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Sharon Boord-Posius is a former broadcast journalist who now enjoys writing about the fun of being 50+ (along with other things!) You can read more on her blog: SharonsBlurb.org

Don't Hug the Dog

By Sharon Boord-Posius

A reknowned dog trainer made an epic point the other day. During research, he discovered that dogs don't like to be hugged!

A juggernaut of a discovery - especially since hugging is one of the main reasons people have their dogs, I am sure!

He looked at hundreds of photographs of dogs being hugged by their people, and realized that the vast majority were displaying signs of stress. Yawning. Ears back. Pulling away.

Who'da thunk it?

Unless you're a dog.

He argues that a dog being hugged likens that to being attacked in some way. To being repressed, and held back from the ability to flee.

Which is incredible when you think about it - because dogs are predators. They are attackers. And yet they can also act like prey. In that they perhaps expect us to attack them. And I guess in a sense they are correct.

As humans, we fancy ourselves the alpha predators above all other creatures. We can harm on a whim.

And when you think of our pets, cats are predators, and yet can also act like prey. And when I hug my cats, I can see they are not so thrilled. Perhaps thinking they cannot flee.

Horses are prey, although I have seen some act like predators. When I hug my horse's neck, it's all he can do to pull away, perhaps thinking I may be

wanting to sink my teeth into him.

Our pet birds are mostly prey, and yet can be predators too. My cockatiel is especially wary of the windows where she can see big birds fly by - and yet beware the stray finger that meanders near her cage!

The dog expert suggested instead of hugging our dogs, and perhaps causing them stress or even to bite in defense, we should be content with patting, petting or stroking them. Grooming them. Speaking to them. Playing fetch or other engaging interactions with them. Taking them for a walk or a ride in the car.

Something to think about, to be sure.

And, sadly, for many of us, who love hugging our pets because of the good feelings it brings to us, we may have to reconsider that form of expression for one less invasive.

I, for one, will still be springing the odd hug on my pet cats and horse, even though I know they may not like it as much as I need it.

And perhaps this means we should be hugging our fellow humans more. And maybe that would make the world a better place.

November 4 Daylight Savings Time Ends

When local daylight time is about to reach Sunday, November 4, 2018, 2:00:00 AM clocks are turned backward 1 hour to Sunday, November 4, 2018, 1:00:00 AM local standard time instead.

Sunrise and sunset will be about 1 hour earlier on Nov 4, 2018 than the day before. There will be more light in the morning. Also called Fall Back and winter time.



View from the front porch

OPS/SCS

By Gerry Croteau

With some of the recent headlines on 'OPS' Overdose Prevention Sites' and 'SCS' Safe Consumption Sites here in Barrie it seems confusing as to what are the issues really? Some tweets from politicians both federally, provincially and municipally certainly seem to indicate that there has been misinformation being put out into the public domain through some of these tweets.

But the facts are the facts and not 'fake news'. Barrie had 36 Opioid deaths in 2017 and in the first three months of 2018 there have been 22 deaths.

Barrie has had almost three times the number of visits, related to the Opioid Crisis, to the ER than the provincial average.

Many of us seniors may not be able to relate to the Opioid Crisis happening in Barrie but we may have family that are being impacted by this crisis. This issue has had a particular impact in Barrie's Ward 2. Thus far there has been no credible alternatives that would be more effective than an OPS site. An OPS does not normalize injection drug use it makes it safer. An ef-

fective OPS would assist in allowing folks to inject safely and allow for the disposing of needles safely and out of harms way from the public that frequent our downtown. Lets all get the facts right and allow for conversations that reflect those facts.



Gerry Croteau, Health Care Executive with extensive volunteer experience in the not-for-profit sector.



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Publisher
Leo Stephens

Editor
Bonnie Stephens

Contributing Writers
Con. Sarah Bamford
Con. Nicole Rodgers
Gerry Croteau
Michelle Dinnick-Schulze
Janet Graham
Bert Hoferichter, mpa
Jerry King - cartoonist
Sharon Boord-Posius
Eric Whitehead

Design and Production
Greer Hayden
greer.hayden40@gmail.com

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HOW TO REACH US

Office: 705-322-6789

Advertising Sales
Central & North Simcoe
Leo Stephens
705-322-6789

Advertising Sales
South Simcoe
Mike Feldman
647-231-4629

email:
focus50plus@gmail.com

website:
www.focus50plus.ca

Mailing address:
P.O. Box 3053
Elmvale, ON L0L 1P0

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A 'Devine' day for RVH

Royal Victoria Regional Health Centre's child and youth mental health program got a recent boost of support from the Devine Ride, a scenic fundraising motorcycle rally through Simcoe Muskoka.

More than 250 motorcycle enthusiasts participated in the second annual Devine Ride to raise funds for RVH's Simcoe Muskoka Child and Youth Mental Health Program. The ride was organized by Rock 95 and KOOL FM radio show announcer Brenda Devine as part of the radio stations Young Minds Matter fundraising campaign. This year \$8,028 was raised at the event through registrations, draws and individual donations from the participants.

"Our region badly needed this program for youth struggling with mental health which is why I am so proud to contribute to this cause," says Devine. "I am grateful to the radio stations, the record number of participants, the donors and the volunteers who united with me to ensure the event was a fantastic ride for a very worthwhile cause. I have had so many people, including those in the motorcycle community, tell me they also strongly believe in the importance of this program. A few people have shared that their children have used the services provided in the program and the fact they didn't have to travel to Toronto for care made it so much easier during an already difficult time."

The RVH Simcoe Muskoka Child and Youth Mental Health program opened in late 2017. It features an eight-bed inpatient unit where approximately 300 young people will be cared for each year. One in five young people suffer from mental illness but until the program opened, North Simcoe Muskoka was the only region in Ontario without a hospital-based child and youth mental health program. Youth who are experiencing acute mental health issues now have access to specialized inpatient services for stabilization and treatment at RVH. Most recently, RVH also opened a Day Program offering academic and mental health services for high school students unable to attend regular classes due to a diagnosis of anxiety or depression.



Heather Cochrane (right), RVH Manager of Adult Crisis Services and the Simcoe Muskoka Regional Child and Youth Mental Health Program was thrilled to accept this donation from Brenda Devine (left).



RVH volunteer Ted Wewiora collecting funds for Tag Days at Zehr's on Bryne Drive, Barrie

RVH auxiliary tag days a success

Members of the Royal Victoria Regional Health Centre (RVH) Auxiliary were recently at storefronts in Barrie, Angus, Alcona, Springwater and Craighurst raising money through their annual Tag Days fundraiser.

RVH's beloved 'Blue Brigade' were accepting donations towards their \$2 million pledge to the health centre's Hearts and Minds campaign – specifically supporting the health centre's new advanced cardiac care program and the child and youth mental health program, two services previously not available in the region.

"On behalf of the RVH Auxiliary, I would like to extend a huge thank you to the community for their incredible support of our Tag Days event," says Lise McCourt, president of the RVH Auxiliary. "We raised \$12,586.50 over the two days towards our pledge to the Hearts & Minds Campaign".

The RVH Auxiliary has been running the Tag Days fundraiser for more than 30 years and in that time, has raised nearly \$450,000.

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Redevelopment journey finally ends for GBGH Emergency department

Georgian Bay General Hospital has officially opened the final two phases of its Emergency department redevelopment with a ceremony held in the hospital's ambulance bay. The entire project – spanning more than five years, nearly doubled the previous department's size.

“The hospital's focus when planning this redevelopment – even from the earliest days – was to re-build the ED in a way that best serves our patients,” says Gail Hunt, president and CEO, GBGH. “Our focus of providing our community with exceptional care meant our ED needed to expand and modernize to meet the growing demand for services. When the original ED was completed in 1976, it was built to serve 17,000 patient visits and was a single room with curtains. Now we see 47,000 ED visits each year. It was time GBGH developed a department to match our volumes.”

The ED redevelopment has been one of the largest projects in the hospital's history. Phase 1, completed in 2014, was entirely funded through community support. With a price of \$5 million, this 6,000 square foot addition included a new ED



Celebrating with an official ribbon-cutting at the new waiting room are (from left): George Cornell, county councillor, County of Simcoe; Jill Dunlop, member of provincial parliament, Simcoe North; Gail Hunt, president and CEO, GBGH; Dr. Patrick McNamara, chair, GBGH Board of Directors; Carey Moran, vice president, GBGH Foundation Board of Directors; Kirsten Parker, chair, North Simcoe Muskoka Local Health Integration Network Board of Directors; and Dr. Dan Lee, chief, Emergency department, GBGH.

entrance, triage area and trauma rooms.

Finished in the late fall of 2017, Phase 2 included the new indoor ambulance bay, as well as specialized treatment rooms, mental health safe rooms, new exam rooms, a negative pressure isolation room (for infection prevention) and improved access from the ED to operating rooms.

The final stage of construction, completed in September 2018, posed the most challenges due to closures of the waiting room and regular See & Treat area where the ED sees 60 per cent of its patients. Now complete, this section includes a new See & Treat, an expansion to accommodate ED administration and staff areas, and a new waiting room. The new waiting area comes complete with both an isolation section and a children's play area, produced by Keebee Play of Midland and donated by Mark and Carol Cruden, owners of McDonald's Restaurants in Midland, Elmvale and the Midland Walmart.

After construction, the ED team of staff, credentialed staff and volunteers worked diligently to prepare the space for opening. This included moving in equipment, orientating staff with the new space and running simulations to ensure safety and quality.

“I would like to acknowledge the ED team for their patience and professionalism throughout the three stages of the ED redevelopment,” says Dr. Patrick McNamara, chair, GBGH Board of Directors. “Their dedication to patient care despite the constant construction and change is a testament to their belief in what a new department would mean for the hospital and its patients. I'd also like to thank the community for its cooperation and understanding during the renovations. We were making the best of a challenging situation and we hope you see it's been worth it in the end.”

Nourish Senior Life - Food drive



Erika Rendon of Comfort Keepers Barrie would like to send out a huge thank you to those that collaborated in the Food Drive on October 6th at the Zehrs on Cundles. We are happy to report that we raised \$1050 in monetary donations and 1980 lbs. of food to our seniors in the Barrie community!

Peter, Executive Director of the Barrie Food Bank was very specific and has made a concerted effort to ensure all proceeds are directly given to the senior population that visits the Food Bank on a monthly basis. Thank you for all of your help and support!!

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GBGH's new CT scanner's big entrance

Georgian Bay General Hospital (GBGH) welcomed its new computerized tomography (CT) scanner on September 28. The scanner, which entered the building via the main entrance, will be located in the hospital's Diagnostic Imaging department which is currently under construction to accommodate the new equipment. Weighing in at 2,200 kg, the new CT – a Siemens Somatom Definition Edge – will offer better image quality, making for more accurate and faster diagnoses. It also provides new low dose technology, reducing the time patients are exposed to radiation. GBGH's current CT scanner was 13 years old and had reached the end of its lifespan.

After installation and testing, the new CT will be operational this fall. The purchase of the new CT scanner and renovations was made possible due to \$1.6 million in community support.

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CPR (also known as basic cardiac life support, or BCLS) is provided to people suffering cardiac arrest until advanced care can be applied to the casualty. It can be given by all levels of trained medical personnel, but most importantly, it can be provided if you’ve received CPR training. You don’t need medical equipment — at minimum, just some know-how and your hands.

Nearly 40,000 Canadians suffer sudden cardiac arrest each year. Four out of five of these cardiac arrests occur at

home or in public places. For people suffering sudden cardiac arrest time is critical. After just 4 minutes, significant brain damage can occur and after 12 minutes, the survival rate is only 5%.

On November 10th, 2018, St. John Ambulance and Barrie Rotary Club are equipping people with CPR. The annual Free CPR Clinic teaches how to do CPR for children and adults, what to do when someone is choking and how to use a defibrillator (AED). The clinic will be held at Lampman Lane Community Centre, Barrie. There are two workshops available that day starting at 9:30am to 11:30am as well as 1:00pm to 3:00pm. Pre-register for this CPR workshop by email BarrieSimcoeMuskoka@on.sja.ca or call (705) 726-0991.

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Lightning Strikers: Take Me Out to The Ball Game!

Lightning Strikers:

Part Eighteen - Continued from Part Seventeen in the October 2018 issue

By Michelle Dinnick

Betty and Charles had kindly agreed to loan Jake their car. Jake felt bad not knowing if he'd actually return with it, but he had to get back to town in time for Cynthia's funeral.

Thankfully, the little store in town still had some Halloween things, and Jake picked up a pair of dark sunglasses and a long black wig to wear under his baseball cap. He tied the long straight hair into a ponytail; he thought it looked less like a costume wig that way.

Jake was feeling both guilty and furious. He didn't have a plan, but knew he had to get to the Church. He had two hours, so he parked a half block away and sat in the car, watching people walk by; and watched people start to arrive.

After being away for so long, it felt odd to be back in his home town twice in such a short amount of time.

The first person that Jake noticed was Ben. He was standing outside the Church. He seemed to be looking for someone.

Jake turned around quickly, but suddenly changed his mind. This may be his only chance to get Ben alone. He got out of the car and walked slowly, waiting until there was no one but Ben at the entrance, and then approached him.

"Excuse me, sir. You look very familiar. Did you know Cynthia well?"

"As a matter of fact, I did. Who might you be? You look familiar too."

"We can't talk here. Will you follow me, please?"

"Who are you?"

"Please Ben, follow me to the gardens out back. I really can't talk here. I need you to listen. I am taking a huge chance by being here. If I get caught now, we'll never be able to get the guy that killed Cynthia."

"What are you talking about? Jake? Jake! Impossible. You're dead!"

"I'm not. But in all likely hood I will be soon. I need to tell you what I know, and fast."

"Why should I trust you? How do I know you aren't the one who killed her? How do I know you aren't going to try and kill me again?!"

"Please Ben, I never meant to hurt you. This goes so far beyond just the two of us now. He killed Cynthia. I'm afraid he'll go after my family if I don't find him first. He may even go after you. I need your help."

"Me? What for? Why would he come after me? You are as crazy as you ever were, Jake, Stay away from me! I'm calling the police."

Ben reached in his pocket for his cell phone, and Jake put his hand on his arm to stop him.

"You can't, Ben, not yet. If they lock me up now, you'll never know how to find him. He'll get away with murdering our friend."

Against his better judgement, Ben nods.

"You walk ahead of me. I'll follow you."

Jake walks ahead of him. Ben doesn't trust him. Can he trust Ben?

Once behind the Church, Jake turns and Ben quickly takes two steps back.

"Don't come any closer to me."

"I don't have much time, Ben. I really need you to listen now."

Jake fills Ben in on how he travelled from Fair to Fair, busking as a mime, and performing electrical trickery. He explains how Mr. Smith blackmailed him, and threatened to kill him, and Cynthia, if he ever came back to this town.

"He said I was free to disappear, but he made good on his promise. He saw me – I spoke to Cynthia at my own funeral a few months ago. And he killed her, because of me."

Ben stares at Jake in disbelief.

"You realize this sounds like the Thursday night Mystery movie my parents like to watch."

"I know it sounds crazy. And it's a little confusing--"

"A little? Unreal is what it is! I should call the police right now! You tried to kill me! And everyone thinks you're dead! And now Cynthia is dead! This is all your fault! You should never have come back!"

"Look, I promised Cynthia that I would turn myself in, and I will make you that same promise now too. But we need to get Mr. Smith, and I am the only one who knows it's him."

"Who the heck is Mr. Smith? That doesn't even sound like a real name!"

"Well, it probably isn't."

As Jake attempted to get Ben to really understand how dangerous Mr. Smith was, it occurred to him that he didn't really know anything about Mr. Smith. Not even what he really looked like. He always wore black pants and a black dress shirt, a dark baseball cap and mirrored sunglasses. You could never see his eyes, or much of his face. What Jake remembered was always seeing his own face reflected in the sunglasses he wore.

They turned abruptly when they heard footsteps behind them.

"Gentleman. They are about to get started inside."

"Thank you, Pastor." Ben replied, wondering how he was going to get away from Jake and call 911.

To be continued... Until December!



Michelle is a contributing author in the most recent **Chicken Soup for the Soul: The Spirit of Canada**. Her writing has won several awards, and appeared in **The Globe and Mail** and a number of local magazines and newspapers in Alliston. Recently her short story "Lightning Strikers" was made into a series in the **Focus 50 +** Newspaper because fans asked for more! You can find her online at www.michelledinnick.com.

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Focus 50+
"Scenes of Simcoe"



First snowfall of 2018. Photos by Robert Bortlisz

We are inviting our readers to share some special scenes of Simcoe County here in Focus 50+. We hope to showcase some of your favorite photos taken in Simcoe County, no need to be a professional. Please send your photos by email to focus50plus@gmail.com with a brief description of the scene and location and the name of the photographer if they would like their name published. Please ensure the file is a high resolution jpg file (300 dpi).



The Steel Spirit

In 2017, Barbara Brown volunteered her time to create a gallery of artwork at City Hall created by Military personnel. "The Steel Spirit is a platform of recognition and thanks for individuals in these services." Brown says "Every military and ex-military personnel has a unique depth of experience and sacrifice beyond civilian life. The gallery will be a brief window of military insight for the public." *

A special participant in this year's gallery was 97 year old Fred Andrews who submitted a poem he wrote while he was overseas fighting in WWII.

Brown brought The Steel Spirit back to City Hall this fall, expanding the submissions to include artwork from first responders, hospital practitioners as well as military members. Twenty-three artists submitted their works and their stories, more than doubling the space for the display. Art submissions were diverse including pens created out of wood and old shell casings by Jerry Smith, paintings, photography, leather work, wood carving, air brushing, wood turning, and India ink.

The Steel Spirit would love to encourage more retirees to participate in next year's gallery. In addition, the artwork is also an attempt to educate the public about increasing support for services to address military-acquired Post-Traumatic Stress Disorder (PTSD) and operational stress injuries.

For more information, go to www.thesteelspirit.ca



Steel Spirit display



Colin Partridge's wood carving of 'old man spirits'.



Back row (artists) Trisha MacLeod, Colin Partridge, Lee-Ann LeMesurier. Front row: Fred Andrews & Barbara Brown



Jerry Smith - Wood turning

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RULE THREE

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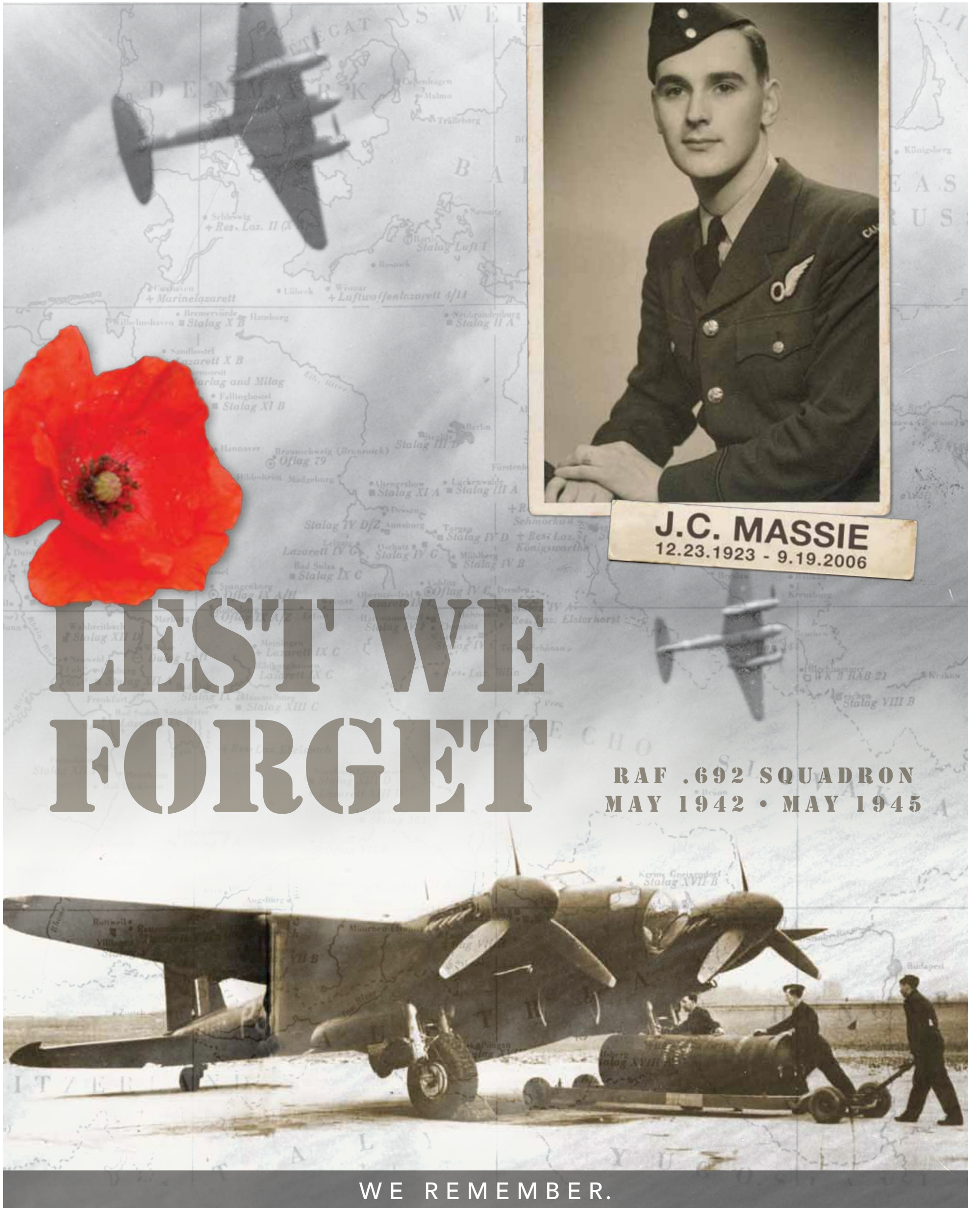
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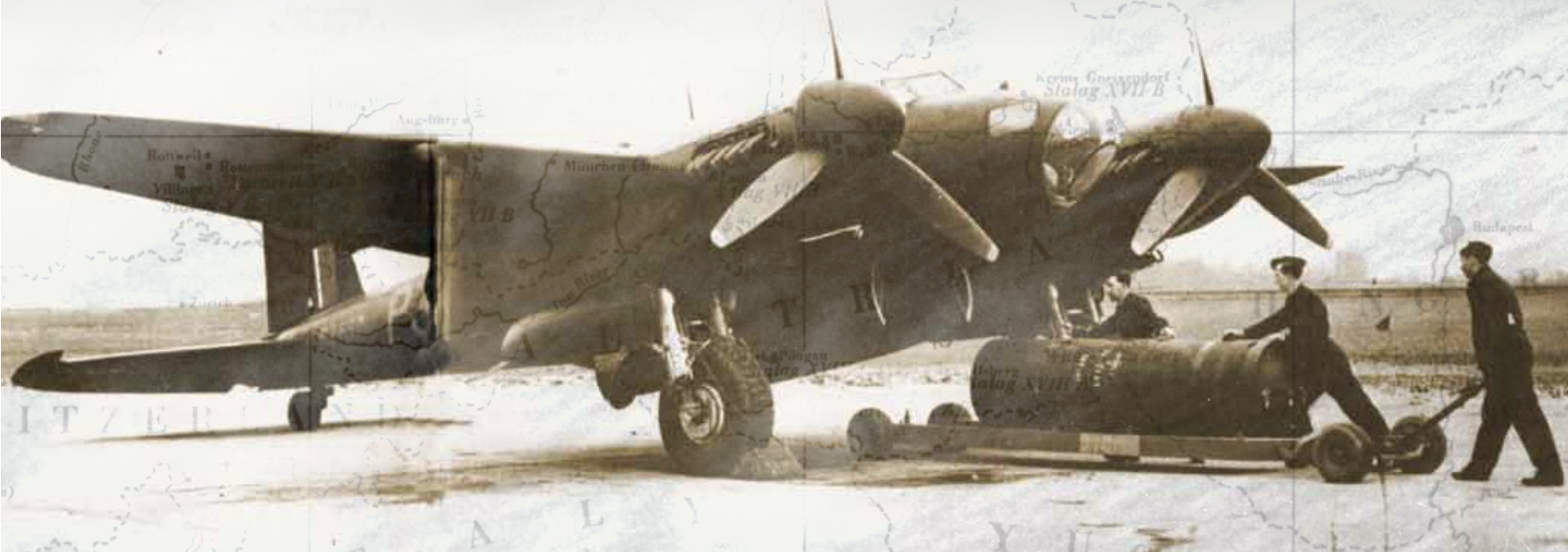
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12.23.1923 - 9.19.2006

NEST WE FORGET

**RAF .692 SQUADRON
MAY 1942 • MAY 1945**



WE REMEMBER.



War and the Price We Pay

By Isolde Ryan

His heart was beating fast but his mind was sharp and alert as he lay in some brush with his face so close to the ground he could smell the earth. He was responsible for ensuring that his regiment wasn't walking into an ambush.

Fritz was 21 years old and called to duty only 8-months prior. He now found himself marching on Russia alongside his comrades. He was a scout; but first and foremost, he was a son, a brother, a friend, and a fiancé.

Back home, he had promised his girlfriend that he would come back no matter what.

Wedding plans had been in the works when the war broke out.

He had been laying in the bushes for quite some time and was sure that there were no Russian soldiers awaiting them. He stood up to give the signal to move forward when suddenly the sound of a shot traveled through the air. Fritz was hit; the bullet traveling through his heart. His friend, who had witnessed it, later told the family that he was dead before his body even hit the ground.

The war continued, his comrades didn't even get a chance to bury him.

Fritz couldn't keep his promise; he never made it home alive; he never made it home at all. His family was left with nothing more than knowing that he hadn't suffered.

Fritz was my uncle. My dad didn't talk about him much; as it was too painful for him.

Fritz was yet another young man dead, fighting someone else's war. It wasn't his war; he didn't want to be there, he was ordered to.

I was born 20 years after his death, and I never knew much about him except that he was funny and a very good carpenter. My dad passed away 11 years ago, and now there is nobody alive that knew Fritz. On Remembrance Day, I like to include my uncle Fritz, even though he was marching for Germany.

I like to remember him not so much as a soldier, but like the 21-year-old carpenter whose only goal was to go home from a war he didn't ever want to be part of.

November 11 is a sad time a year for me. My heart goes out to all of the men and women who lost their lives or lost their loved ones.

We should think about them, and their scarifies, and do what we can to prevent it from ever happening again.

As for me I will Remember my Uncle Fritz and all the other soldiers who were robbed of the lives they could have had.

REMEMBER WHEN *By Mary Penner*

REMEMBER WHEN THERE WAS A WORLD WAR
I SAW MY FATHER DRESSED IN HIS UNIFORM
IT WAS A SMALL PHOTO IN BLACK AND WHITE
HE WAS A SOLDIER READY TO GO AND FIGHT
HE STOOD WITH A BATON AND CAP ON HEAD
BASE BORDEN, ONTARIO, THE CAPTION READ
HE TOLD ME HE DIDN'T GO TO THE FRONT LINE
HE WAS A MILITARY POLICEMAN AT THAT TIME
HE WAS ALSO A FATHER AND NOT SENT AWAY
BUT HE WAS AWARE OF THE WAR EVERY DAY
AS MANY MEN AND WOMEN HEADED THE CALL
AND I WAS BORN A YEAR AFTER HITLER'S FALL
MANY THANKS TO ALL THE PEOPLE WHO GAVE
FOR YOU HELPED TO KEEP OUR COUNTRY SAFE

DR. W.C.
(BILL) LITTLE,
M.M.



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Did we forget?

100 years ago we called a halt to war, and
vowed it would never happen again,
But we didn't learn and it did restart with even more death,
destruction and pain.

A generation of our youth is lost when we rush into a bloody conflict,
And that this will happen again and again it is very easy to predict,
We seem to have a love for war unable or unwilling to simply get along,
For goodness sake when will we see that fighting is just wrong?

The eleventh hour of the eleventh day of the
eleventh month should not slip away,
The eleventh day of the ninth month in 2001 should
remind us of another day,
When the un-God like hatred of man against man
was once more thrust upon us,
It caused untold grief for some, jubilation for others,
and to some just a fuss.

During this years' time of remembrance can we not wake up and say?
Let's all get along in peace, love and harmony and make hatred go away?

— Mike Crompton —



Dedication of Sir Robert Barrie

By Bill Sergeant

Secretary, Sir Robert Barrie Project Committee

A little over three years ago, former Councillor Rob Warman, former Mayor Janice Laking, Jean Maurice Pigeon and Bill Sergeant met with his Worship, Mayor Jeff Lehman in his office to provide him with an overview of the proposed Sir Robert Barrie Project. The committee felt that very few people in Barrie knew that the namesake of our city was a true hero of the War of 1812, and wanted to publicize his exploits, especially the fact that his naval squadron sunk or captured 85 American vessels in the Chesapeake Bay area in 1814, which took the pressure off of the British forces and Canadian militia in the great lakes area.

The early focus of the project was the commissioning a 48" x 36" painting of Post Captain (RN) Robert Barrie commanding HMS Dragon during the War of 1812 by renowned Canadian marine artist Peter Rindlisbacher. The painting was paid for through private donations and was presented to the city of Barrie by the Committee in 2016 with the artist being present in his naval re-enactor's uniform from the War of 1812. Reproductions of the painting of Sir Robert were done by Don Komarechka Photography of Barrie and presented, on-loan, to each of the English language secondary schools in Barrie, along with an important history lesson about our city's heritage. The French secondary schools will

receive their copies, on loan, in the coming months. Various sized reproductions have already been given out as official gifts to our Twin Cities and Friendship Cities.

The committee then asked Matthew Heffer of HM Heffer Fine Woodcraft and Design, Victoria Harbour to design and manufacture the display case, which is now located on the 2nd floor of City Hall. The War of 1812 era Royal Naval uniform, sword and scabbard were supplied by Robert Henderson of Access Heritage Inc. of Ottawa.

The original of the Knight Commander of the Most Honourable Order of the Bath and the replica of the Knight Commander of the Royal Guelphic Order neck badges and breast star decorations are also on display in the cabinet. The display case was staged with the kidney shaped table donated by Rob Warman, and the two jewellers' pads that were donated by Bill LeBoeuf Jewellers.

The Sir Robert Barrie display was officially dedicated to the people of Barrie on Monday, 1 October, 2018 by his Worship, Mayor Jeff Lehman. He stated that the display was made possible by the numerous donors and the vision of citizens like Jean Maurice Pigeon, former Mayor Janice Laking, former councillor Rob Warman (the project chair), and Bill Sergeant.



Mayor Jeff Lehman and Sir Robert Barrie (aka Steve Travers) at the dedication of the Sir Robert Barrie Display at City Hall



The Sir Robert Barrie Project contributors, Rob Warman, Matt and Heather Gleben, Bill Sergeant, former Mayor Janice Laking, Matthew Heffer, Jean Maurice Pigeon, and Steve Travers



Why remember?

We MUST remember. If we do not, the sacrifice of those 100,000 Canadian lives will be meaningless. They died for us, for their homes, families and friends, for a collection of traditions they cherished and for a future they believed in; They died for Canada. The meaning of their sacrifice rests with our collective national consciousness; our future is their monument.

In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place ; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe;
To you from failing hands we throw
The torch; be yours to hold high.
If ye break faith with us who die
We shall not sleep,
Though poppies grow
In Flanders fields.

Look at the names carved into rocks

Article written by Steve Glover,
Public Relations Officer for the RCL Br. 147 (Barrie)



This year's Remembrance Day marks the 100th Anniversary of the Armistice to stop the fighting on November 11, 1918 bringing a close to the First World War. And while we will be honouring all Canadians who fought and served Canada since we became a nation, we will especially remember this 100th Anniversary.

A Canadian band, "The Great Lake Swimmers", wrote a song called "The Great Exhale" which speaks of "remembrance". The opening lyrics, "Look at the names carved into rocks; Look at the dates when they were lit up; Brushing my hand and I feel their age; Years of radiance, years of rain."

In 2015, I went to the WWI "Western Front" - northern France and the Ypres Salient of Belgium on a WWI Battlefield Tour organized by Canadian Historian, Norm Christie. Almost all the WWI battlefields have disappeared. What marks the battlefield surroundings are many cemeteries with white stone markers in beautifully maintained surroundings. A plaque or two along the way provides some information on the battle that occurred nearby.

"Look at the dates when they were lit up"

The great majority of these men were in their mid-twenties when they died. Left behind in Canada were their families who would mourn them until they too passed away. In my opinion, every Canadian high school student should be required to make the trip to northern France and Belgium to stand in these WWI cemeteries so that they might better understand what went on before them. These young Canadians died so far away from their home to secure a way of life in Canada. "Lest we Forget".

In 1916, Simcoe County had a population of 82,000. A rough estimate is that there were close to 5,000 Simcoe County men who enlisted, for the War's duration,

to serve in the First World War. Canadian Historian, Tim Cook in his book titled, "Shock Troops" identifies that of the 345,000 Canadian men who went to the Western Front, 6.5 of every 10 men were either killed or wounded over the course of the 4 and 1/2 year war.

In an October 31, 1917 letter to his Mother, (reprinted in the Nov. 29, 1917 Barrie Examiner), Pte. Roy Brown, who had enlisted with the 157th Infantry Battalion raised in Simcoe County, wrote: "A fellow sees so much and lives so close to death at times, it makes him think seriously. I often think of you over in that peaceful country I left but a few short months ago and I trust that my life may be spared to go back and live in peace . . ." Just 15 days later, (November 14), Pte. Brown died of shrapnel wounds and the effects of gas inhalation at a Belgian casualty clearing station taking wounded from the Battle known as Passchendaele. Pte. Brown's name appears on the Barrie Cenotaph.

Of the 224 names on the Barrie Cenotaph that are "carved into rock", 142 were WWI soldiers. The wounded and those who were not physically wounded returned to Canada and are now lying in graves in cemeteries across Simcoe County and Canada. We honour all these men and all the men and women who served in the Canadian Armed Forces throughout time.

The photo accompanying this article was found in storage at the Barrie Legion. On the back of the photo, one of the soldiers, Pte. John Henderson listed the surnames of the 38 men in the two rows. With support from the Simcoe County Archives and Extreme Imaging of Barrie, this photo was enlarged and the names of the 38 men appear on the front of the photo. This photo now hangs on the walls of the Barrie Legion.

Please join us and Remember



- 11:00 a.m. at the Soldiers Memorial Hospital Cenotaph
- Fall in at 10:45 a.m. Hospital Parking Lot
- March off 10:50 a.m.
- Parade down Mississauga Street to the Legion
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UNCLE BERT'S TRUNK

Focus 50 + is opening up Uncle Bert's Trunk to share letters, photos and post cards from the past.



Mr. Albert W Sterrett age 21 years, killed in action England April 21, 1917, photo taken in Midland Ontario at J.W.Bald studio

While searching through Uncle Bert's trunk for something to use in honour of Remembrance Day and the 100th anniversary of the end of the First World War, I discovered a photo of a soldier from WW1.

I could not find this young man in the family tree and, with only the details written on the photo card, we know little about him.

On Remembrance Day it is important to think about all the young soldiers like Albert Sterrett. These men made the ultimate sacrifice, yet could easily be forgotten as they may not have had children of their own to carry on their family legacy.

Bonnie Stephens Editor



Focus 50+ would like to honour our Veterans and express our respect for those that serve. Thank you



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7 essentials to include in your will

(NC) As 2018 draws to a close, it's important to begin a new year with our affairs in order. Whether you're younger or older, every person should have a will.

A will is more than a simple outline of the final distribution of your property and effects. It is an occasion to plan for the financial support of the people and projects you have actively supported during your lifetime. Through your will, you can finally help those people and groups you always intended to support but didn't have the resources to do so.

Here are seven essential tips to help your loved ones avoid difficulties in executing your will:

1. Ensure only one will exists.
2. Determine who you want as your executor — the person who will carry out your wishes in settling your estate.
3. Carefully plan for your dependents.
4. Name a guardian for young children.
5. Detail specific monies or gifts to friends and relatives.
6. Consider which people or organizations mean a lot to you for the remainder of your estate.

A church, a charity or a favourite organization like Amnesty International are often on this list.

7. Put in writing the details of your funeral arrangements.

Laws about will-making and taxes vary by province, and the specific wording to ensure your wishes are carried out may require the help of a lawyer. Experts strongly recommend that you seek legal advice when crafting your will.

A free information package on wills is available from Amnesty International, 312 Laurier Avenue East, Suite 250, Ottawa, Ontario K1N 1H9.



Sustainable stocking stuffers for the whole family

(NC) Racking your brain to come up with gift ideas for loved ones during the holidays can be tricky. Why not give back to the earth and introduce family members and friends to more sustainable practices? This is especially important during a time of over-consumption.

Here are three ways to make stockings a little greener this season:

For the lover of goodies. Try stainless steel straws, organic cotton produce bags and clothing, a new coffee mug or water bottle. Consider making a green theme, adding a variety of sustainable options for someone to use every day.

For the cook. Give them the tools they need to really shine in the kitchen. Support a local farmer in your area even in the winter by purchasing organic honey, which is full of phytochemicals that can protect from free-radical damage. Beeswax products, such as candles, cosmetics and reusable food wraps, are unique gifts that have no harsh plastics or additives. Take it up a notch and inspire them to use less dairy-rich ingredi-

ents by adding in a shelf-stable alternative such as coconut oil to use while whipping up favourite recipes.

For the adventurer. Eliminate gift-giving altogether and plan an activity that will bring you closer, leaving the gift wrap and bags at the door.

A great way to navigate this gift-giving time of year is to head to a local Canadian Health Food Association retailer to find a wide selection of natural and sustainable gift items to introduce to family and friends that are safe and chemical-free. Find your nearest location at chfa.ca.




The Poppy.
I am not a badge of honour,
I am not a racist smear,
I am not a fashion statement,
To be worn but once a year,
I am not glorification
Of conflict or of war.
I am not a paper ornament
A token,
I am more.
I am a loving memory,
Of a father or a son,
A permanent reminder
Of each and every one.
I'm paper or enamel
I'm old or shining new,
I'm a way of saying thank you,
To every one of you.
I am a simple poppy
A Reminder to you all,
That courage faith and honour,
Will stand where heroes fall.

1st Shankill Somme Association

The Crossword by Margie E. Burke

ACROSS

- 1 Cause of a red face
- 6 Forever and a day
- 10 Unwanted email
- 14 Bette Davis flick, "Of ___ Bondage"
- 15 New York's state flower
- 16 Test answer
- 17 Getting old
- 18 Ponder
- 19 Eastern discipline
- 20 T-shirt size
- 22 Loading device
- 24 Groan inducer
- 25 Unpleasantly moist
- 27 Wide awake
- 29 Uppercut target
- 32 Chimney duct
- 33 Stadium level
- 34 Bone-dry
- 36 Car's current provider
- 40 Pleasant-sounding
- 42 Long letter
- 43 Firearms science
- 45 Make well
- 46 Learning method
- 47 Raise a stink?
- 49 Underhanded
- 50 Sensory stimuli
- 52 Work boot feature
- 54 Journey part
- 55 Fishy story
- 57 Henry Miller's "___ of Cancer"

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| <ul style="list-style-type: none"> 61 Kind of tea 63 Engine sound 65 In the know 66 Differ 67 Like some restaurant orders 68 Lukewarm 69 "What ___ is new?" 70 Spit out 71 Clear, as a disk | <p>DOWN</p> <ul style="list-style-type: none"> 1 Bedding item 2 Enormous 3 In the thick of 4 Frenzied 5 Totally swamp 6 Ready for battle 7 Gastronome | <ul style="list-style-type: none"> 8 English assignment 9 Come across as 10 Pig's digs 11 "Monopoly" possessions 12 Foreshadow 13 Destined 21 Listlessness 23 They may be royal 26 Swindle 28 Chow line? 29 Frame part 30 Specialty 31 Cowboy humorist 33 Cut into three parts | <ul style="list-style-type: none"> 35 Sorrow 37 Person with a mike 38 Cameo shape 39 Be dependent 41 Airheaded 44 Primitive time 48 Kind of chop 50 Greenish 51 Model stick-on 52 Scouting unit 53 Authority 56 Fine things 58 One of a bear trio 59 Part of the eye 60 Surrender 62 Turn red, perhaps 64 Theater section |
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Barrie Public LIBRARY

By Janet Graham, Barrie Public Library

November is a month for remembering war sacrifices of veterans plus those supporting at home. Let's look at a trilogy by Canadian writer Kit Pearson about a brother and sister growing up during WWII.

The Sky is falling

This book won many awards. Fearing invasion by Hitler's army in 1940, 10 year-old Norah and her 5 year-old brother Gavin are sent to Canada by their parents, to keep them safe. This novel expresses the feelings of many children who were evacuated: missing parents, worry about parents and war news, having a hard time fitting in. Pearson injects bits of humour, like the letter Norah sends about differences between Canada and England.

Looking at the moon

In this second novel, Norah Stoakes feels guilty life is so much easier in Canada. Norah and Gavin are going with their Toronto host family to the family cottage in Muskoka. However, one cousin there is 19 year old Andrew. It is 1943 and his family expects Andrew to fight in the war, and he does not want to do so. How can he decide? His "little cousin" Norah tries to help.

The Lights go on again

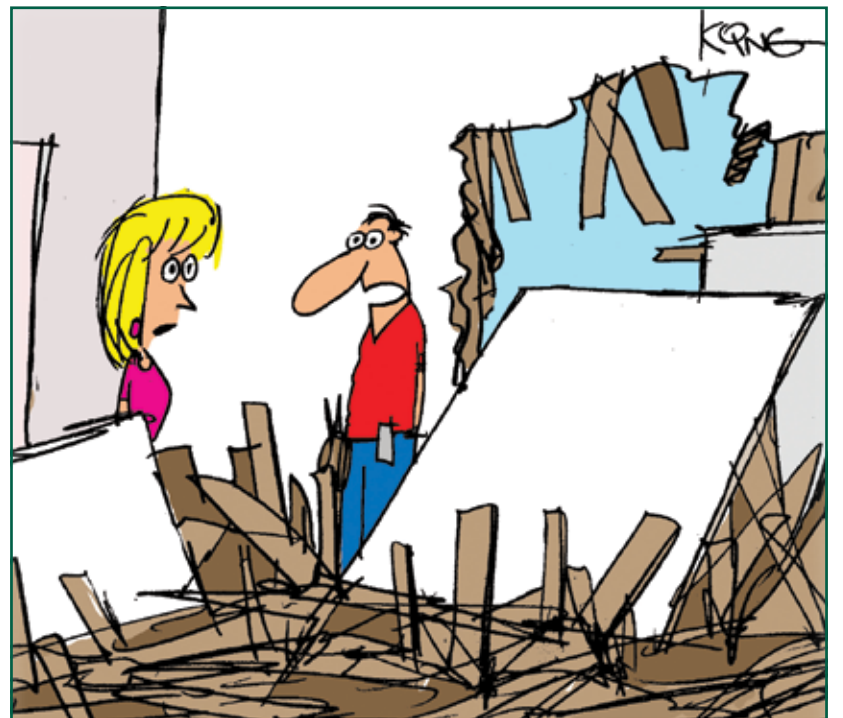
It is now late 1945 and the war is over. Norah and Gavin are to return to England. 15 year-old Norah is excited, but Gavin barely remembers home and is not sure. Andrew did fight, and has found a Dutch bride. Then tragedy happens and Gavin must make a very difficult decision about who is his family.

SUDOKU

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see page 16 for answers

KEVIN STONE WWW.BRAINBASHERS.COM



"Get on the Internet and go to that home improvement site and click on the, 'are you totally lost' icon."

Simple tips to help you cook just like grandma

(NC) Whether you call her nana, nonna, baba, oma or grand-mère, nobody makes food like a grandmother. Here are some cooking tips from Mark Russell, executive chef at Loblaws, to help you make holiday meals as good as grandma's.

Try cake and pastry flour in your chocolate chip cookies. This little secret works because pastry flour contains less protein and is designed to make softer, more delicate baked goods. To substitute, use two extra tablespoons of cake and pastry flour for every cup of all-purpose flour.

Test traditional ingredients. One thing you'll notice when looking in the old recipe box is that many of them contain shortening. While butter and oil have become more

popular over the years, shortening has fallen by the wayside. Since it has a higher melting point than butter, shortening tends to spread less, taste lighter and slice easier in baking. Stay on script by trying shortening in grandma's pie, or meet her halfway on cookies by mixing shortening with butter.



Stay well stocked. Remember how nonna always had something to eat? That's because she planned ahead. Whether it was a jar of pickles, antipasto or canned peaches ready to serve, she always had something at her fingertips to make the next meal. Instead of working hard every night, nonna used big-batch cooking sessions and traditional techniques like pickling and canning to stock up and keep everyone well fed.

Make use of what you have. There's a reason old-time recipes like tomato-soup spice cake or zucchini muffins exist — grandma had to make do with what she had. Remember those family favourites didn't happen by chance though, they're the by-product of years of practice as well as

some serious trial and error. So get in the kitchen, reconnect with the old recipes and discover your own family favourites.

Find more tricks or inspiring items to add to your next shopping basket at loblaws.ca/tastethenewnext.



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Sugar, spice and everything nice with gingerbread cookie bars

(NC) You can't beat traditional treats during the holiday season, and there's nothing quite as classic as gingerbread. From elaborately decorated gingerbread houses to crisp gingersnaps, there are many ways to enjoy the slightly spiced and cozy flavour.

These scrumptious bars combine two traditional holiday treats – gingerbread and cookie bars – to create a mouthwatering bite perfect for the holidays. Swap your butter 1:1 with Becel Sticks, which require no softening so you can go from prep to enjoyment in 30 minutes.

Gingerbread Cookie Bars

Prep time: 10 minutes

Cook time: 20 minutes

Makes: 30 cookie bars

Ingredients:

- 2 ¼ cups (550 mL) all-purpose flour
- 1 tsp (5 mL) baking soda
- ½ tsp (2 mL) salt
- 1 cup (250 mL) (2 sticks) Becel unsalted margarine sticks
- 1 cup (250 mL) firmly packed light brown sugar

- ¼ cup (60 mL) granulated sugar
- 2 eggs
- 1 tsp (5 mL) vanilla extract
- 1 tsp (5 mL) ground cinnamon
- 1 tsp (5 mL) ground ginger
- 3 tbsp (45 mL) white chocolate chips
- ½ cup (125 mL) dried cranberries
- ½ cup (125 mL) toasted chopped pistachios

Directions:

1. Preheat oven to 375°F (190° C). Line 13 x 9-inch (33 x 23 cm) baking pan with foil or parchment paper, leaving 2-inch (5 cm) overhang. Spray with cooking spray and set aside. Combine flour, baking soda and salt in medium bowl; set aside.

2. Beat margarine sticks with sugars in large bowl. Beat in eggs and vanilla until blended. Gradually add in flour mixture; beat just until blended. Stir in cinnamon and ginger. Spread into prepared baking pan. Combine white chocolate chips, cranberries and pistachios in small bowl. Evenly sprinkle over dough; press gently.

3. Bake 20 minutes or until toothpick inserted

in centre comes out clean. Cool in pan on wire rack for 10 minutes. Using foil overhang, lift out of pan and cool completely. Cut into 30 pieces.



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9	7	4	8	6	3	1	2	5
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OUT AND ABOUT IN SIMCOE COUNTY

November 2

Innisfil Eastern Star will host an Euchre Night at 7:00 p.m. on the first Friday of each month at the Masonic Hall, 2156 Victoria St., Stroud. Games include Bid Euchre and Progressive Euchre. Cash prizes and a lunch served. Cost of the evening is \$7.00. For information or tickets call Betty at 705-726-4966 or Jordan at 705-431-5049

November 3

Benefit concert for the reconstruction of Grace United Church's parking lot. Award-winning duo The Marrieds appear in concert at Grace United Church, 7:30 p.m. Advance tickets are \$25 through Eventbrite <https://www.eventbrite.ca/e/the-marrieds-in-concert-tickets-50209291342>, at the church, 350 Grove St. E., Barrie Monday-Friday 10:00 am-1:00 pm, or \$30 cash at the door. A silent auction offers some amazing items, with a free will offering for refreshments

November 3

Simcoe County Branch, Ontario Genealogical Society will meet at 2:00 p.m. at The Church of Jesus Christ of Latter-day Saints, 79 Ferris Lane, Barrie. The Speaker will be Joanna McEwen. Topic will be "Stained Glass in Local Churches". Further information can be obtained from the OGS website <https://simcoe.ogs.on.ca/> or calling 416-489-0734 X 328 or 1-855-697-6687 X 328. Also look for us on facebook. All are Welcome.

November 3

Orillia Christmas Shopaganza 2018. 9:00 a.m. – 3:00 p.m. Westmount United Church, 23 Westmount Dr. S., Orillia. A great shopping experience with 35+ vendors all in one location to help you find that perfect gift for everyone on your list including you!! FREE admission, FREE parking and DOOR PRIZES too!!

November 4 to 24

Concerts, concerts, concerts
Nov 4 - 2:30 p.m. - Georgian Music - Songs of Norway - Grieg's Romantic Violin Sonatas- Violinist Jeremy Bell - Pianist Shoshana Telner at Bethel Community Church, 128 St. Vincent St. By subscription for season

Nov 7 - Pianist Benjamin Smith accompanying 17 years old Cellist Matthew Christakos -Bach, Prokofiev.Noon - Midday Music with Shigeru- Hi-Way Pentecostal Church-50 Anne St. N., Barrie. Adults \$10, Students free
Nov 14 - 2:30 p.m. - Seniors Serenade - Pianist Lance

Anderson "By Request" Songs Lance is often requested to perform - Bethel Community Church, 128 St. Vincent. St., Barrie. Free to All

Nov 21 - Noon - Music at St. Andrews - Organist Lenard Whiting & Pianist Brett Kingsbury - piano-organ duets - St. Andrew's Presbyterian Church, 47 Owen St., Barrie. Adults \$10, Students free
Nov 24 - 7:30 p.m. - Barrie Concerts – A Christmas Celebration - Kornel Wola, Michael Bridge -The Dynamic Double Duo returns-"Silent Night", "White Christmas". "Greensleeves"- Tchaikovsky's Astounding '1812 Overturn' - Hi-Way Pentecostal Church-50 Anne St. N., Barrie. By season's subscription
For more info 705-726-1181.

November 4

Please join **Unity United Church** as we celebrate our 10th Anniversary at 10:00 a.m. 4967 Vasey Road at the 4th Line North in Oro-Medonte. Guest speaker is Rev. Bev Irwin Refreshments following the service

November 4

Ontario Presbyterian Chorus performing at St Paul's United Church King, Midland at 7:00 p.m.

November 8

The Barrie District Stamp Club, Chapter 73 of the Royal Philatelic Society of Canada, will hold its monthly meeting 7:00 – 9:00 p.m. at St Andrews Presbyterian Church at the corner of Owen and Worsley Streets; across from the main Public Library. Admission and Parking are free. We will be holding the first of two "called" auctions of over 120 stamp lots. Beginner and veteran collectors are always welcome. Go to www.barriedistrictstampclub.ca for more information or call the Secretary, Bruce Walter at 705-735-6009 for more information.

November 10

East Oro School Annual Craft Sale. 9:30 a.m.-3:30 p.m. Free admission. Beautiful and Unique Crafts Jewelry, needlework, woodworking, Christmas ornaments, Bake Sale and more. East Oro School Line 11 N. for more info call Ann 705-487-3503

November 10

Holy Spirit Church CWL Christmas Bazaar 10:00 a.m. – 2:00 p.m. Holy Spirit Catholic Church, 650 Essa Rd., Barrie. Something for Everyone: Unique crafts and gifts, knitting, sewing, jewelry, Meals to Go, Country Kitchen and Bake Table, Fresh Christmas Urns.....

Enjoy lunch at our Victorian Tea Room.

November 14

Barrie Women's Connection – Morning Coffee. Are You Preparing for Christmas? Feature: Creative Christmas Decor presented by "Gr8t Joy" Music: The Paraguinns duo. Speaker: Sonja Pretorius from South Africa, "A New Beginning"...how God has always walked with her. Held at Barrie Legion, 410 St. Vincent St., 10:00 a.m. to 12 noon. Cost \$8. For reservations call Janet at 705-735-0926 or Pat at 705-487-3739 by Nov 9.

November 15

The Orillia Horticultural Society will hold our final meeting of the year at 7:00 p.m. at Swanmore Hall at the Stephen Leacock Museum, 50 Museum Dr., Orillia. We are thrilled to have as our speaker, Darren Heimbecker of Whistling Gardens, returning for another visit. All guests and new members are welcome. Please remember to Lug a Mug for refreshments.

November 17

Churchhill United Church invites you to our annual Christmas bazaar and tea at 6306 Yonge St Innisfil on Sat Nov 17 at 10am-2pm Home baking, silent auction, white elephant, lots of vendors. Please bring a pair of new socks or mitts and enter your name to win a lovely gift basket for further info call Vicky at 705-456-1562

November 17

Annual Christmas Bazaar 9:30 a.m. until 1:30 p.m. St. George's Anglican Church Annual Rummage Sale at 9 Granville St. (at Burton Ave.) in Barrie. We will have for sale our "famous" meat pies, freshly baked fruit pies and other delicious baked goods. Art, jewelry, books, new and used treasures, gift baskets, hand crafted and knitted items. Come hungry and enjoy a delicious back bacon on a bun or a yummy freshly grilled hamburger. Please bring your reusable shopping bags to take home your treasures.

November 18

Gildas Club Simcoe Muskoka's second annual Holiday Soirée with 30 plus vendors. It's a great time to catch up on your holiday shopping. Silent auction, bar service, free entry, swag bag for first 50 people. Ferndale Banquet Hall at 24 Ferndale Industrial Dr, Barrie. 10:00 a.m.- 2:00 p.m.

November 28, March 27, May 29

Women Who Care South

Georgian Triangle.

Join 190+ women who are making an incredible difference to our community through the work of local charities. Meeting at 7:00 p.m. (registration begins at 6:30 p.m.) at the Collingwood Legion. New members welcome! Visit www.100womensouthgeorgiantriangle.com/ to learn more.

November 30, Dec 1, 3 Penetanguishene Public Library

Pre-registration required.
Nov 30 - Adult Gingerbread House Workshop - 5:00 -7:30 p.m. \$10 program fee per participant. Bring a friend and have some fun! Register early to secure your spot.
Dec 1 - Children's Gingerbread Making Workshop - 10:00 a.m.- 12:00 p.m. \$10 program fee per participant. *Not an allergy safe program*
Dec 3 - Ugly Christmas Sweater Workshop. 5:00 - 7:00 p.m. You provide the sweater, we'll provide the ugly. \$5 program fee due at registration. Call 705-549-7164.

November

Royal Canadian Legion Branch 68 Penetanguishene

Sunday Dances 2:00 till 6:00 p.m. \$5.00 per person
Nov 4 - 3/4 Country Normandy Room
Nov 18 - Side Winders Normandy Room
Nov 25 - Hwy 5 Country Normandy Room
Nov 11 - Remembrance Day. Come and join us in celebration at the Cenotaph on Main St. and Pointz St. Service at 11:00 a.m. The Legion will march up through the plaza and along Main St. to the Cenotaph
Tuesday Lunch \$10.00 per person register 11:30. Served at 12 noon at the Penetanguishene Legion includes tea/coffee and dessert
Nov 6 - Salisbury Steak , Carrots/Mashed Potatoes
Nov 13 - Pork Loin, Yellow Beans/Mashed Potatoes
Nov 20 - Beef Pot Pie Mashed Potatoes
Nov 27 - Meat Pies Peas/ Mashed Potatoes
Seniors Cards every Tuesday approx. 1:00 p.m.

November

PARKVIEW 55+ CENTRE , 189 Blake St., Barrie

Nov 13 - Remembrance Day Show & Lunch. Jayco productions will be at the Centre presenting a Remembrance Day show. Sponsored by Amica. \$10.00. 11:30 a.m.
Nov 20 - Ducks in a Row. 10:30 a.m. Volunteer lead workshop. Gather all the information friends & family might need. Register at

Centre or call (705) 737-0755. \$5.00. This workshop is open to the 55+ Centre.

Nov 7, 14, 21, 28 - Soup, Sandwich & Dessert. Reserve by Tuesday of each week @ (705) 737-0755. 11:30 a.m. to 12:30 p.m. \$5.00

Nov 1, 8, 15, 22, 29 - Thursday Afternoon Dances. Live band! Cost is \$6.45 for non-members from 1:30 to 3:30 p.m.

Nov 1, 8, 15, 22, 29 - Parkview Singers. Parkview singers welcome new bass and tenor singers and interested soprano and alto singers are invited to place their name on a waiting list. Please contact Lynda @ (705)725-8579.

Nov 2, 9, 16, 23, 30 - Progressive Bridge 12:30 p.m. No partner required.

November

ALLANDALE 55+ CENTRE, 190 Bayview Dr, Main Hall Upstairs

Nov 5 - MONDAY NIGHT BINGO, 5:45-7:30 p.m.

Nov 6 - Mac & Cheese with Dessert. 11:45 to 12:30 p.m. \$5.00. Call by Nov 5 to reserve your seat @ (705) 728-6332

Nov 12, 19, 26 - Monday Night Games 6:00-7:30 p.m.

Nov 24 - Allandale Christmas Craft & Bake Sale. Main Hall, 190 Bayview Dr., Barrie. 10:00 a.m. to 2:00 p.m.

November

Coldwater Legion Branch 270, Coldwater

Tuesdays - Euchre 1:30 p.m.
Wednesday - Fun Darts 7:30 p.m.

Thursday - Shuffleboard 1:00 p.m. and Darts 7:30 p.m.

Friday - Steak Darts 6:00 p.m.

Nov 3 - Veterans Dinner Cocktails at 5:00 p.m. Dinner at 6:00 p.m. After dinner dance to the sounds of the Georgian Sound Big Band at 8:00 p.m.

Nov 10 - Meatroll 3:00 p.m. Come out and try and win your dinner for \$1.00

Nov 11 - Remembrance Day Clubroom Entertainment Stir it Up from 2:00 –6:00 p.m.

Nov 17 - Jammin at the Legion with Clarence Cole 2:00 p.m.?

Dec 1 - Clubroom Entertainment Len Murphy 2:00 –6:00 p.m. Check out our homemade food in our Canteen open Tuesday to Saturday.

Nov 11 - Remembrance Day Clubroom Entertainment Stir it Up from 2:00 –6:00 p.m.

Nov 17 - Jammin at the Legion with Clarence Cole 2:00 p.m.?

Dec 1 - Clubroom Entertainment Len Murphy 2:00 –6:00 p.m. Check out our homemade food in our Canteen open Tuesday to Saturday.

November

Barrie Public Library, 60 Worsley Street, Barrie.

Ongoing Programs

Feature Films

Mondays until Nov 26 - 2:00 - 4:00 p.m. PA

Thursdays until Nov 29 - 6:30 – 8:30 p.m. DN

English conversation Circle: Saturdays until Dec 15: 10:30 - 12:00 noon PA

OUT AND ABOUT IN SIMCOE COUNTY

Saturdays until Dec 15: 11:00 – 12:30pm DN
French Conversation - Wednesdays until Nov 28: 7:00 – 8:30 p.m. DN
Spanish Conversation - Thursdays until Nov 22: 7:00 – 8:00 p.m. PA
Programs (Reg = register)
 Nov 2 – 10:00 – 11:30 a.m. – Intro to E-mail – DN Reg
 Nov 3 – 10:00 – 11:00 a.m. – Kaffeeklatsch: German conversation - PA
 Nov 6 – 7:00 – 8:30 p.m. - Around the World in 60 Minutes – Greek Islands – PA
 Nov 7 – 10:00 – 11:00 a.m. – Move the Computer Mouse – DN Reg
 Nov 7 – 6:00 – 8:00 p.m. – Writing & Self-publishing on a Shoestring Budget - PA
 Nov 12 – 7:00 – 8:30 p.m. – Being an Estate Trustee – DN
 Nov 13: 2:30 – 4:00 p.m. – Fight Fake News on the Internet – DN Reg
 Nov 20 – 7:00 – 8:30 p.m. - Around the World in 60 Minutes – Uganda – DN
 Nov 24 - 2:00 – 4:00 p.m. – Write-In time – DN
 Nov 28 - 2:00 – 4:00 p.m. – Memory Café – includes caregivers PA
 Nov 9/10 - PA; Nov 16/17 – DN - Harry Potter Escape Room for all ages – Reg

November
Royal Canadian Legion Branch 523 Victoria Harbour
 Nov 1, 8, 15, 22, 29 - Bingo 7:00 p.m., Cribbage 7:00 p.m. \$4 p.p.
 Nov 2, 9, 16, 23, 30 - Karaoke 9:00 p.m.
 Nov 3 - Remembrance Day Service 2:00 p.m., Line up @ 1:00 p.m. march off 1:30 service 2:00 p.m. All attending are invited back to the branch.
 Nov 4 - Pancake breakfast 9:00 a.m. - 12:00 noon. Adults \$6.00, children \$2:00 under 10
 Nov 4 - Jam session 1:00 - 4:00 p.m. Nov 7, 14, 21, 28 - Shuffle board 7:00 p.m. \$4.00 p.p.
 Nov 12 - Executive meeting
 Nov 26 - General meeting
 All events are open to the public everyone is welcome to attend. Meetings are for members only. For more info call 705-534-4003.

November
Waubashene Legion Branch 316
 Nov 2 - Remembrance Day Dinner. Tickets info at the bar.
 Nov 4 - Remembrance Day Service and Parade.
 Mon - Shuffle-board, 2:00 – 4:00 p.m. \$2 per member and \$3 per non-member.
 Wed - Bid-Euchre 1:00 p.m. in the upstairs hall. This includes lunch for \$5.00.
 Thurs -Mixed darts 7:00 p.m.

Fri - Friday Night Steak Rolls 6:00 p.m. in the Club Room hosted by The Ladies Auxiliary \$1 per roll
 Nov 10, Dec 8 – Kitchen Jam. Selling homemade, pre-cooked, frozen tourtiere's (meat pies) at \$5.00 each.
 Nov 11, Dec 2 - Social Bid-Euchre with a roast beef dinner' gets Cards start at 1:00 at a cost of \$12 per person.
 Nov 18 - The Ladies Auxiliary annual Christmas bazaar 10:00 a.m. – 2:00 p.m. Lunch served at noon. Caesar salad, homemade tourtiere and dessert for \$7.00. Tea and coffee available all day. To reserve a table or for any info, call Helen at 705 538-1701.
 Nov 18, Dec 16 - Monthly Meat Card Bingo. Each game is \$1.00 for 3 cards and there are 10 games with 2 prizes per game. The Branch Hall can be rented for parties or meetings and is wheelchair accessible. Catering is available from the Ladies Auxiliary. For more information contact the Legion President at (705) 529-6820 or email the branch at beavebrook316@gmail.com.

November
The Barrie Royal Canadian Legion, Branch 147 410 St. Vincent St. Barrie (parking off Ferris Lane)
 Provincial "Catch The Ace" Lottery – Weekly Draw every Sunday afternoon at 5:00 p.m. Tickets on Sale for \$5 Monday thru Saturday from 12 noon til 8:00 p.m. and Sunday from 1:00 til 4:00 p.m.
 Nov 5 - Day Coach Bus Trip (non-stop) from Barrie Legion to Fallsview Casino, Niagara Falls, ON – \$18 per person, (Reserve seats by calling 705-728-4002)
 Nov 5, 12, 26 - 7:00 p.m. - Open "Mic" Night
 Nov 1, 8, 22, 29 - Thursday Night Karaoke 6:30 p.m. with C&J Karaoke
 Nov 2 - 7:30 p.m. – Girlz Up Front
 Nov 3 - 7:00 p.m. – The Moose Crossing Band
 Nov 9 - 7:30 p.m. – Stir It Up Band
 Nov 10 - 7:00 p.m. – Bill Dickinson
 Nov 11 - 2:00 p.m. – Dylan Lock
 Nov 15 - 7:30 p.m. – The Skyliners Big Band
 Nov 16 - 7:00 p.m. – Wendy Laurie & The Renaissance Band
 Nov 17 – 7:00 p.m. – DJ Doug Anderson
 Nov 23 - 7:30 p.m. – Southern Comfort
 Nov 24 - 7:00 p.m. – The Brudders Band
 Nov 30 – 7:30 p.m. – Dylan Lock

November
New Tecumseth Public Library Alliston Memorial Library, 17 Victoria St E Alliston 705-435-5651
 Nov 6, 20 - Wordsmiths 1:00 p.m.
 Nov 10 - International Games Day 10:30 a.m. to 12:00 p.m.
 Nov 14 - Club Travel: Peru: Land of the Inca 7:00 p.m.
 Nov 15 - Board Meeting 9:00 a.m.
 Nov 21 - Genealogy 2:00-4:00 p.m.
 Tues - Tech Assist 3:00 to 5:00 p.m. *Registration required for this program
D.A. Jones Branch, 42 Main St W, Beeton 905-729-3726
 Nov 8 - Film Society: Faces Places (2017) 7:00 p.m.
 Nov 10 - International Games Day 10:30 a.m. to 12:00 p.m.
 Nov 14 - Cookbook Book Club 6:30 p.m.
 Nov 21 - Men's Book Club 7:00 p.m.
 Nov 22 - Film Society: The Death of Stalin (2017) 7:00 p.m.
 Thurs - Tech Assist 4:00 to 5:00 p.m. *Registration required for this program
Pam Kirkpatrick Branch, 55 Queen St S., Tottenham 905-936-2291
 Nov 10 - International Games Day - 10:30 a.m. to 12:00 p.m.
 Tues and Thurs - Tech Assist 2:00 to 3:00 p.m. *Registration is required for this program

December 1
Bond Head Lions Club is hosting their 4th annual Christmas Arts & Crafts Fair from 9:00 am till 2:00 pm at the Bond Head Community Hall on Hwy # 27. Over 40 vendors! Baking, Sewing, Knitting, Crocheting, Paintings, Framed Pictures, Christmas Decor, Outdoor Greenery, Jewelry, Quilting, Wooden Toys, Bowls, Cutting Boards and much more!

December 1
Christmas Lunch and Bake Sale. 11:00 a.m. - 2:00 p.m. \$6.00 lunch. Penny sale table. St. Margaret's Parish, 589 Hugel Ave. Midland. (705) 526-6313

December 2
Christmas at the Beach 7:00-8:30 p.m. Lighthouse Community Church, 800 Sunnidale Rd., Wasaga Beach. Admission to this concert is a donation to the Wasaga Beach Food Bank. Sponsored by the Waterside Retirement Lodge.

December 3
Oro Medonte Horticultural Society at Oro-Medonte Community Centre, #71 Line 4 N and Hwy 11. General Meeting & Youth Christmas Show and Photo Competition results 7:30 p.m. Kevin VanAndel, "That's a wrap:

Gardening in December!" With more than 10 years experience as a Master Gardener, Kevin will share his expertise in preparing your gardens for the upcoming year.

December 6
Champlain Coin Club – COINS & NUMISMATICS: The Champlain Coin Club in Orillia meets at 7:00 p.m. on the first Thursday of every month at St David's Anglican-Lutheran Church basement, 133 James St. E, Orillia. New members and guests of all ages are always welcome. Annual membership is \$10 for individuals and \$15 for families. Dues are \$2.00 per meeting (1st time guest free). Doors open at 7:00 p.m. to allow members to socialize and buy and sell coins. The meeting starts at 7:30 p.m. and includes draws, coffee break and auction. For more information email ChamplainCoinClub@gmail.com.

December 9
The Army and Navy Club 400 of Orillia presents Don Celsie's Jam, 1:00 till 4.30 p.m. 74 Victoria St., Orillia. All welcome. Non Members \$2.00. Phone 705-327-1317

Ongoing
Midland Public Library MPL Book Club: "Between the Covers" Join friendly readers to discuss each month's book of choice. Books are provided. New members welcome! 3rd Wednesday of the month from September 19th – May 15th. 4:00 – 5:00 p.m. FREE Interested? Contact Jenn at jpaquette@midlandlibrary.com or (705) 526-4216 ext. 3307 to register.

Drop In Yoga returns to The Villa, 689 Yonge Street, Midland with certified yoga instructor Donna Boudreau. Every Monday from 4:00 to 5:00 p.m. and 5:15 to 6:15 p.m. Bring your own Mat. For more info contact 705-427-0740.

Adult Pickleball (all levels), Huronia Centennial Elementary School, Elmvale. Every Tuesday 6:45 - 9:30 p.m. Equipment Provided. Must wear proper indoor shoes \$35 until May or \$2 drop-in fee.

Simcoe County Embroidery Guild meets the 2nd and 4th Monday each month from September until June at the Simcoe County Museum, 1151 Highway 26, Minesing from 10:00 a.m. to 2:00 p.m. In-house and guest teachers. For more information please contact Dorothy at 705-726-5820.

50 PLUS SOCIAL CLUB
 Come join us for an evening of Bid Euchre or Scrabble every Tuesday from 7:00 to 9:00 p.m., held at Roberta Place 489 Essa Rd, 4th Floor. Monthly dinners. Membership Fee \$20.00 per year September to June. For more information please call Barb at 705-792-1716.

Innisfil YMCA Silver Club. Every Thursday at 12:30 p.m. Playing Cards, Coffee and Chat and Monthly Celebration "Pot Luck Style". Free for Seniors in the community. For info contact: mildred.gonzalez@sm.ymca.ca or call: 705 431 9622

Bring A Craft & Meet A Friend is an informal gathering of knitters and crafters every Thursday at 1:00 p.m. at the D.A. Jones Branch library in Beeton. Exchange ideas, inspiration, or just chat! Bring your own supplies.

WANT TO MAKE A DIFFERENCE? Barrie Golden K Kiwanis is a group of retired men who are vitally interested in our community and particularly the welfare of the children of Barrie and children around the world. More information www.kiwanisbarriegoldenk.ca. We meet Tuesday morning 9:00 a.m. at St. Paul's Anglican Church at the intersection of Yonge St. and Mapleview....just south of the Barrie South GO Train Station.

Lefroy Tuesday Social Club - Bored? Need to meet friendly people? Come and join us for an afternoon of euchre (bit and regular) at the Grange Hall, Lefroy, Church Street North, Lefroy, from 1:00 p.m. every Tuesday. For more info. call 705 456 3546

HAVE AN OSTOMY? Meet first Wed. of every month (weather permitting) at 7:00 p.m. at Shoppers Home Health Care (Barrie) Rear of Shopper's Drug Mart, 524 Bayfield St. Find Ostomates in your area and around Simcoe County. Guest Speakers: Product Companies & Experts come to Speak & Teach. Ostomates & Friends/Caregiver/Mate. New members welcome. ostomy.asc@gmail.com

PARKVIEW SINGERS
 Male singers, both tenor and bass, are invited to visit Parkview Singers rehearsals. A limited number of new singers can be accepted this season. No audition and no memorization are required. Sight reading is not necessary. The music director is Jake Veenstra. Rehearsal times are every Thursday at 9:00 to 11:30 a.m. (with a refreshment break) at Parkview Centre, 189 Blake St. Drop in or call 705-725-8579 more info.



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DAY TRIPS – includes admissions, one meal & HST

- Tues., November 6** – Ripley's Aquarium, Toronto
Cost: \$104.00 adults & \$95.00 for children 12 & under
- Sat., November 10** - Royal Winter Fair including Afternoon Horse Show
Cost: \$128.00 (no meal)
- Thurs., November 15** - Ain't Too Proud. The Life and Times of the Temptations at the Princess of Wales **Cost:** \$207.00
- Tues., November 27**– Famous People Players - A Winter Wonderland: Bringing magic back to Toronto Theatre! **Cost:** \$127.00
- Wed., November 28** – 30th Anniversary of the Owen Sound Festival of Northern Lights & Dinner at Harrison Park **Cost:** \$102.00
- Fri., November 30** – Johnny Reid in Concert with the Canadian Philharmonic Orchestra - Home for the Holidays Concert at Casino Rama **Cost:** \$154.00
- Mon., December 3 & Tues., January 22** - Niagara Fallsview Casino **Cost:** \$25.00 Gov't issued ID required for Casino Entrance
- Tues., December 4, Dec. 11 & Dec. 18** - St. Lawrence Market & the Toronto Christmas Market in the Distillery District **Cost:** \$90.00

- Thurs., December 6** - Jack & the Beanstalk - A Christmas Panto at the St Jacobs Country Playhouse **Cost:** \$139.00
- Thurs., December 13** - One Day Mid-Week Shopping to Buffalo, N.Y. **Cost:** \$66.00 (no meal) ** Valid Canadian Passport required for border crossing
- Wed., February 27** – The Last Ship at the Princess of Wales Theatre – Music & Lyrics by Sting **Cost:** \$TBC
- Wed., March 27 & Wed., April 17** - Come from Away at the Elgin Theatre, Toronto **Cost:** \$228.00

FULLY ESCORTED OVERNIGHT TOURS

Call for a copy of our
NEW 2018/2019 Hamilton Tours Ltd. Tour Catalogue

November 9 to 11 - Erie, Pennsylvania Shopping Trip
Includes: 2 nights hotel & taxes, baggage handling, 2 breakfasts, shopping & HST EXEMPT.
Cost p.p. Twin \$399.00, **Triple** \$390.00, **Quad** \$385.00 & **Single** \$539.00



November 19 to 29 – Branson, Missouri A Country Music Christmas with the added bonus of Kentucky Horse Country
Includes: 10 nights hotel & taxes, baggage handling, 10 breakfasts, 4 lunches, 5 dinners, visit to College of the Ozarks, 7 theatre performances as listed in the itinerary, admissions to Lexington & Louisville attractions as listed & HST EXEMPT.
Cost p.p. Twin \$2875.00 & **Single** \$3750.00



December 8 to 10 - Frankenmuth, Michigan A little Christmas Magic
Includes: 2 night stay at the Bavarian Inn Lodge, all hotel taxes and baggage handling, 4 meals, shopping at Birch Run Outlet Mall, Bronners Christmas Store, guided tour of the town, Christmas Concert at St. Lorenz Lutheran Church & HST EXEMPT.
Cost p.p. Twin \$660.00 & **Single** \$860.00



January 29 to February 12 - Escape the Snow and join us on our Southern Winter Getaway featuring Clearwater Beach, Florida, Jekyll Island, Georgia and Nashville, Tennessee
Includes: 14 night's hotel and taxes, guided tours, boat cruises, Grand Ole Opry, 14 breakfasts, 5 dinners and admissions as listed in itinerary & HST EXEMPT.
Cost p.p. Twin \$3935.00 & **Single** \$5625.00



March 15 to 24 - Sunny Portugal - Estoril Coast, Alentejo & Algarve
Includes: Transfer to Pearson International Airport, travel with Hamilton Tours Director, round trip air, air taxes and fees, hotel transfers, 14 meals and admissions as listed, gratuities for Collette guides and drivers.
Cost p.p. Twin \$4600.00 & **Single** \$4900.00



June 11 to 15 - Mackinac Island Lilac Festival staying at the Grand Hotel & Frankenmuth, Michigan
Includes: 4 nights hotel, hotel taxes, baggage handling, admissions as outlined in the itinerary, Ferry Crossing, Horse Drawn Carriage Tours of Mackinac Island and Frankenmuth, 8 meals & HST.
Cost p.p. Twin \$1775.00 & **Single** \$2485.00



June 17 to 26 - Newfoundland – In the pursuit of Icebergs & National Park Beauty
Includes: transfer to Pearson International, return flights, departure taxes, baggage fees round trip, 9 nights' hotel & taxes, baggage handling, 18 meals, National Park pass, 3 boat cruises, attractions, museum visits and guided tours as listed in the itinerary & HST. **Cost p.p. Twin** \$4150.00 & **Single** \$4800.00



July 25 to August 8 – Newfoundland & Labrador Let us take you "Off the Beaten Path"
Includes: transfer to Pearson, return flights, departure taxes, baggage fees round trip, motor coach transportation with Hamilton Tours Director, 14 nights' hotel & taxes, baggage handling, 28 meals, National Park pass, 3 boat cruises, 2 Ferry Crossings, Pub Night Entertainment, 3 UNESCO sites, attractions, guided tours & HST.
Cost p.p. Twin \$5860.00 & **Single** \$6460.00



August 17 to 22 - Discover Quebec including Charlevoix, Quebec City, Montreal and Whale Watching
Includes: 5 nights hotel accommodation, baggage handling, 9 meals, whale watching boat excursion, admissions as listed & HST
Cost p.p. Twin \$1975.00 & **Single** \$2475.00



August 18 to September 6 – Discover Northern British Columbia, the Great Yukon & Alaska on a road less travelled plus Southbound Alaskan Cruise
Includes: Watson Lake, Whitehorse, Dawson City, Top of the World Highway, Fairbanks, Denali National Park, Anchorage, Hubbard Glacier, Juneau, Skagway, Icy Strait Point, Ketchikan, Inside Passage & Vancouver.



September 10 to 24 – Scotland - Highlands, Islands, Cities and Lochs
Includes: transfer to Pearson International Airport, return flights, departure taxes, motor coach transportation with Hamilton Tours Ltd. Tour Director, 13 nights hotel accommodation, hotel taxes, baggage handling for 1 large suitcase each, 13 breakfasts, 1 lunch, 10 dinners, attractions and guided tours as listed in the itinerary, ferry crossings & HST EXEMPT.

