

Make every day a clean air day

With smog alerts increasingly common in Simcoe Muskoka, at least one expert in the health effects of poor air quality would like to see today's Clean Air Day move from an annual celebration to a daily objective for everyone.

"Every time we use energy in our homes or drive our vehicles we are sending pollutants into the air, and every year the average Canadian produces about five tonnes of personal greenhouse gasses," says Marina Whelan, manager of the health hazards program at the Simcoe Muskoka District Health Unit. "Those big numbers tell us that there is plenty that we can do as individuals to reduce our own emissions and make a difference, both for the environment and our

health."

Smog is formed when heat and sunlight react with gases and fine particles in the air.

While smog most often occurs on hot days, the mixture of pollutants in the air affects health year round. In 2005 the Ontario Medical Association estimated that more than 200 premature deaths and more than 2000 emergency room visits in Simcoe Muskoka were attributable to poor air quality.

Poor air quality can cause difficulty breathing, chest tightness and coughing, headache, eye, nose and throat irritation and aggravate respiratory disease like asthma. Some groups, including those with lung disease and heart conditions, seniors and people with

asthma, may be more vulnerable to the negative health effects of air pollution.

"If we want to reduce smog we need to reduce our energy consumption and that means conserving energy at home, getting out of our vehicles more and using small engine tools less, especially when air quality is poor," says Whelan. "Small changes can make a big difference."

Actions that can reduce greenhouse gas emissions include adjusting heat and air conditioning, tuning off lights when not being used, avoiding letting vehicles idle, and walk, cycle, car pool or use public transit to go to work.

There are also many simple home improvements that help reduce emissions,

including sealing all leaks around doors, windows and cracks where heat escapes, replacing inefficient appliances, using cold water for washing clothes and letting dishes air-dry rather than using the dishwasher's drying cycle.

For more information on smog and your health and for ways to reduce your greenhouse gas emissions, check www.simcoemuskokahealth.org or call

Your Health Connection at 721-7520 or 1-877-721-7520, 8:30 a.m. to 6 p.m. weekdays.

Record total raised in Barrie SPCA annual Walk-a-Thon

(Barrie, ON) Grey skies failed to put a damper on the 2nd annual Friends For Life! Walk-a-thon held Sunday, May 27.

Days after the walk, pledges continued through the door of the Barrie shelter boosting the final total to just over \$18 thousand dollars.

The Ontario SPCA Friends for Life! Walk-Thon is a provincial program of the Ontario Society for the Prevention of Cruelty to Animals, designed to raise support and awareness for the protection and care of all animals in Ontario.

Barrie SPCA food supply dwindles as shelter is pushed almost over capacity

The number of mouths continue to increase, as the bags of dry pet food quickly dwindle at the Barrie SPCA. In an effort to create space, last week the Barrie shelter launched a kitten special where a discounted price was offered, and included cat alteration incentives, first vaccinations, deworming and flea treatments. While the promotion has helped to find over 20 homes for the shelter's kittens, more cats continue to come in than go out.

On Monday June 11, Barrie SPCA investigators were called to the home of a Barrie cat hoarder and removed over 40 cats and kittens that were living in unsanitary conditions. The cats are currently being held in the back of the shelter in an area normally used for dogs. It's becoming a struggle for space at the Barrie SPCA as not only is the shelter experiencing a huge influx of cats, but the number of dogs available for adoption as well as the number of strays are also very high. When it comes to pet owners re-claiming their pet, only about 1% of stray cats get re-claimed by their owners, while over 80% of stray dogs get re-claimed by their owners.

This is not been the only time that the Barrie SPCA has felt the pinch. Earlier this year the shelter was forced to dispose of 85% of its canned food due to the massive pet food recall. This came at beginning of the shelter's busy spring season. And this year's busy spring season has led to an 'at capacity' status at the shelter that has strained its dry food supply. The public response was wonderful during the pet food recall, however those supplies are diminishing quickly with the current number of animals that are now at the shelter.

The shelter is asking for dry food donations for cats, dogs, kittens and puppies. Preferred dog brands include Pedigree, Science Diet, Purina One. For Cats- Whiskas, Friskies, Science Diet, and Purina One.

Paraguayan Folk Harpist comes to Innisfil Church

A Dessert Concert with the Paraguayan folk harpist, Eduard Klassen, will be held at Innisfil Community Church on Sunday, June 24th at 6pm. This will be a full music concert, followed by a free dessert for those who attend. The music is described as entertaining and unique. Eduard shares his life story intermingled with unusual music from his wide experience of playing in over 20 different countries.

As a recording artist, he has made over a dozen CD recordings as well as DVD and VHS recordings.

The spirit of his music is very refreshing and well received. As Dr. Roy W. Lawson says, "Eduard is an accomplished musician who has the unique ability to weave his testimony with humor into his concerts."

Eduard's return to Innisfil is a welcomed event and will no doubt experience a capacity crowd.

The Dessert Concert is free but reservations are required. To reserve a seat, call (705) 436-1611.



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Christ Church – St. Jude Anglican, Ivy..	458-9631
Church of God Worship Centre, Thornton	705-730-1738
Churchill United	456-4692
Cookstown United	458-9701
Gilford United	456-4692
Holland Marsh Christian Reformed	775-7291
Holy Cross Ukrainian Church	705-730-7999
Holy Martyrs Roman Catholic	775-2065
Holy Trinity Lutheran	775-3412
Innisfil Community	436-1611
Lefroy United	456-2098
Living Faith Presbyterian Church.....	705-424-0779
New Life Fellowship Baptist	436-5413
St. George's Anglican, Utopia.....	458-9631
St. James United, Stroud	436-5225
St. John Vianney	726-8007
St. John's Anglican, Cookstown.....	458-1801
www.stjohnscookstown.com	
St. Paul's Anglican, Coulsen's Hill.....	775-3648
St. Paul's Anglican, Stroud	722-7755
St. Peter's Anglican, Churchill.....	456-4396
www.stpeterschurchill.com	
Stroud Presbyterian	721-0134
Trinity United, Thornton	458-9701

Youth Noise and News

by Kaitlyn Blair

As the sports teams and clubs rap up their final events, projects are handed in and students are busily studying for exams, two Nantyr Shores students have been hard at work, working on a project that will not just help out their report cards, but also the community.

As you may recall from first semester, Nantyr's Challenge and Change class has been helping students make a difference in their school, and community. This semester, Kevin Hawthorne, YNOT Innisfil Public Relations Officer and student Jordon Grigor have been working together to bring transportation to Innisfil. Transportation has always been an issue that has haunted Innisfil and now it seems it is beginning to get the recognition that it deserves.

In partnership with YNOT Innisfil and their Challenge and Change class, the students have planned out routes for the buses, and have already had over 500 hundred names signed to a petition on the issue.

When asked why they were focusing on this particular issue, Hawthorne said, "We need to be exposed to the outside a bit more, but we need to realize that the outside isn't so far away. A lot of us feel stranded so we came up with the idea to find a way to connect everyone. It will be a great addition to the development of Innisfil - we're growing quickly but its all fast food places so I thought it would push the development in a more positive direction."

With the constant growth of Innisfil and the new facilities being offered for young and old alike all over Innisfil and surrounding areas, it has become obvious that transportation continues to progress as an even more pressing issue.

Like last semester, there are also several others of these great projects going on at Nantyr Shores, so keep your eyes and ears open.

Congratulations to everyone who is involved in these great projects and keep up the great work.

YNOT Innisfil is also busy at work as the school year begins to come to close. Currently they are working on holding a Street Dance in Lefroy at the end of the summer, a skateboarding competition, transportation and a quickly approaching concert at the Lion's Hall in Alcona on June 22.

Just because summer is right around the corner doesn't mean that Innisfil students will be taking a break. Stay tuned and I'll keep you posted about all the great events that will be taking place throughout the summer.



Barrie Mayor Dave Aspden looks on as Innisfil Mayor Brian Jackson takes his turn. Jackson was invited to play a round of mini-putt against Aspen and Col. Stewart Moore of Base Borden during Family Day at Barrie's waterfront during the first weekend of June. **photo by Michelle Minnoch**