



The REVIEW

Blue Mountains: Thornbury, Clarksburg, Craigeleith, Heathcote, Ravenna
Published by Riverside Press, Box 387 Thornbury, NOH 2P0 519-599-3345

SIGN UP FOR WEEKLY EMAIL
NEWSLETTER

www.bluemountainsreview.ca

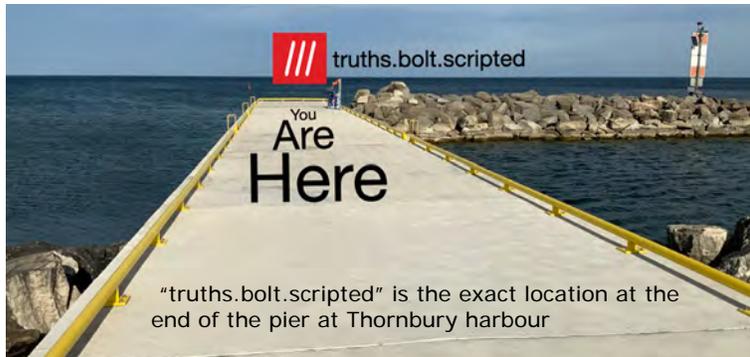
Vol 8 Issue 43

DECEMBER 1, 2022



You Are Here....We are all familiar with this phrase. You see it on maps at entrances to trails, information booths at malls etc. Did you know there is an App that can show **"You Are Here"** anywhere in the world. *What3Words* has divided the world into a grid of 3 metre squares and given each square a unique combination of 3 random words to pinpoint your location no matter where you are. So big deal another novelty app with no practical use.

Just the opposite...In an emergency using the *What3Words* app on your cellphone is a simple way to describe precisely the location where help is needed to enable emergency service call takers to dispatch resources straight to the scene, saving precious time. It is particularly useful in situations if you need emergency assistance in remote areas, Hiking, ATV, Snowmobile trails, Rivers, on Lakes both summer and winter, even the "back forty" of Farms. *What3Words* has been successfully used by emergency responders throughout Canada including the OPP Provincial Communications Centre. The Town of the Blue Mountains' Fire Services uses it.



"truths.bolt.scripted" is the exact location at the end of the pier at Thornbury harbour

From the OPP..."Emergency services are trained to gather as much location information as possible from callers. Consequently, they have access to a number of different technologies and methods which help them to identify callers' locations - with *what3words* being one of them. While not intended as a replacement for the traditional 'must-pack' survival gear worth bringing along on all hikes and outdoor adventures, the technology has become a well-used partner to emergency services around the world, saving dispatchers and responders time and resources in an emergency."

Excerpt from the CAA Magazine Fall 2022.. "CAA has teamed up with *what3words* to help roadside technicians reach Members more quickly and easily. In the event of a vehicle breakdown, it's critical to precisely identify where you are, but it can be nearly impossible if you're in a remote area with no street address or obvious landmarks. Using this new service, CAA has yet another way to locate you.":

Submitted by Dennis Ouellette

Celebrating 100 Years

Fern Park was born November 30th, 1922 outside of Kimberley on the 4th Line of Meaford to Tom and Elva Cornfield. She has lived in the Blue Mountains for 100 years. She was lucky enough to find love twice in her life with Carl Thompson and later with Ivan Park. Both are deceased. She has one son, Wayne Thompson (married to Donna). Fern tells the most beautiful stories of friends and family, she points out where old farmhouses used to stand, homes where she and her siblings and countless friends used to live. She knows the best sideroads to see the fall colours and sunsets. She is warm, kind and makes anyone lucky enough to know her a better person.

Fern, wishing you love, warmth and health on your 100th birthday. May you be surrounded by loved ones and appreciated for all that you are. Love from your family, friends and the whole Blue Mountains community.

Submitted by Darcy Fisher



BVO Survey

As BVO celebrates its 40th Anniversary in 2023, we're reaching out to you to help us better understand the current and future needs of our community!

How much do you know about BVO programs and services? Any suggestions on how we can serve our community better? Please take a few minutes to complete our survey. Thank You!

www.surveymonkey.com/r/JC3HHCF or www.bvo.ca





Amnesty International, Group 82, invites you to participate in Write for Rights. This year, we're putting the spotlight on 10 people whose rights to protest have been violated by various governments' crackdowns on dissent and freedom of expression. See the link below to access these cases. There are on-line actions, short videos and information to guide you in letter writing. Together we can make a difference. Direct questions to Maureen McKee-Issacs 519-599-3510. www.amnesty.ca/writeathon/write-for-rights-cases.

WRITE A LETTER. CHANGE A LIFE.

Home Contents Sale
Antiques, vintage and contemporary art, designer indoor and outdoor furniture, dishware, china and accessories for sale at discount prices.
Saturday December 10th and Sunday December 11th
Time: 8:30 am to 12:00pm
Where: 142 Beech Street, Collingwood

ST. JAMES FAIRMOUNT ANGLICAN CHURCH
196759 Grey Rd 7
corner of Grey Rd 7 & Grey Rd 40
1st & 3rd Sunday 9am - Holy Eucharist BCP
2nd & 4th Sunday 9am - Morning Prayer BCP
5th Sunday 4pm - Evensong BCP & Potluck Supper
www.stjamesfairmount.org Rector Jeff Kischak, 519-770-7979



BLUE MOUNTAINS COMMUNITY HEALTH CENTRE
Dr. Remillard
78 King St. E. (Hwy 26)
Thornbury • 519-599-2732
WALK INS 8AM - 11AM

VACCINES



The REVIEW
Blue Mountains: Thornbury, Clarksburg, Craigleith, Heathcote, Ravenna

Publisher Linda Wykes, printed by Riverside Press. Your events, stories and photos of interest to our community can be emailed to info@visitblue.ca for inclusion in the newsletter by each Friday. Advertising rates are available by calling 519-599-3345.

E-NEWSLETTER - Use the subscribe form on our website to receive the weekly E-newsletter.
MAILED E-NEWSLETTER - You can also signup to receive the E-newsletter through Canada Post; \$50 for 25 issues
MONTHLY NEWSLETTER This newsletter is mailed to residents in The Blue Mountains the first week of each month
DONATE - Through our website link; email transfer to info@visitblue.ca or by cheque to Riverside Press, Box 387, Thornbury, ON N0H 2P0
LETTERS TO THE EDITOR: We ask that letters be no longer than 250 words, and adhere to standards of fairness, accuracy, legality and civility. Beyond that, we select letters on the basis of timeliness, relevance and diversity and reserve the right to not publish.
ARTICLES are from media releases or those that are submitted acknowledged the author.

Big Brothers Big Sisters Grey Bruce, Asks The Public To Be A Secret Santa This Christmas

It's beginning to look a lot like Christmas, so let's make it a December to remember. Big Brothers Big Sisters of Grey Bruce is asking the community for their support. Be a secret Santa by making a donation this holiday season. Your generous gift will go directly towards purchasing a personalized gift for a local child in need. Help us make sure no child goes without, this holiday season.

Donate today @ greybruce.bigbrothersbigsisters.ca or send a cheque to Big Brothers Big Sisters Grey Bruce, Harmony Centre, 2nd Floor, 890 4th Ave E, Owen Sound N4K2N7.

If you prefer to donate a tangible gift for a child or a grocery gift card for a family in need, please drop by our office or call 519.376.4449.

Ignite a LITTLE sparkle this holiday season.



The Royal Canadian Legion BEAVER VALLEY (ONT. NO. 281) BRANCH
BOX 268, CLARKSBURG, NOH 1JO

Royal Canadian Legion Beaver Valley Branch would like to sincerely thank everyone who contributed to their recent Poppy Campaign. All funds raised during the campaign are used solely for the assistance of veterans and their families throughout the year.

Although the Poppy campaign is now over, it is not too late to make a donation – Cheques should be made payable to 'RCL 281 Poppy Fund'. Donations of \$20 or more will receive a tax receipt. Thank you.

Water Tower Rehabilitation Project

Rehabilitation of the Victoria St. Water Tower was identified as a preferred alternative solution through the West Side Water Storage Environmental Assessment. The rehabilitation project will include full stripping of the existing coating from the exterior and interior of the structure, exterior and interior steel repairs, interior lining upgrades and exterior coating upgrades. The work is expected to extend the water tower's service lifespan by 18-25 years.

Through this project, an opportunity was identified for the Town to explore new design options for the water tower. Council voted to keep the tower white. Members of the public can learn more about the project, and subscribe for project updates, on the Town's project page at: www.thebluemountains.ca/WaterTowerRehab

Contact: Manager of Capital Projects
(519) 599-3131 ext. 236

Caregiver Available for Home Support, Overnight Stays, Errands
References available - Call Barbara 705-795-4571

CAREGIVER AT-HOME-SERVICES
Respite/Long Term Care / Companionship and Recreation
Food Preparation / Errands and Shopping / Exercise
Tara Griggs 519-807-2177

LIVE-IN or OUT CAREGIVER AVAILABLE
Physio Assistant and PSW with 20 years experience attending to my client's personal needs. I have a car for shopping, medical appointments and getting around. I cook, clean and cut the grass, just about anything my clients need. References available. Call Marg 519-373-4656.

Personal Aide Available.
Help with meal prep, home organization, and errands in the Clarksburg/Thornbury area
Please email Margaretnorcott@gmail.com

Girl Guide Enrolment

1st Thornbury Guides enrolled their newest members. By working together, the girls completed 4 tasks, each earning them a key to the "chest". With all four completed, they found their enrolment pins inside. Our unit meets Wednesday's 6:30-8:00pm at BVCS in the library. New girls are always welcome to join us! Register online through Girl Guides of Canada.



L to R Alyvia Bowcott, Michaela & Bianca James. Allie Donaldson.

Safe Communities Committee Leads Project To Map AED Locations In Grey-Bruce

The South Bruce Safe Communities Committee, co-led by the Grey Bruce Health Unit, has spearheaded an initiative to create a comprehensive, up-to-date list of AED (Automated External Defibrillator) locations in Grey-Bruce.

AEDs – small, portable, easy-to-use medical devices that can help restart the heart of someone who has gone into cardiac arrest – can be found in community centres, halls, churches, schools, businesses, and other public places.

A map of AED sites in Bruce County can be found on Bruce County's website, while locations in Grey County can be found on Grey County's website.

"Having a current picture of where AEDs are located in Grey-Bruce will allow residents to know if the space they'll be using has one of these potentially life-saving devices available. It also reveals any gaps in AED availability in Grey-Bruce and locations where new AEDs could be placed in the future," says GBHU Health Promoter Kaela Sales, who co-leads the South Bruce Safe Communities Committee (SBSCC) with the Saugeen Shores Police.

About 35,000 cardiac arrests occur annually in Canada, with about 80% happening outside of a hospital. About one in 10 victims do not survive. Performing CPR and using an AED on a person experiencing cardiac arrest can double their chances of survival.

CPR & Defibrillation training/recertification is available through several local organizations.

The SBSCC is a multi-sectoral partnership that supports the implementation of a co-ordinated approach to addressing safety issues in Bruce County.

Organizations, groups, and businesses with AEDs can add their locations to the local AED lists by emailing PAD@grey.ca (Grey County) or info@brucecounty.on.ca (Bruce County).

For More Information:

To connect with the Medical Officer of Health or program manager, please contact:

Denis Langlois, Communications Co-ordinator,
Grey Bruce Health Unit,
519-376-9420 or 1-800-263-3456 ext. 1315,
Communications@publichealthgreybruce.on.ca

BARB BLASER
BROKER

JANET NIELSEN
REALTOR®

HomesInGeorgianBay.com

Your Neighbourhood Realtors®

519-599-6134

INFO@HOMESINGEORGIANBAY.COM

RE/MAX

HALLMARK YORK GROUP REALTY LTD.
Brokerage, Independently Owned and Operated | RAISING THE BAR

*Not intended to solicit buyers or sellers currently under contract.



TURN YOUR OLD JEWELLERY
INTO CASH

We buy gold, silver and costume jewellery
Complimentary Estimates
Call to book an appointment with our gemologist

Jewellery Repair • Custom Design • Appraisals

The Georgian Artisan Shop
5 Bruce St. S, Thornbury
(519) 599-1188

www.thegeorgianartisanshop.com

Help BVO Support Families This Holiday Season

Purchase Gift Cards or donate directly to BVO to help us buy gift cards that are most requested by households in need: grocery stores, Walmart, Home Hardware/Canadian Tire, pharmacies, gas stations, and toy educational stores. Thank You!
For information, please call 519-599-2577 ext. 121 or visit bvo.ca

Merry Christmas

May the season be filled with sparkles of joy and love.

TERRY DOWDALL MP
SIMCOE-GREY

1-866-435-1809 • TERRYDOWDALLMP.CA •
TERRY.DOWDALL@PARL.GC.CA

In Memoriam

MARY FINDLAY ANGUS

Mary Angus (nee Wilkinson) passed away on Wednesday, November 23, 2022, peacefully in her home in Thornbury, with her family by her side.

Mary loved to spend time with her children Michael (Felicia) Tom, Jane, Claire (Mark Caplan) and grandchildren, Aidan, Effie, Mason, Cache, Payton, Molly, James, Wilkinson, Findlay, Tillie, Max and Angus, and of course her beloved sisters Helen (Bruce Mairs) and Bette (George Marshall).

She was predeceased by her husband of 60 years Peter Angus and spent the six years of her time without Peter living her life to the fullest.

Mary was interested in everyone she met and was a loyal friend to all. An avid reader, Mary loved to share her books and add them to the cottage bookshelf. She was a regular at the Thornbury library and was a founding member of the Georgian Triangle Lifelong Learning Institute.

Born in Hamilton, Ontario in 1932, Mary and her family then moved to Larder Lake, before eventually ending up on Roxborough Drive in Toronto. Mary formed many lifelong friendships during her time as a student at Branksome Hall, and later at Toronto General Hospital while training to be a nurse. Known for her unbounding energy, she remained an active alumni in both, organizing reunions and bringing her community together. Mary was physically active her whole life; she was a swim teacher and life guard, loved sailing and canoe tripping, skied, golfed, was a dedicated bridge and cribbage player and was an avid walker where few could keep up with her. Mary loved her time at camp Northway Lodge in Algonquin Park as the head of waterfront. She passed this love of Algonquin Park on to her children and grandchildren and created many wonderful memories for her family, including her nieces and nephews, at the cottages on Cache Lake. Mary was a volunteer extraordinaire, everyone could count on her support, and she did so with enthusiasm and endless energy. Mary was never afraid of change and made every home a wonderful place to be, starting in Maple, heading to Vancouver, Burlington, Woodbridge, and the farm in Beaver Valley before finally settling in Thornbury. She will be missed enormously now that she has made her final move but the memories, she created will always be with us.

Please join Mary's family in celebrating her life on December 27, 2022 from 1:00 until 3:00 p.m. at the Far Hills Clubhouse, 200 Beaver Street South, Thornbury (across the street from 27 Beaver Street South).

As your expression of sympathy, donations to the Meaford Hospital Foundation would be appreciated and may be made through the Ferguson Funeral Home, 48 Boucher St. E., Meaford, ON N4L 1B9 to whom arrangements have been entrusted.

www.fergusonfuneralhomes.ca



Grey Bruce Farmers' Week returns for its 57th consecutive year in 2023!

This annual conference and tradeshow will be held in-person at the Elmwood Community Centre, or can be livestreamed from your home, between January 4th and 10th 2023.

The conference starts with Beef Day, followed by Dairy, Goat, Sheep, Horse, Ecological and Crops Day. It is a 7-day Agricultural Conference packed with a most impressive and informative line-up of speakers! The coordinators for this event, Grey County Ag Services, in conjunction with agricultural commodity leaders from Grey and Bruce Counties, look forward to seeing producers, agribusiness professionals, and industry experts gather together after two years of airing the conference virtually. They anticipate a stellar event with strong support from sponsors and exhibitors, as well as lots of enthusiasm from the audience. Not to be forgotten, the return of the in-person event also brings the return of the excellent hot roast beef meal! Goat and lamb will be served on their respective days, and pies will line dessert tables once more. Networking is always better when done over dinner!

New this year: whether audience members purchase tickets for livestreaming or in-person attendance, all will be given access to conference recordings for a thirty-day span post-event. Producers can make use of this 'Encore Access' in order to catch up on pieces that they may have missed, or to recap information that they found especially useful.

In addition to Encore Access for the live presentations, audience members will also find available twenty-one 'On Demand' presentations. These are pre-recorded and available for watching on the attendee's own time, from home. Topics covered are broad, and access to all twenty-one presentations are included with tickets purchases for any day of the week. This roughly triples the content available to the GBFW audience.

Registration Price (online required for livestreaming, recommended for in person attendance):

All days, in person or livestreamed: \$50/day Includes HST or \$120 for 3 days. Livestreamers can purchase the content for the whole week for \$180.

Registration includes access to conference content during the 30 day encore access. All attendees can also view 21 bonus presentations following the event.

In person attendance includes hot roast beef dinner. Goat and Lamb are also served on those respective days.

Grey Bruce Farmers' Week will be held at the Elmwood Community Centre (# 38 Queen St. W.), 8 km north of Hanover on County Road #10. The Community Centre is 1.6 km west of the Amber flashing beacon. Livestreaming tickets must be pre-purchased online. It is recommended that attendees purchase in-person tickets online as well. For those unable to do so, cash, cheque and debit will be accepted at the door.

Would you like more information about Grey Bruce Farmers' Week's program or tickets? Go to their website: www.gbfcw.ca, or contact the organizers directly by emailing info@greyagservices.ca or calling 519-986-3756. Don't forget to follow the event on social media too! Twitter and Facebook: @GBFarmersWeek, Instagram: @GB_FarmersWeek, #GBFW23.



"SERVING OUR COMMUNITY SINCE 2005"



Thornbury DENTAL

DR. MIKE BUDREWICZ, DDS · DR. LANCE BURNHAM, DDS

NEW PATIENTS WELCOME, EMERGENCIES SEEN PROMPTLY

PROVIDING COMPLETE DENTAL CARE INCLUDING AESTHETICS, DENTAL IMPLANTS, INVISALIGN, ENDODONTICS AND DENTURES



DR. MIKE BUDREWICZ

519-599-9962 · 115 KING STREET EAST, THORNBURY · THORNBURYDENTAL.CA



Mon. - Fri. 10am - 5pm

519-599-3344

www.riversidepress.ca

Printing, Signage, Banners, Flyers, Brochures, Postcards, Posters, Labels, Book Binding, Laminating, Fax, Copies, Wide Format, Scans



22 Louisa St. E., Thornbury



The Thornbury BIA receives Government of Canada support through My Main Street Community Activator Placemaking Program

The Thornbury BIA is pleased to announce that Rainbow Trout was selected for the My Main Street Community Activator program and has received \$10,000 for an art installation for the 2SLGBTQI+ community called Rainbow Trout. It is a vibrant art installation located along the riverside.

Through the Government of Canada's My Main Street Community Activator, administered by the Canadian Urban Institute (CUI), The Blue Mountains will enjoy a more vibrant neighbourhood setting that will draw visitors and increase foot traffic to shops, restaurants and exciting new public spaces. The Thornbury BIA is supported by My Main Street—a two-year, \$23.25-million investment by the Government of Canada through the Federal Economic Development Agency for Southern Ontario (FedDev Ontario), delivered by CUI and the Economic Developers Council of Ontario (EDCO).

The Rainbow Trout Art Installation will represent the 2SLGBTQI+ community. It will add a destination along a walk by the river, providing a sense of an inclusive community with social awareness, social connectedness and belonging.

The Rainbow Trout project is a series of eight large fish painted in vivid 2SLGBTQI+ colours that will be a great backdrop for social media posts and tags.

Quotes

"Main streets play a vital role in growing local communities and economies for everyone. The Government of Canada will continue to invest in My Main Street and the small businesses the program serves, resulting in local economic growth and more vibrant neighbourhoods for Canadians and their families to call home." - The Honourable Filomena Tassi, Minister responsible for the Federal Economic Development Agency for Southern Ontario

"I'm very happy to be involved in this project. It's been encouraging to see how positive public awareness is getting on the issue of gender identity. When I got the brief from Stephanie, to create a sculpture celebrating the rainbow trout, the gayest fish in Georgian Bay, it struck me as being the perfect mix of 2SLGBTQI+ awareness and nature lore—and it still does." - Ted Sivell, The Sculptor, ARTIST

The Rainbow Trout will add vibrancy to the downtown walkways and bring an inclusive feeling to the community. Thank you to our local artist, Ted Sivell for the sculpture work and the installation by Verge Studios Limited.

by Stephanie Hensel, Thornbury BIA Board Director

Groups Welcome New Board Members

Appointments to the Thornbury BIA Board of Management

Nominations were received for the new term of the Thornbury BIA (Business Improvement Association) Board of Management at meetings on November 2 and November 9. The following individuals were nominated: Stephanie Hensel, Sarah Beveridge, Lesley Fisher, Renee DesRochers, Kelly Gale and Mark McEwan. All the nominees, are members of the Thornbury BIA and The Town Council appointed them for the 2022-2026 term.

The Clarksburg Village Association held its AGM in November and a new board was elected. Meagan Cordingley from Dogwood Flower is the President, Claire Brisland from Ginkgo Core Health has been elected VP and Secretary, and Kerrie Muschalla from The Shed will act as Treasurer. With new businesses setting up in downtown Clarksburg, all the stars seem to align for this new generation of local leaders. Many thanks to the previous Board.

The Blue Mountain Attainable Housing Corporation also had their AGM in November and the new board consists of Gavin Leitch, Chair; Patrick Gourlay, Treasurer; Carolyn Letourneau, Secretary; Janet Findlay; Robert Hamilton; Michael Schaefer; Andrew Siegwart; and the 2 Municipal Director positions are currently vacant. Town Council will be in discussions with the Board regarding these appointments.

Marsh Street Centre welcomes Robert Brown, President; Mike Weller, Vice President; Michele Myrah, Treasurer; Liz Kennedy, Secretary; and Directors Bonnie DelBianco; Bill McKetrick; Ward Cornforth; James Lethbridge, Tim Bristow and Erna Scholz.

Christmas Message

Wow 2022 is almost over. It has been a privilege to serve and see your smiles over the year. Fifty years ago we could not have imagined 5 great grandchildren, Hunter 9; Ryker 4; Emma 3; Serenity 2 and Kayne 2. All, so full of love and energy.

Traumatic loss of a toe for Patricia, July 25 but her general health has improved this year. Kay is busy with the grandbabies and her little business in Alberta. Lucas and Stephanie have their individual challenges as parents. Carol and Keith have been on the hop like the energizer bunny trying to help all of us all year. Ila is moving to Owen Sound and Cole across town in Meaford. Athena, in spite of health challenges is a reliable Tim Horton's worker in Owen Sound. Anna has built up a very busy cleaning business and lives in Collingwood. Nelson has odd jobs. Nelson and Kahl just won't stop growing. These two grandsons are twice my size.

It was truly a thrill to have a grandson, Nelson and a great grandson Ryker accompany me in the Fall Fair parade. A highlight of the year was the baptism of a good friend Bill Lang.

Thanks to a wonderful season and generous apple growing friends we have been able to share a lot of apples. We know not what lies ahead but need to be thankful for our blessings every day. The beautiful Beaver Valley is home to the finest weather, fruit and people to be found in the world.

Sincerely Patricia, James & Family



Creating Primary Health Care Capacity

Nurse Practitioners

There is increased access to primary care within our town by means of two Nurse Practitioners who have set up private practice. Although, these services are not currently, funded by OHIP, both professional and patient lobby groups are fiercely requesting it.

Gillian Elmes, Nurse Practitioner is now accepting patients within Thornbury and can be reached on 519-377-0602 and Melody Fox can be reached at 226-665-2200.

What is a Nurse Practitioner (NP)?

A NP is a Registered Nurse with advanced university education who provides personalized, quality health care to patients. They provide a full range of health care services to individuals, families, and communities in a variety of settings including hospitals and community-based clinics in cities and smaller towns in Ontario.

What can a Nurse Practitioner do?

Nurse Practitioners assess, diagnose, treat, and monitor a wide range of health problems using an evidence-based approach to their practice. They consult and collaborate with Physicians and other health care professionals to meet the needs of the patient population. Chronic disease management, health promotion and illness prevention, as well as helping patients navigate through the healthcare system are integral to their approach to patient care.

- Requisitions for diagnostic imaging (x rays, ultrasounds, CT scans and MRIs) and laboratory testing
- Referrals to specialists
- Mental health assessment, diagnosis, and treatment
- Prenatal and postpartum care, contraception and sexually transmitted infection screening and treatment
- Breast, colorectal and cervical cancer screening
- Chronic disease management

Diagnostic tests, labs and specialist care upon referral are OHIP funded; currently the Ministry of Health does not fund services provided by a Nurse Practitioner. Some private health insurance plans will cover the cost of their services.

Who regulates Nurse Practitioners?

The College of Nurses of Ontario (CNO) regulates Nurse Practitioners.

What has the Town been doing to create access to primary care?

The Town of The Blue Mountains has undertaken delegations to the Minister Health on three separate occasions since August 2021 requesting a NP funded clinic here, however, to date there has been no funding forthcoming.

Expanded Scope of Practice for Pharmacists arriving at Thornbury Pharmasave January 1st, 2023

Currently, Pharmacists have the authority to

- Acute, episodic disease assessment and treatment
- New, adapting and refill prescriptions in quantities of up to one year's supply
- Perform certain point of care tests (POCT) for chronic conditions to assist with medication management and treatment of patients
- Administering a Substance by Injection or Inhalation, including flu vaccines to children as young as two years old
- Piercing the Dermis for Demonstration and Point-of-Care Tests

As of January 1, 2023, Ontario Pharmacists will be authorized to prescribe medications for 13 minor ailments that include:

- Allergic rhinitis
- Candidal stomatitis (oral thrush)
- Conjunctivitis (bacterial, allergic, and viral)
- Dermatitis (atopic, eczema, allergic and contact)
- Dysmenorrhea
- Gastroesophageal reflux disease (GERD)
- Hemorrhoids
- Herpes labialis (cold sores)
- Impetigo
- Insect bites and urticaria (hives)
- Tick bites, post-exposure prophylaxis to prevent Lyme disease
- Musculoskeletal sprains and strains
- Urinary tract infections (uncomplicated)

Minor ailments are described as health conditions that can be managed with minimal treatment and/or self-care strategies. Additional criteria include:

- Usually, a short-term condition
- Lab results aren't usually required
- Low risk of treatment masking underlying conditions
- No medication or medical history red flags that could suggest a more serious condition
- Only minimal or short-term follow-up is required
- Information for Patients

Having the legislated authority to prescribe for minor ailments does not mean all pharmacists must offer or provide this service.

Therefore, we are extremely fortunate that Shannon Fry, a Pharmacist at Thornbury Pharmasave is pleased to say that they will be offering this new service beginning January 1st, 2023. Please note that unless the proposal in front of the Ministry of Health is accepted there will be a fee for this new prescribing service.



Melody Fox

NURSE PRACTITIONER
RN, BScN, MSc, MN, FNP-C



Are you looking for a Health Care Provider?

Melody Fox, Nurse Practitioner is currently accepting new patients at her private practice. To book an appointment call 226-665-2200.

Services provided include:

- Primary Care Weight Management
- Women's Health Dermatology
- Men's Health
- Mental Health Counselling
- Geriatric Assessments Home Visits

Melody Fox RN, BScN, MSc, MN, FNP-C

69 King St. E., Thornbury (Hwy 26)

melody@melodyfoxnp.com / www.melodyfoxnp.com

ONLY 12 SEATS LEFT!



"Merry Christmas Honey!"

I bought us seats on the 2023 Africa Wildlife, Wine & Waterfall Safari with Karen!

PS. Saved us \$14-00! xxx



Early Bird Special Ends 31 Dec 2022

WWW.ALLWINGS.CA

Grey Bruce Health Services Offers Urgent Care Virtual Visits

Qualifying patients now have quick access to a virtual visit with a physician from the comfort of their own home. Virtual services are offered on specified days (see below) on a first-come, first-served basis for urgent but non-life-threatening medical issues. By requesting care online, patients can receive medical advice without traveling to the hospital.

- The service is open six days a week, Monday to Saturday
- Appointments are available from 8a.m. – 3:30 p.m. on clinic days
- Visits are usually 15 to 30 minutes long, and are booked on a first-come, first served basis
- If patients cannot wait to be seen by the virtual doctor, they should proceed to the nearest Emergency Department.

What is a virtual urgent care visit?

An online interaction between the patient and a GBHS doctor through video or audio chat. Similar to an in-person medical visit, patients will describe their concerns and symptoms to the doctor. The doctor may be able to fully address the concern during the online visit, or in some cases, the doctor will explain to the patient why they need to go to the hospital for in-person care.

Is the virtual urgent care visit right for me?

- Virtual urgent care services are intended for patients who are:
- 18 years of age or older (dependents as young as 3 months permitted);
 - Have a medical condition that is not life-threatening;
 - Well enough to wait up to several hours to discuss the concern with a physician; and
 - Currently located in Ontario
 - This service is intended for patients in the Grey/Bruce region.

Please be advised that virtual urgent care visits are not appropriate for narcotic prescriptions or renewals. Please see your regular provider for this. If you are in severe distress, experiencing a medical emergency, or your symptoms worsen while you wait, please call 911 or go to your nearest Emergency Department.

What do I need for a virtual visit?

Please make sure you have access to the following in order to seek medical care virtually:

1. Valid email address and phone number
2. Valid OHIP card
3. Smartphone, tablet, or computer with a camera and microphone that does video calls
4. Internet or Wi-Fi connection
5. Safe and quiet space where you can have a private conversation with a doctor

What can't be treated virtually?

For severe or life-threatening symptoms, please seek immediate emergency care. These may include:

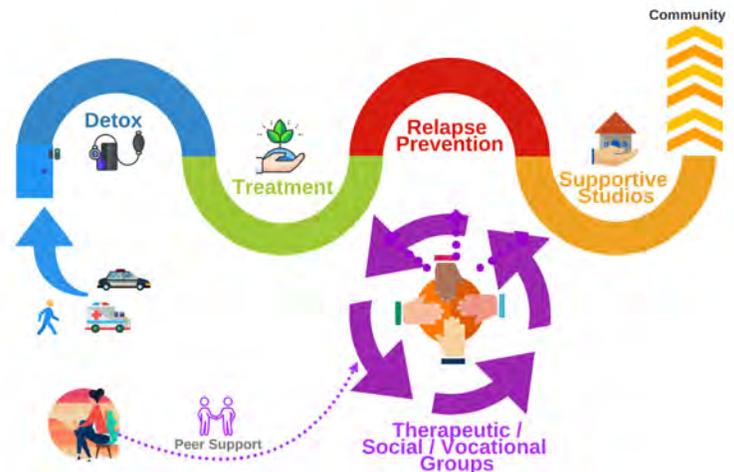
- Bad chest pain or racing heartbeat
- Significant breathing problems
- Difficulty speaking or swallowing
- Numbness, weakness, or a loss of vision
- Opioid prescriptions
- Any other problems you feel can't wait

www.gbhs.on.ca/virtual-urgent-care

New Wellness & Treatment Centre

Grey Bruce Health Services is excited to announce that we are opening a brand new facility dedicated to supporting individuals with addictions and mental health needs. Thanks to funding from the Ministry of Health, the new facility, once fully operational, will have space to serve up to 45 inpatients, as well as outpatient services. The new facility will be located in a former public school in Owen Sound (Bayview School) on 6th A Street East.

This project is the first of its kind in this region, and is unique in Canada. Based on harm reduction and recovery principles, the centre will provide a safe environment for individuals in need of additional support following discharge from hospital/addiction services or who are being referred from a community agency. The patient journey based on the services that will be offered in the new wellness centre is depicted below.



Why are we building this facility now?

Our region has seen a significant increase in opioid-related hospitalizations, and our Emergency Department visits have tripled in the past few years. This new treatment centre will be the largest of its kind in our region and will be able to treat people from across Grey Bruce. Here's what we are seeing:

- 70% more people in Grey Bruce are being hospitalized due to opioids (compared to 6 years ago)
- 3X the number of opioid-caused visits to emergency departments
- 160% surge in demand at our Rapid Access Addiction Medicine Clinic
- Our Withdrawal Management program is at 100% capacity
- 80% of our inpatient mental health beds are used by people struggling with substance use
- 22% of Grey Bruce residents report being regular heavy drinkers with long-term risks

The new wellness centre will help the most vulnerable people get off the street and provide a safe space while they get medical treatment and therapy to get back on their feet. Most of these individuals have co-existing alcohol and drug issues and mental health challenges, compounded by unemployment and homelessness. Hospitals are not the best setting for this type of care, and that's why we are opening a new, purpose-built wellness and treatment facility.

Updates on the project will be posted at www.gbhs.on.ca

Ontario police are reminding drivers to renew their licence plates even though it's now free of charge before your birthday.

While Ontario scrapped the licence plate renewal fee back in March, the actual renewal process is still required. At the time, the province said dropping this fee would save drivers \$120 a year. OPP have warned motorists that they could face a serious fine if they fail to renew their plate. Some drivers in Ontario have been hit with \$500 fines for failing to do so. You can renew your license plate at any Service Ontario location, online or by mail.

Craigleith Heritage Depot

Temporarily Closed for Restorations

Our building restorations have begun! Pick up holds and materials at L.E. Shore Library

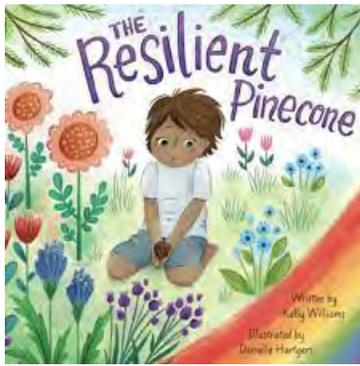
See you soon!



The Resilient Pinecone

by Kelly Williams (Author), Danielle Hartgers (Illustrator)

This is a story about building resilience. Ajna, like any child, is grappling with big emotions and uncertainties of the world. Taking time for mindfulness outdoors in nature provides opportunities for balance, gratitude, and inner peace. Many life lessons from Mother Earth are available if we are open to learning. The resilient pinecone is the voice of Mother Nature that offers Ajna wisdom and guidance for transformation. It is a story of hope.



Ajna is open to exploring nature in the garden while trying yoga poses on a quest for understanding. Yoga gives Ajna an opportunity to integrate the mind, body, and spirit by balancing the Chakra energy centres. Learning to practice breathing, hold yoga poses, and be still for meditation, assists Ajna to feel calm and grounded.

While being playful and in the moment Ajna finds joy while exploring the garden. Before long Ajna's self-confidence blossoms. By taking time to be mindful and peaceful we can become more resilient and find the courage to do hard things. Learning to build resilience is vital for a healthy and happy life. Ajna learns new strategies to bounce back from adversity while moving in healthy and mindful ways.

Kelly will be participating at a book signing on Sunday December 4th at Inner Yogies, 2-58 Arthur St. W. Thornbury 2:00-4:00pm.

Further information available at www.kellywilliams.com

For print copies call The Review Office 519-599-3345

Snow Angel

by Tricia Sybersma

Tricia was born in Toronto and grew up in Blue Mountains. In 1993 Tricia and her family said yes to an adventure and moved to the Cayman Islands where she continues to reside.

Whether surrounded by sandy beaches or snow, Tricia looks for the magic that is just beyond our awareness then brings them to life with her poems and stories.

"Fairy tales are surrounded by themes of magic, lessons and an invitation to step out of our comfort zone to look at the layers of possibility. Isn't it interesting that the first stories we hear, our first books are often about fairy tales? We spend our early years believing in magic and possibilities. Where does this go? What would it be like to invite magic back into your life?"

"Snow Angel" is an invitation to do just that. A true story of what happened when I chose to bring magic back into my life by making snow angels in the snow. I encourage you to let the magic of this fairy tale be an invitation to bring magic back and see for yourselves how it changes your life."

Available to purchase in eBook form \$7.50 online at TriciaSybersma.com or call The Review office 519-599-3345 for print copies. Proceeds to support the Blue Mountain Legacy Fund.



South Georgian Bay COVID-19, Cold, Flu and Respiratory Care Clinic Appointments

With increasing respiratory illness in our region, the South Georgian Bay Ontario Health Team (SGB OHT) is opening the South Georgian Bay COVID-19, Cold, Flu and Respiratory Care Clinic starting on December 2nd, 2022. The clinic provides assessment and care, by appointment, for people experiencing COVID-19, cold, flu or other respiratory symptoms and helps offset pressures facing the hospital emergency department. The clinic is an initiative that supports the shared purpose of the SGB OHT to keep residents in the South Georgian Bay community safe and was made possible thanks to the longstanding and trusting relationships of health care and social service partners across the community.

"The COVID-19, Cold, Flu and Respiratory Care Clinic offers quick and safe access to care," says Dr. Harry O'Halloran, Lead Physician Georgian Bay Family Health Organization, Co-Chair South Georgian Bay Ontario Health Team. "Right now, we are experiencing a lot of respiratory illness in our community, and we want to ensure that anyone experiencing COVID-19, cold or flu symptoms who feel they need to see a doctor or nurse practitioner will be able to do that quickly and easily. We'll continue to work collaboratively with local family docs, nurse practitioners and our emergency room colleagues to respond to our community's health needs."

As part of this collaborative effort to keep the community safe during COVID-19 and to help reduce the burden on our local emergency room, OHT Partners including emergency room and primary care physicians and nurse practitioners are supporting the clinic's operations.

Appointments to the clinic are available beginning on December 2nd, 2022 and can be booked on the South Georgian Bay Ontario Health Team website <https://southgeorgianbayoht.ca/covid-19-cold-and-flu-and-respiratory-care-clinic/> by contacting your family physician, or dialing 2-1-1 (24/7 bilingual helpline) for assistance with booking an online appointment. Bookings for the COVID-19, Cold, Flu and Respiratory Care Clinic are available up to seven days in advance.

COVID-19 testing and vaccine information can also be found on the South Georgian Bay Ontario Health Team website here:

www.southgeorgianbayoht.ca

The advertisement for the Lion's Annual Christmas Tree Sale is framed with a green border. At the top, there are festive decorations including gold and silver ornaments, stars, and a string of lights. The Lion's Club logo is prominently displayed in the center. The text reads 'LION'S ANNUAL Christmas TREE SALE' in a mix of bold, serif, and cursive fonts. Below the text, there is a photograph of a large, lush green Christmas tree. The contact information is listed at the bottom: Chamber of Commerce, 3 Grey St N., Thornbury (next to Home Hdw on Hwy 26), Fraser Fir 6' to 10 1/2', Balsam Fir 6' to 8 1/2', Prices vary by height, Contact www.bvlionsclub.ca, bvlions@hotmail.com, Tom Kennedy 519-599-7781.



The **Thornbury-Clarksburg Rotary Club** are excited to announce that their inaugural Kindness Gala held on Saturday November 12th, 2022 at The Georgian Peaks Club was a huge success! We raised \$37,413.00!

Fun was had by all. It was evident that everyone thoroughly enjoyed themselves. We received a lot of feedback about how amazing it was to celebrate each other and the importance of kindness in our community.

The proceeds from the event will go towards the proposed Moreau Park ... Kindness at Play project.

Congratulations to The Kindness Award recipients: Betty Muise, Rob Robson & Jill Kitchen, Adrienne Cipp, and Chantelle Brown.

The Kindness Gala Committee wants to extend an enormous thank-you to the many sponsors and supporters that helped to make this evening possible.

Mark your calendars for next year! The Kindness Gala is scheduled for Saturday November 11th, 2023.

Thornbury-Clarksburg
Rotary
Club



Thank you to all of our sponsors and supporters!

Friends in Kindness
Steve & Helene Schofield
Elizabeth DeGroot
Ruth Kritsch
Jean Perreault & Karen Leggett
Jil & Wayne Thompson

Emcee
Tyler Boyle

Auctioneer
Michael McGinn

Music
Switchbeat

Coat Check Volunteers
Katriina (Kake) Kosunen
(Exchange student from Finland)
Venla Niemi
(Exchange student from Finland)

Live Auction
Big Canoe Project
Bruce's Wine Bar
Eagle Max Adventures
OSM Adventure Travel
Owen Sound Flight Services
Penny's Motel
Skydive Wasaga Beach
The Georgian Peaks Club

Kindness Gala Supporters
Clearview Security Systems
Life Directions
Marc Anthony Venere Foundation
Thornbury Home Hardware
Tigs
Town of the Blue Mountains

Online Silent Auction
Adorn II
Baker Tilly, Collingwood
Beaver Valley Ski Club
Black Angus Fine Meats & Game
Blackbird Pie Company
Blair Hilts
Bliss Massage
Blue Mountain Chamber of Commerce
Cherchez la Femme
Code Red Hair Salon
Creemore Springs
Deborah Masters
Debra Lynn Carroll
DeCorso's
Dr. Dors. Dr. Traynor & Associates
Foodland, Thornbury
Free Spirit Tours
Furbelows
Georgian Hills Vineyard
IWA Spa
Karen Venditti Designs
Lemonade Collective
Loved You Madly
Marc Anthony
Marion's Hair Studio
Nantucket & Co.
Ravenna Country Market
Skot Beaumont
Spy Cider House & Distillery
Squire John's
Sue Findlay
Susan Dieter
T & K Ferri Orchards
The Corner Cafe & Grill
The Diamond Studio
The Pine Restaurant
The Sewcial Quilter
Thornbury Antique Market
Thornbury Craft Cider & Beer
Tom The Dreamer

STAN & JANET RELJIC
AND
CENTURY 21
Millennium Inc.

PHARMASAVE

Castlepoint
Numa

Financing Wentworth Stanley

HDA





TOWN NEWS & NOTICES

 (519) 599-3131

 info@thebluemountains.ca

 32 Mill St. Thornbury, ON

 www.thebluemountains.ca

 **Subscribe for Updates:** www.thebluemountains.ca/subscribe

Notice of Study Completion - The Corporation of the Town of The Blue Mountains Transportation Master Plan

The Town of The Blue Mountains (Town) has developed a comprehensive Transportation Master Plan (TMP). TMPs are long-range plans that guide transportation planning and infrastructure needs to accommodate growth and development within a broad area, along with policies to guide transportation and land use decisions.

As part of the TMP process, our consultants, Stantec Consulting Ltd. assessed the Town's existing and future transportation challenges and opportunities, and worked to identify short- and long-term transportation infrastructure needs. Recommendations in the TMP support improved connectivity and travel times, enhance safety, and encourage active transportation and transit. The TMP includes recommendations for operational, design, and transportation policies that the Town will use to manage its transportation infrastructure to 2042.

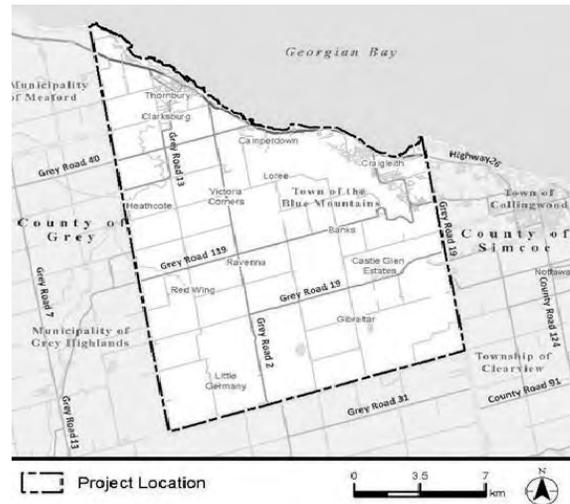
The TMP is an important resource for the Town as it continues to adapt to changing needs, growth and development, and new opportunities. The TMP will shape how we travel, help us further understand and define our regional connections, and support the movement of goods and services throughout the region.

The Process

This study has been undertaken in accordance with Approach #1 of the Master Planning Process, as outlined in Appendix 4 of the Municipal Class Environmental Assessment (MCEA) document (October 2000, as amended in 2007, 2011 and 2015). As such, the TMP has addressed Phases 1 and 2 of the MCEA process.

Notice of Review Period

A TMP report has been prepared that documents the TMP study. This notice announces the start of the comment review period for the TMP in accordance with the requirements of the EA process. The TMP Report will be available for review from December 1, 2022 to January 13, 2023, online at: www.thebluemountains.ca/planning-building-construction/current-projects/strategic-projects-initiatives/transportation



The TMP Report will be available for review from December 1, 2022 to January 13, 2023, online at:

www.thebluemountains.ca/planning-building-construction/current-projects/strategic-projects-initiatives/transportation.

Please provide written comments by January 13, 2023, to the study team members noted below. All comments will become part of the public record of the study except for personal information.

Adam Fraser

TMP Project Coordinator
Town of The Blue Mountains
Phone: (705) 351-2630
Email: tmp@thebluemountains.ca

John Heseltine, MCIP

Project Manager, Senior Planner
Stantec Consulting Ltd.
Phone: (902) 481-1477
Email: john.heseltine@stantec.com

Please contact the study team members listed above if you have any accessibility requirements. All information will be collected in accordance with the Freedom of Information and Protection of Privacy Act and Municipal Freedom of Information and Protection of Privacy Act. Except for personal information, all comments will become part of the public record.

This notice was first issued December 1, 2022.



TOWN NEWS & NOTICES

 (519) 599-3131

 info@thebluemountains.ca

 32 Mill St. Thornbury, ON

 www.thebluemountains.ca

 **Subscribe for Updates:** www.thebluemountains.ca/subscribe

2022/2023 Winter Parking Restrictions & Resident Snow Removal

The Town of The Blue Mountains would like to remind residents that Winter Parking Restrictions come into effect on Tuesday, November 1, 2022. In accordance with the Highway Traffic Act and Town By-law No. 2003-11, overnight parking is prohibited on all Town streets from 2:00 am to 7:00 am. Winter Parking Restrictions will remain in effect until April 1, 2023.

In addition, residents are reminded that Town By-law No. 2014-65 prohibits the deposit of snow or ice onto a Town roadway, including the shoulder, sidewalk, walkway, boulevard, or ditch, without written permission from the Director of Operations.

Residents are also asked to remove items from the roadside including basketball nets, hockey nets, boats and all trailers, landscaping items or any other items that may interfere with snow removal operations.

Winter parking and snow removal restrictions are necessary to help ensure that snow removal operations can be completed safely and effectively. The Town would like to thank all residents for their cooperation throughout the winter season.

For more information, please contact:

Operations Department
(519) 599-3131 ext. 276

Town Hall Holiday Office Closure

The Town of The Blue Mountains would like to advise residents that Town Hall will be closed for the holiday season from Monday, December 26, 2022 until Monday, January 2, 2023.

All essential services will continue to operate throughout the holidays. Town Hall will re-open with regular hours on Monday, January 2, 2023.

For after-hours Town-related emergencies, please call (519)-599-3131.



The Master Gardener's Corner

Things to do in your garden each month taken from the Ontario Master Gardener Calendar by John Hethrington, Past President, Master Gardeners of Ontario. For more information, or your copy of the 11" x 17" calendar of the full year's tips for a \$2 contribution to Master Gardeners, call 519-599-5846. A suggestion, Give MG Tip calendars for Christmas.



December 2022:

- After the early heavy wet snow in late November and the helpful mild spell that followed, here are a few things you still can do in December. There is no end to garden chores.
- Cut down tall perennials and ornamental grasses bent over by the heavy snow.
- Loosely wrap evergreens and especially rhododendrons with Burlap. It is better to use 3 tomato stakes and make a triangle of burlap, as high as the plant and 6" away from it to break the drying wind and shield it from the winter sun.
- Protect young trees and shrubs from rodents with spiral plastic wraps. I know they look ugly, but they are white to reflect the sun and minimise sun scalding.
- Hill up the soil and/or compost around your hybrid tea roses and other tender plants and shrubs.
- I place loose straw over my potentially tender Phenomenal and Czech lavender to create an igloo of protection.
- Bring in, drain and store all hoses and water related equipment. Blow out garden water lines before they freeze.
- Wash all your garden tools. Wipe the metal parts with a cloth soaked in 3-in-1 oil. If you really want to be fancy, wipe the wooden handles with boiled linseed oil.
- Make sure you have stocked up on firewood for the fire place this winter.
- With all the recently arrived and disappeared snow the ground will not yet be frozen, so you can still plant those spring bulbs that you forgot in your garage.
- I once planted tulips on Christmas Day in my garden by the sidewalk in downtown Toronto. An elderly gentleman passed by and asked, "Whatever are you doing?" I told him "It's an old Hethrington tradition, I always plant tulips and daffs on Christmas Day". He shuffled off shaking his head, but there were blooms in April. So, stick any bulbs you can find in the ground before it freezes.
- Inside, check to see that your house humidifier is maintaining the humidity at over 40% to benefit both house plants and your family.
- Put lots of garden tools and garden books on your Christmas list
- Order seed catalogues and start dreaming about SPRING!

**Merry Christmas from your
Beaver Valley Master Gardener**

BVO TREASURE SHOP

Feel Good Giving this Holiday Season

BUY LOCAL BUY RECYCLED

SHOP NEW ITEMS DAILY OR BUY A GIFT CERTIFICATE FOR A LOVED ONE

519-599-2577 | BVO.CA
54 KING ST. E. THORNBURO

Making good things happen in our community!

ROYAL LEPAGE
DIRECTOR'S PLATINUM AWARD 2021

Connor Whalen
Sales Representative

(Direct) 705-441-1075
(Office) 705-445-5520
connorwhalen@royallepage.ca
www.connorwhalen.royallepage.ca

ROYAL LEPAGE LOCATIONS NORTH BROKERAGE

Over \$248,000 Granted Across Grey Bruce This Fall

Exciting projects and programs will be starting up across Grey Bruce over the winter thanks to grants from **Community Foundation Grey Bruce** totaling \$248,180. Local charities and non-profits applied for support to start and grow projects through three grant streams this fall; Kids Can Play Bruce Grey, Fall Community Grants, and Capital Grants.

"The Kids Can Play grant let us focus in on youth recreation projects, an area that saw a real decline in applications during COVID" says Jen Legge, Grants Coordinator at Community Foundation Grey Bruce. "This fall, we saw diverse applications from sports to art workshops and open mic events."

Community Living Kincardine & District applied to the Kids Can Play Bruce Grey grant in partnership with Grey Bruce Play for their "All Kids Can Play" Inclusion Project. The project will create training and resources that coaches, volunteers and the community can use to make their programs more inclusive and welcoming for children of all abilities. They are addressing the lack of understanding of how to include all children, and the awareness of what accessibility barriers exists. The \$3,000 grant will support a website, sensory and inclusion kits, and presentations.

Bruce Grey Mentorship applied to the Capital Grant opportunity to improve their outdoor space. In addition to improving safety and accessibility to their location, the \$20,000 grant will support a basketball court and outdoor play area for their Mentors and Mentees.

Other organizations receiving grants from CFGB this fall include Bruce Peninsula Biosphere, Georgian Bay Symphony, Earth Day Grey Bruce, Southampton Arts, Grey Bruce Hospice, The Hanley Institute, and The Meeting Place Tobermory.

Community Foundation Grey Bruce manages more than 165 endowed funds created by local donors, that generate income which is disbursed as grants to charities and non-profits addressing quality of life in Grey and Bruce Counties.

In the Spring of 2022 Community Grants totalled \$154,934.

For information on how you can make a lasting impact on your community by donating to one of our funds or creating a new fund, and for a complete list of community grant projects, visit the Foundation website at communityfoundationgreybruce.com. Applications will open in January for Spring 2023 Community Grants with applications due April 15.

Blue Mountain Legacy Fund Reaches \$30,000

In December 2020 the Blue Mountains Legacy Fund began as an Endowed Fund with Community Foundation Grey Bruce and has now reached \$30,000. In 2023 the interest from the fund will be a new revenue stream for the Grants and Donations Committee. Support for this fund is appreciated and will create a lasting legacy.

Blue Mountain Legacy Fund

Helping The Community

FOR INFORMATION VISIT
www.bluemountainlegacyfund.ca

or call 519-599-3345

WIGILIA by Alice Otrysko

The celebration of "Wigilia" (vigil) or Christmas Eve, is no doubt the most important in a Polish family.

The four weeks of Advent, preceding Christmas, are times of quiet preparation for the birth of Christ, with no parties, no dancing and stress on prayer, family time and early morning Masses held at Polish churches for those who can attend. (my grandfather never missed a Mass during this time and I tried to attend before school when I could).

The one special day during Advent is December 6, St. Nicholas Day when children receive gifts from the Saint. In England at the Camp, we celebrated that day on the closest Sunday with St. Nicholas coming in, the "Devil" over his left shoulder and the "Angel" over his right. He bore and distributed gifts to all the "good" children. As a result, during Advent, children were at their finest behaviour.

Wigilia, the Christmas Eve dinner, is the most formal occasion of the year. Tradition, myth and symbolism dates back hundreds of years. Each region celebrates it in their own special way but the basic traditions do not differ.

In preparation, the house is thoroughly cleaned and aired out and the women or anyone who can help, cook and bake days in advance. My mother was a wonderful baker and cook and the smells days before The Eve, kept us hungry. What distracted us was the decorating of the tree which had to be fresh, never fake.

In the afternoon on Christmas Eve, everyone dresses up, the table is set, the food ready and all await the appearance of the first star to begin.

The family, who has fasted all day, starts by sharing the "Oplatek", a large wafer bought in the Polish stores or the Polish church. The eldest member, who was my grandfather when he was alive, would begin with the next oldest person, breaking the wafer, kissing and hugging and wishing each other the best.

The meal begins with the traditional beet soup called "barszcz" which is meatless and served with tortellini-like dumplings called "uszka" (ears) which are stuffed with mushrooms. No meat is allowed on this day.

Usually 12 small courses are served consisting of fish, mushrooms, cabbage and dried fruit dishes. The 12 courses stand for the 12 Apostles.

Following the meal there is singing of Polish carols and presents are exchanged.

The rest of the evening is spent in the warmth of family until it's time to go to Midnight Mass.

Next day, Christmas, people usually visit family and friends or just relax at home. Those who didn't go to midnight Mass, go to Church.

In my grandfather's memoirs he writes that Wigilia was still celebrated even though food was scarce in the Siberian work camp. However, since the woods were nearby, foraging for mushrooms and any other edibles allowed the starving family to have some semblance of this very holy and special time of the year. (Mushroom foraging was my mother's favourite outdoor activity and she knew how to use mushrooms well.) Those mushrooms were also used in the beet soup.

MY BARSZCZ (beetroot soup) recipe: you may add a can of coconut milk at the end if you want it creamy

I use the food processor for all my grating

Bunch of cleaned and peeled beets (about 5 larger ones) grated -

1 large grated onion

2-3 grated garlic cloves

1 stalk of grated celery

3 grated carrots

A cup of grated mushrooms

Container of vegetable or mushroom broth

Fresh chopped dill for the end

(no animal fat or any animal products are to be used for this)

1. In olive oil, fry up all the above ingredients in a large pot.
2. Keep stirring until the flavour is developed.
3. Add the entire container of broth and a cup of water.
4. Salt and pepper and fresh dill to taste – simmer till ready.
5. Some people add a bit of cider vinegar here.
6. The soup should be red and when coconut milk is added it turns colour to a lovely deep pink.

Try this very healthy and easily made soup.

Merry Christmas – *Wesołych Świąt Bożego Narodzenia*





**Detailed Driven
Strategies for Success
Talk it over with
The Picot Team**

**C: 705.444.3452
picot@rogers.com**

Barb Picot' Ron Picot' **THEPICOTTEAM.COM**



Chestnut Park® Real Estate Limited, Brokerage
393 First Street, Suite 100, Collingwood, ON L9Y 1B3
*Sales Representatives



Ferguson Funeral Home Inc.
PROUDLY SERVING THE COMMUNITY

Providing Cremation services, Memorial Celebrations &
Traditional Funeral Services to meet your financial means.
Prearrangement Consultations without cost or obligation.

48 Boucher St E., Meaford 519-538-1320
www.fergusonfuneralhomes.ca





Tim Oliver attends International Surf Association Stand Up Paddleboard (SUP) World Championships

Tim, who is a resident of the The Blue Mountains, had the opportunity to compete in the ISA SUP world championships, Oct 28-Nov 5, in SanJuan Puerto Rico.

The event had both “traditional” SUP races (distance, sprints and technical) and paddle surfing competitions.

Tim was part of a small Team Canada contingent (he was the only Canadian competitor from east of the Rockies !). Seventeen countries competed.

Congrats to Tim who finished 20th out of 32 of some of the best paddlers in the world in the distance race of 16 km on Nov. 4. His time was 1hr, 44 minutes.



HEY YOU

WANT TO BE A VOLUNTEER AT HOPE HAVEN?

519-986-1247

Who We Are

Hope Haven situated in Markdale consists of specially trained human and equine professionals as well as a robust, dedicated community of volunteers. Together we harness the power of adaptive techniques, equipment and teaching methods to enable individuals with (dis)abilities or unique needs to explore the world of equestrian.

Volunteer Roles Available

- **Horse Leader:** Assists the rider in preparing the horse for lessons and may lead

the horse during the lesson. Requires a good deal of walking and sometimes short bouts of jogging with the horse.

- **Sidewalker:** Walks beside the horse and rider providing support and stability.
- **Recreational Therapy Volunteer:** Assists with arts & crafts, life skills, confidence building activities & more.
- **Barn Assist:** Helps to bring horses in and out, as well as tack and barn cleaning to make the lesson processes go smoothly.

Horse Experience An Asset

It is not necessary to have experience – we will train you. We offer ongoing training and support for all of our volunteers. .

Requirements

- Be at least 16 years of age
- Be physically fit, comfortable to handle horses and jog for short periods of time if arena based volunteer role
- Be committed to a weekly time slot for the duration of a session (@15 weeks)
- Complete a Volunteer Application Form
- Complete a Vulnerable Sector Check
- Attend information & training sessions

www.hopehavencentre.org

GIVE *the* GIFT of Blue

Shop Local in The Blue Mountains between
DEC. 1, 2022 - JAN. 1, 2023
for your chance to win!

4 GRAND PRIZES Each valued at **\$1000**

Enter the contest online or by dropping completed ballots off at contest ballot boxes throughout the community.
 To enter the contest and for ballot box locations, visit:

www.exploreblue.ca/shop-local

Christmas Traditions

Why do we celebrate Christmas on December 25th? No one knows the real birthday of Jesus! No date is given in the Bible, so why do we celebrate it on the 25th December? The early Christians certainly had many arguments as to when it should be celebrated! Also, the birth of Jesus probably didn't happen in the year 1 but slightly earlier, somewhere between 2 BCE/BC and 7 BCE/BC, possibly in 4 BCE/BC).

The first recorded date of Christmas being celebrated on December 25th was in 336, during the time of the Roman Emperor Constantine (he was the first Christian Roman Emperor). But it was not an official Roman state festival at this time.

However, there are many different traditions and theories as to why Christmas is celebrated on December 25th.

A very early Christian tradition said that the day when Mary was told that she would have a very special baby, Jesus (called the Annunciation) was on March 25th - and it's still celebrated today on the 25th March. Nine months after the 25th March is the 25th December! However, this led to misunderstandings on the part of composers of Christmas carols, believing that Jesus was born in midwinter. Thus we have "On a Cold Winter's Night that was so Deep", "See Amid the Winter's Snow".

It's probably unlikely that Jesus was born in the winter, and although Scripture doesn't give us a date, Luke's Gospel tells us that there

were shepherds keeping watch over their flocks by night. Spring is lambing time, and the shepherds were probably guarding their newborn lambs from predators. Had it been winter, the sheep would probably have been in a barn or a sheepfold.

Matthew's account is the only place we hear about the Magi (Wise Men), who came from the East to worship Jesus. It has been assumed that there were three such astrologers, because they brought gifts of gold, frankincense and myrrh - each one bringing one gift. We aren't told the number of wise men; Eastern tradition even claims that there were twelve. Frequently in creche scenes, we see the Wise Men bringing their gifts to Jesus in the manger, but Matthew tells quite a different story. By the time they reached Bethlehem, Mary, Joseph and Jesus were living in a house, and that is where the Magi presented their gifts to Jesus, who might have almost been two years old.

However, in spite of all these unknowns, we will continue to celebrate Jesus' birth on December 25, as we have done for more than two centuries.

In Dickens' "Christmas Carol", Bob Cratchit and his family are enjoying a turkey dinner, courtesy of a secret gift from Scrooge, when he proclaims, "A Merry Christmas to us all, my dear!" Tiny Tim adds "God bless us everyone!"

Thank-you

TO THE MEMBERS OF
OUR BLUE MOUNTAINS COMMUNITY
WHO ENABLED US TO RAISE \$55,000
IN SUPPORT OF THE
PROJECT SAFE HAVEN

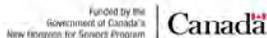
AFGHAN FAMILY
REFUGEE SPONSORSHIP APPLICATION
M&J Wilkinson, D&B Whiteside, E Beard, D Russell,
J Sheridan, J&J Cringle, S&B Abbotts, R&H Kitchen,
A Denyer, E&H Bouwman, B Tatchell, H Scott, B Harkness,
J&J Macdonald, L Liivet, C Binkley, M Mougset, R Hill,
T Turner, P Hope, M Soden, R Welstead, J Fox, M Atkins,
S Brady, M Kader, T Deaton, P Mount, L&R Sampson,
S&A Fraser, E Ward, J Holmes, W Bowden, The Thornbury-
Clarksburg Rotary Club, J Leckie, The Bowcott Family,
A Lockhart, N Smitheman, R Gray, M&E Sandell, C Bacher,
S Paul, ML Phipps, J Bartram, R&D McWhirter, J&L Plaxton,
K&R Munkley, R Spiegelberg, G&P Green, J&J Murray,
C&J Hethrington, B&D Young, M Hughes, Town of The Blue
Mountains, M Bagworth, The Chalmers Family, G Andrews,
M Morgan. To all those who donated at the 2022 Corn Roast.



ANY ADDITIONAL DONATIONS RECEIVED WILL BE APPLIED TO THE NEXT VIABLE REFUGEE SPONSORSHIP PROJECT THROUGH THE ANGLICAN DIOCESE OF HURON



Register for a Seniors Centre Without Walls session:
Call BVO at 519-599-2577 Ext 6



To Participate in a session:

Dial: 1-866-279-1594 Enter the Passcode: 852340 then #
Record your Name followed by #
Wait to be admitted into the session.

Seniors Centre Without Walls

December 2022

Speaker Info	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
McMaster University - Optimal Aging Portal				1 11:00am Brain Health- Reduce Risk of Dementia 2:00pm TBA	2 Vacation
Adrienne Corti – Mindful Meditation Facilitator Sandra Hong – Educ. Dir. Alzheimer G.B.	5 10:00am Check-in & Chat 2:00pm BINGO!	6 11:00am TBA 2:00pm TBA	7 10:00am Chair Exercise and Stretching 1:30pm Simply Celebrating- Sandra Hong	8 11:00am Mindful Meditation - Adrienne Corti 2:00pm Music with Ann D	9 11:00am Trivia – with Ann G.
Shannon Fry - Pharmacist/Owner Alar Soever – former Mayor Blue Mountains	12 10:30am Check-in & Chat 2:00pm BINGO!	13 11:00am Aging Well – Retiring from Driving – McMaster U. webinar	14 10:00 am Chair Exercise and Stretching 2:00pm Property Tax Relief, TBM -to be confirmed	15 11:00am Property Tax Relief TBM-to be confirmed 2:00pm Cookies & Other Treats	16 11:00am Talk with the Pharmacist -- Shannon Fry
Women's Age Lab- Women's College Hospital	19 10:30am Check-in & Chat 2:00pm BINGO!	20 2:00pm Women's Age Lab-Healthy Aging 4 Women	21 10:00 am Chair Exercise and Stretching 2:00 pm TBA	22 11am Mindful Meditation - - Adrienne Corti 2:00 pm Music with Ann D	23 11:00am Trivia – with Ann G.
SCWW Volunteers – Ann D., Ann G.	26 10:30am Check-in & Chat 2:00pm BINGO!	27 11 am TBA	28 10:00 am Chair Exercise and Stretching	29	30 11:00 am Trivia with Ann G. & friends

Clarksburg Tree Lighting

FRI. DECEMBER 2ND



BUSINESSES OPEN 5PM-7PM FOR LATE NIGHT HOLIDAY SHOPPING, CHEER AND THE MERRY MARKET!



CANDLELIT CAROL WALK 7PM MEET AT MARSH STREET CENTRE TO ST. GEORGE'S CHURCH



GIANT TREE LIGHTING 7:30PM AT ST. GEORGE'S CHURCH



Clarksburg Village Association



In collaboration with the Clarksburg Village Association



ST. GEORGE'S
THE ANGLICAN PARISH OF
THE BLUE MOUNTAINS

166 Russell St. E. Clarksburg

presents

Christmas
Tree Lighting & Carol Singalong

FRI. DEC. 2, 7:30 PM

Come One, Come ALL & Bring the Kids

At 7 pm, meet at the Marsh Street Centre. Follow the Beaver Valley Pipe Band with a candle to the Church

Giant Tree Lighting
Santa and the Snow Queen
St. George's Choristers
Christmas Carol Song Books
Hot Chocolate * Candy Canes



DUSK TO 10PM
HOLIDAY Magic
BY NIGHT

NOV 18 - JAN 8

Explore the sights and sounds of the holidays as you wind your way along one kilometre of tree lit pathways through the Village and around the Mill Pond.
You be the Maestro of the lights with your songs, sounds and wishes!

MAGICAL FAMILY FRIENDLY BEAVENGER HUNT
HOLIDAY MAGIC BY DAY EVENTS AND ACTIVITIES
DOWNLOAD THE APP

Ontario #BlueMtnVillage

CLARKSBURG



MERRY MARKET

Friday Dec. 2nd ~ 4-8pm

Saturday Dec. 3rd ~ 10-5pm

Come visit our quaint village with over 50 vendors at participating business locations!



SANTA'S GIFT SHOP FOR KIDS at St. Paul's, Thornbury Sat. Dec. 3, 11am-1pm



Come shop for your family

All items 25cents

Light Lunch Provided

165 RUSSELL STREET EAST



SENSE OF PLACE

FEATURING
JUDY SHIELD & NATASHA LEHMAN



The Gallery
at L.E. Shore

TheGallery@TheBlueMountains.ca
TheBlueMountainsLibrary.ca | 519-599-3681

ACC PRESENTS...

CHRISTMAS CRAFT SHOPPING SPREE

SATURDAY, DECEMBER 3

10AM - 4PM | L.E. SHORE LIBRARY

L.E. Shore's Gallery will be filled with artwork and crafts from local artists and artisans - a perfect stop on your holiday shopping adventures. Featuring the works of local artists and crafters including Judy Scopes... Craig Sealy... Beverley Smith... Tanya Zaryski... Judy Moore... Kate Esplen...

ONLINE

\$10

Tickets on sale NOW!

THURSDAY DECEMBER 8TH
Marsh Street Centre, Clarksburg
1:30 TO 3:00 PM

EFL PRESENTS

MUSIC

MAGIC



MARSH
STREET
CENTRE

Marsh Street Rocks - EFL Style!

You don't want to miss this magical event!



Events for Life

www.eventsfor.life

519-270-1538

office@eventsfor.life

DEC 10

9 AM TO NOON

067547
33RD
SIDEROAD

HOLIDAY CRAFT
SALE

A Very Vintage Christmas



DECEMBER 10 10AM - 12PM



AT THE
L.E. SHORE
LIBRARY

Create holiday ornaments, enjoy hot drinks, hear some classic carols, take part in Gingerbread Decorating (sponsored by Dave Dick Real Estate) and spend time with friends before heading down to the Olde Fashioned Christmas events downtown.

Olde Fashioned Christmas

Join us on Saturday December 10th, 2022

10am-12pm: Crafts at L.E. Shore Library

1-3pm, 5-8pm: Carriage Rides at Sterlings
(15 Harbour Street)

5:30pm: Tree Lighting at Town Hall

1-4pm, 5-7pm: Live Music

5:30-7:30: Visit with Santa

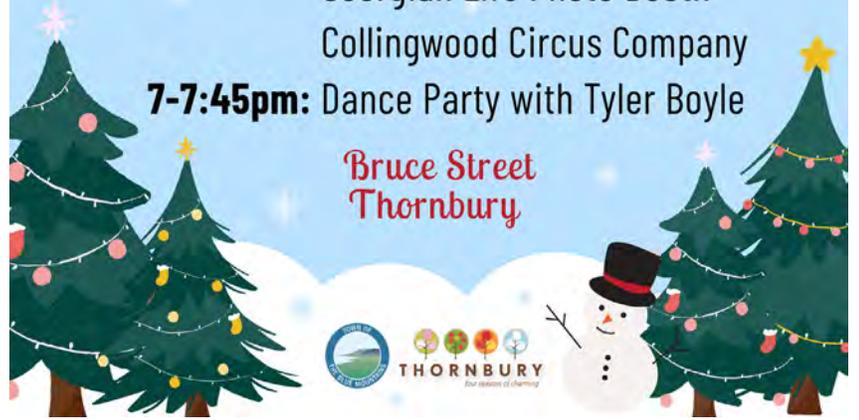
5:30-8:30pm: Axed Throwing

Georgian Life Photo Booth

Collingwood Circus Company

7-7:45pm: Dance Party with Tyler Boyle

**Bruce Street
Thornbury**



See Amid The Winter's Snow

A Christmas Concert

Featuring

Knox Bells of Praise

Directed by Eleanor McDougall

Shoreline Chorus

Directed by Ann-Marie MacDairmid

Selected Music

"White Christmas, Let It Snow, Good King Wenceslas,
Prayer (Love Song) - Handbell solo"

Saturday, December 10, 2022

2:00 pm

Knox Presbyterian Church

197797 Grey Road 7, Meaford

Free will offering

Proceeds will assist Knox Bells of Praise in attending a Handbell Festival in Kingston in 2023!

For information contact 519-538-509



Community CarolFest

Grace United Church,
140 Bruce St. S. Thornbury

Sunday December 11th
at 3 PM



With performances by the choirs of
Grace United Church and
St. George's Anglican Church and invited guests!

ADMISSION BY DONATION

All proceeds go to the Beaver Valley Outreach



Thornbury, Ontario
Grace United Church
Bold. Nurturing. Liberal. Christian.

THORNBURY JAZZ WORKS

JAZZ AT THE MARSH

Marsh Street Centre - 187 Marsh Street - Clarksburg



ANDY HARASYMCZUK, Guitar

FRIDAY DECEMBER 16, 2022 - 7:30 P.M.

A Potpourri of the Best Songs of the Holiday Season featuring

ANDY HARASYMCZUK JAZZ BAND



BRIGHAM PHILLIPS, Piano



WILLIAM SPERADEL, Trumpet



PHIL GRAY, Trombone



TED WARREN, Drums



DUNCAN HOPKINS, Bass



VERN DOERGE, Saxophone

PROCEEDS TO
BEAVER VALLEY OUTREACH
HOLIDAY HAMPERS

Chance to win great prizes in
BVO'S HOLIDAY DRAW

6 tickets/\$10 On sale at the concert

LIMITED SEATING, RESERVATIONS ONLY

FIRST COME, FIRST SERVED

ADMISSION \$35

EMAIL - thornburyjazz@gmail.com

NEW
ORLEANS
PIZZA

ASHANTI
CLUBS
Sylvia's Kitchen

THORNBURY
CLUB HOUSE & BEER
FOODLAND



Paying it Forward With a Free Turkey Dinner

SATURDAY/DECEMBER 17th

5:30 to 8pm

Presented by the Board of Directors
at *Your* Marsh Street Centre

If you would like to attend these events at the
Marsh Street Centre and require
transportation please call The Review at
519-599-3345

Christmas Eve Service

6 pm

Warming fires, hot cocoa and visiting outside

5:30 pm

Blue Mountain Community Church
219 Bruce Street South, Thornbury

Breakfast With Santa

Sunday December 18th 9am to 11



Presented by the Thornbury/
Beaver Valley Lions and your
Marsh Street Centre



You are welcome to join us

Christmas Eve, December 24th

5:00 p.m. Children's Pajama Mass

With cookies and eggnog.

Yes, wear your pajamas to Church!

7:00 p.m. Carol Sing-a-long Eucharist

Sing your heart out with all the favourites!

9:00 p.m. Traditional Candlelight Eucharist

Candles, singing and refreshments supplied!

Christmas Day, December 25th

9:00 a.m. Said Holy Communion

**St. George's, The Anglican Parish
of The Blue Mountains**

166 Russell St. E., Clarksburg

519-599-3047

www.parishofthebluemountains.ca



Make Christmas at St. George's
Part of Your Family Tradition

Join Us at Your MARSH STREET CENTRE

New Years Eve

Featuring
JUANITA &
THE BIG DEAL

Live Music
Bar
Hors d'oeuvres



Tickets \$50 marshstreetcentre.com

The Marsh Street Artists

Exhibit Runs

Jan 7 - Feb 1

Open Reception

Jan 7 | 2-4pm



The Gallery
at L.E. Shore

TheBlueMountainsLibrary.ca/Gallery.cfm
TheGallery@TheBlueMountains.ca | 519-599-3681 ext. 142

The Jigsaw of Peace



One of the enduring family gifts each Christmas is likely to be a jigsaw puzzle. A jigsaw puzzle presents a picture of many parts – or “pieces” – that fit together - in spite of irregular shapes and sizes - to form an identifiable and connected picture. Figuratively our societal political make-up is a jigsaw too.

There are different pieces, often designed by circumstance, tradition and ethical standards. Political leanings may also be colour coded – red, blue, orange, and green – so we see that our jigsaw is a mosaic of colour, a mosaic that will shift in shade and definition, perhaps influenced by contemporary political leadership. A colour may dominate over several in the psychological palette.

When we find the pieces in our own political psyche are unable to fit together, or in jigsaw parlance, we say “pieces are missing”, or better still “they’ve sent the wrong pieces”, we may become confused, and angry. (It seems that this is one of the reasons we simply slag our political leaders rather than engaging in rational debate.)

Here in the Town of The Blue Mountains, we recently elected Mayor Andrea, Deputy Mayor Peter, and councillors, Alex, Gail, June, Paula, and Shawn. They offer four vital defining benefits: 1) they are individuals without visible party membership; 2) they have answered the call to serve; 3) they are intimately accessible to the electorate; and 4) they are leaders by encouraging others to use their gifts. Such composition calls for the dignity of our respect and decency.

This then begets a higher calling. This municipal template in our own backyard presents an opportunity to be replicated at every level of government: municipalities at large, provincial legislatures, and Parliament itself.

But in the global puzzle of warring factions (literally), division, entitlement and despondency, there is a “peace” missing.



The joy of the Christmas jigsaw is a serene picture of the Nativity scene. By intent divine, there is a tile missing at the head of the Manger. That is where you and I may stand in to become, each in our own way, a Piece of Peace. Then, what a jigsaw!

Wishing you and yours the blessings and peace of this Christmas season!

jeremy@officeinthebarn.com / jeremywentworthstanley.com



Saturday, January 28th
9am-Noon

Bring broken items for free repair
and enjoy a snack.

Go Green for a better Blue!
www.graceunitedthornbury.ca

TBM Repair Café

RIVERSIDE GREENHOUSES

Winter Arrangements

10"-14" Urn Inserts • Decorated Wreaths
24" Window Boxes • 12" Hanging Baskets
Bulk Boughs and Garland

Open Thurs - Sat. 10am-4pm
November 24th to December 11th

Workshop schedule available on
the website. Please book online.

519-599-3533

727266 Sideroad 22C, Heathcote



Customized to your style and colours.

Browse our website for inspiration and place an order online.
Pick up or Delivery Available

www.riversidegreenhouses.ca

josh@joshdolan.com • 705-446-8404

Josh Dolan
REAL ESTATE BROKER
joshdolan.com



National Gross Sales

Royal LePage - 2021

Top 2% National Gross Sales 2019-2021

Top 3% National Sales 2013-2018

ROYAL LEPAGE LOCATIONS NORTH
THORNBURY MEAFORD COLLINGWOOD



Let me advise you on buying and selling in the Georgian Triangle.