mission was on display during a recent presentation at the Centre Dufferin New Horizons Club.

Using a standard educational talk they have refined over time, CRY NoT walked attendees through the stages of sex trafficking, from grooming and manipulation to control and exploitation.

The session was designed for people with

little or no prior knowledge of the issue, breaking down complex information into clear, understandable segments and offering concrete takeaways.

The presentation drew strong engagement, with questions and discussion continuing afterward, a sign Moir was happy to see as a crucial way of keeping such a heavy topic from being silenced by shock.

"I just loved how we engaged and had a really good Q&A after a presentation," she said. "Sometimes the audience is very silent because it's just so much information and they've just never heard of it before, and they're just so shocked by the information. But it was really nice to have that engagement at our presentation last week. It just keeps the conversation going."

The seniors session is just one example of CRY NoT's broader outreach. The committee has brought its presentation to town councils across Dufferin County, local service clubs, school parent councils, and other community groups.

Their material has been vetted by the Upper Grand District School Board for use with parent councils, reflecting their focus on equipping adults – parents, grandparents, and caregivers – to speak with youth and rec-

ognize red flags.

CRY NoT's educational efforts are supported by partnerships with organizations such as Caledon Dufferin Victim Services and the OPP's anti-human trafficking task force, which have provided specialized training and webinars. These resources have been put to good use in reaching youth, who are most affected.

"Dufferin Caledon Victim Services provided us with guidance and information, and the OPP anti-human trafficking task force did a webinar for us... and we were able to speak with two officers who were directly involved in it," Moir said. "Having conversations with the young people in our lives, whether they're our children or our nieces, or nephews, or friends' children, is very important. The more they know, the more they can spot the danger before it happens."

Underlying their work is a central message: human trafficking is not just a big-city issue or solely a matter for police.

It is a community problem that can surface in rural areas and small towns, and an informed public is a critical line of defence in spotting warning signs and supporting those at risk.

For more information, go to: crynot.ca



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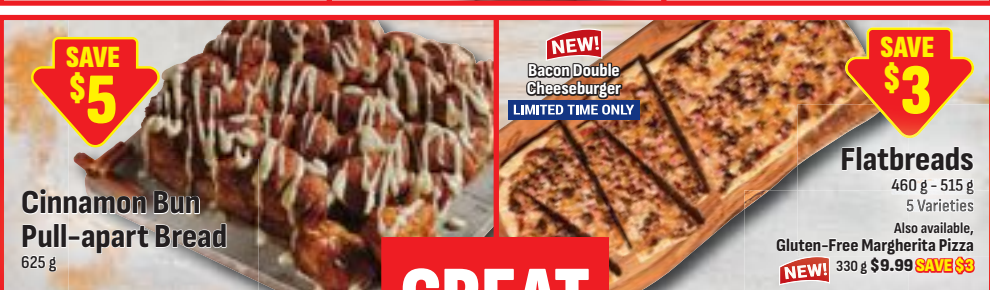
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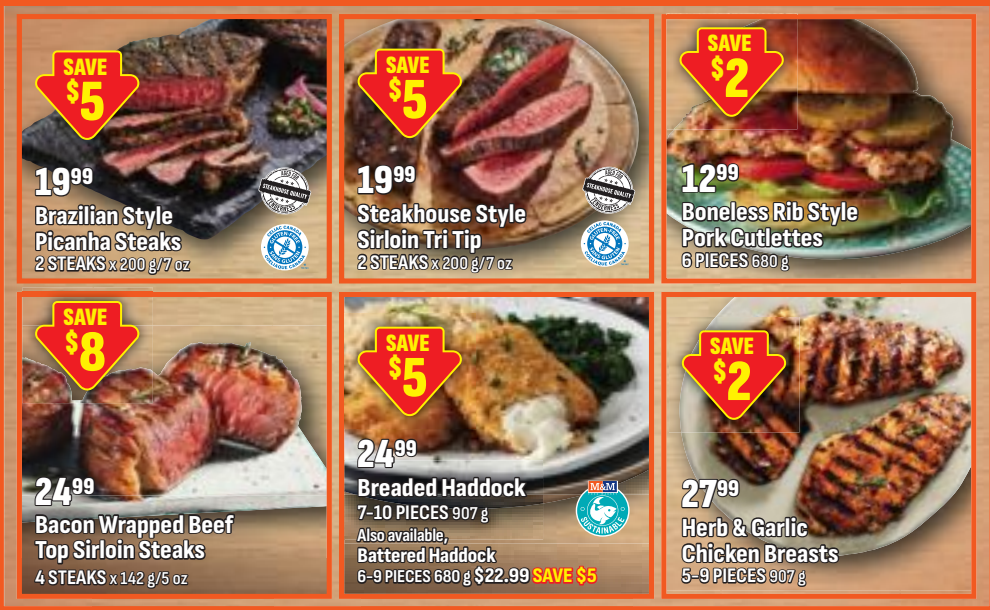
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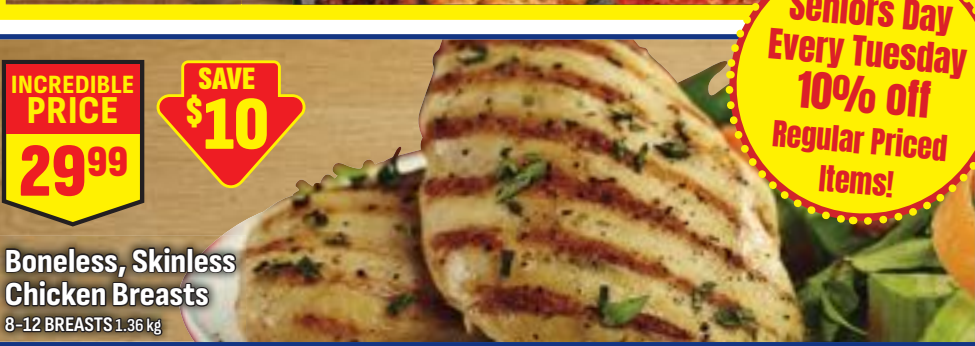
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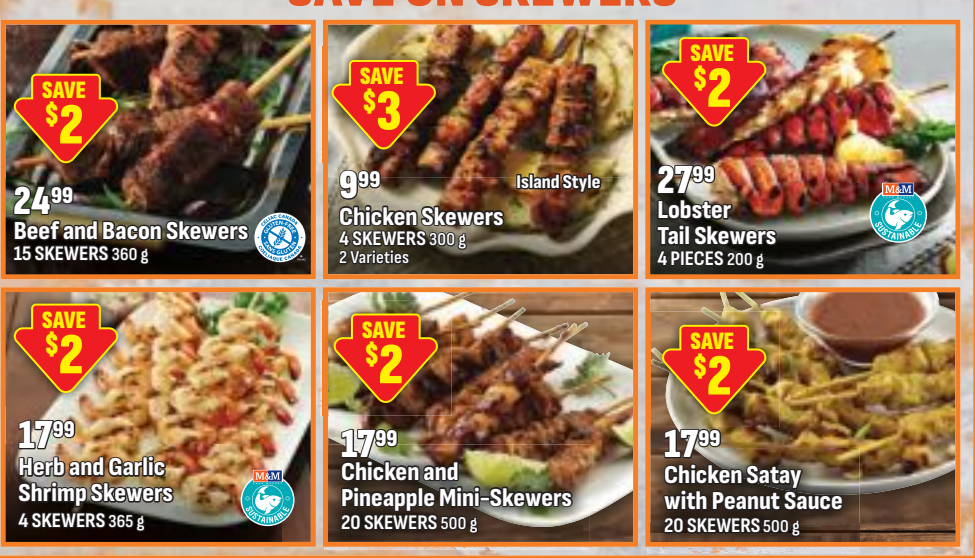
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