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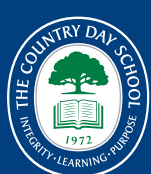
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STUDENTS ENROLLED
IN GRADES JK-12

100

ACRE CAMPUS
IN KING

17

AVERAGE
CLASS SIZE

85

GRADUATES IN THE
CLASS OF 2020

99%

UNIVERSITY ACCEPTANCE
FOR THE CLASS OF 2020

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Personal Support Worker Vilma Whyte became the first recipient of the Pfizer-BioNTech vaccine administered at Brampton Civic Hospital on December 22. On Tuesday, the Province announced Peel Region was one of four hotspots that would see the distribution of Moderna's vaccine to all long-term care and at-risk retirement homes, with the aim of vaccinating all residents and care workers by January 21.

PHOTO BY WILLIAM OSLER HEALTH SYSTEM

All residents and staff of long-term care in Peel to be vaccinated by January 21: Province

Written By BROCK WEIR

All staff and residents of long-term care in Peel Region, York Region, Toronto and Windsor-Essex will be vaccinated against COVID-19 by January 21, the Province announced Tuesday.

The Province will accelerate the distribution of the Moderna vaccine in these hotspot areas this week to protect the vulnerable.

"Ontario continues to make important progress in quickly and safely vaccinating our frontline healthcare workers, our most vulnerable, and those at greatest risk, and

we continue to administer doses to thousands of Ontarians across the province," said Health Minister Christine Elliott in a statement.

According to the Province, Ontario received over 50,000 doses of the Moderna vaccine from the Federal Government and this shipment will be used for this accelerated pilot program for long-term care and high-risk retirement homes.

"We continue to do everything we can to help stop the spread of this virus and protect our most vulnerable," said Minister of Long-Term Care Dr. Merrilee Fullerton. "While we roll out the vaccine as quickly as

possible, we are also providing additional support to help homes detect any cases early so that the virus can be contained."

Added Solicitor General – and Dufferin-Caledon MPP – Sylvia Jones: "Ontario continues to follow the expert advice and recommendations of the COVID-19 Distribution Task Force in order to ensure the timely, effective and ethical execution of Ontario's immunization program. This investment, along with prioritizing long-term care homes in areas with high rates of COVID-19, will help protect our most vulnerable residents and keep Ontarians safe."

Continued on page 2

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"Just Eat It, Caledon" initiative educates on reducing food waste

Written By ALYSSA PARKHILL
LOCAL JOURNALISM INITIATIVE REPORTER

To encourage Caledon residents to reduce food waste, a local environmental organization has organized a challenge to address the global issue of food waste. ecoCaledon was started in 1995 by founding members Jim Cassell and Dr. Richard Ehrlich, along with others who advocate and promote different environmental programs, projects and activities

to encourage and protect Caledon's beloved greenery.

Established by the Town of Caledon, ecoCaledon has since spearheaded several projects including the making and promotion of rain barrels, battery recycling, clean air and clean energy programs, including Caledon transit options, climate change programs and educational workshops, water conservation initiatives and more.

Continued on page 6

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TOWN OF CALEDON

TOWN NEWS

SEE PAGE 7

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COVID-19 cases continue to rise amid province-wide shutdown

Written By ALYSSA PARKHILL
LOCAL JOURNALISM INITIATIVE REPORTER

Though the Province remains in lockdown, the numbers of COVID-19 cases continue to rise.

Ontario reported 3,128 new cases on January 5, with 2,015 resolved and 52 resulting in death. The province has a new total of 197,360 cases with 166,790 resolved and 4,730 deaths.

As the holiday break comes to an end, the numbers refuse to slowdown, especially in the hot spot areas.

Peel Region is showing 614 new cases, along with 778 new cases in Toronto and 213 in York Region.

The province-wide lockdown, which began on December 26, remains in effect for 27 public health unit regions in Southern Ontario until January 23, which, of course, includes Peel Region.

Since the lockdown began, the province has continued to organize a framework in order to ensure proper distribution of the COVID-19 vaccine.

On December 30, the Ontario Government released an Ethical Framework in partnership with the COVID-19 Vaccine Distribution Task Force to help with vaccine prioritization and distribution.

“This ethical framework is a clear demonstration of our commitment to Ontarians to be transparent,” said General Rick Hillier, Chair of the COVID-19 Vaccine Distribution Task Force. “We know that people are eager to get vaccinated and this framework helps ensure that we do it in an ethical, effective and compassionate way.”

Phase One of the vaccine distribution plan began on December 15 where 90,000 doses of the Pfizer-BioNTech COVID-19 vaccine was provided to 19 hospital sites.

Shortly thereafter, Moderna’s COVID-19 vaccine was approved by Health Canada on December 23, which will provide an additional 50,000 doses.

The Ethical Framework includes specific



Premier Doug Ford and Minister of Health Christine Elliott attend the second vaccinations for several frontline workers.

CONTRIBUTED PHOTO

principles in order to properly guide the distribution of the COVID-19 vaccines, which includes minimizing harms and maximizing benefits, equity, fairness, transparency, legitimacy and public trust.

Premier Doug Ford stated on social media on Monday that several frontline workers are receiving their second dose of the Pfizer vaccine.

“This is great news for our province,” he Tweeted. “This vaccine is critical to helping us safely reopen the province.”

Over 50,000 doses of the vaccine have been

administered so far, with 117 individuals having received the complete two-dose vaccination. 26,000 have been administered to health care workers in long-term care homes, 20,000 to health care workers, and roughly 1,000 vaccines have been given to residents.

Additionally, Ontario has announced the first field hospital has been built and open for patients, located in Burlington at Joseph Brant Hospital. The field hospital is equipped with 73 beds and a team of staff to handle COVID-19 patients with mild to moderate symptoms.

Overall, 44 vaccine sites have been estab-

lished across the province.

By January 21, Ontario is aiming for residents, health care workers and essential workers in Toronto, Peel, York and Windsor-Essex will have received the COVID-19 vaccine.

“Ontario continues to make important progress in quickly and safely vaccinating our frontline health care workers, our most vulnerable and those at greatest risk, and we continue to administer doses to thousands of Ontarians across the province,” said Health Minister Christine Elliott.

Continued from FRONT

LTC staff and residents to receive vaccinations this month: Province

By the start of the week, over 50,000 people across Ontario have received the Pfizer vaccine, including over 26,000 vaccinations administered to health care workers in long-term care and retirement homes, 20,000 vaccinations have been administered to health care workers and nearly 1,000 vaccinations administered to residents.

Close to 3,000 doses of Moderna’s vac-

cine were administered to 24 long-term care homes between December 31 and January 3.

Beginning this week, over 4,000 doses are expected to be administered in 26 long-term care homes. A further two million doses are expected to arrive through the winter as part of Ontario’s vaccine implementation plan.

“We are getting the vaccine to those who need it most as quickly as possible,” said

General Hillier (Retired). “Every vaccination has the potential to save a life. Our focus is on getting the vaccines to the most vulnerable, as well as to the outstanding men and women who serve and care for our long-term care residents.”

On December 9, Health Canada approved the first COVID-19 vaccine in Canada, manufactured by Pfizer-BioNTech, and

on December 23, 2020 approved the COVID-19 vaccine manufactured by Moderna.

Ontario received 95,000 doses of the Pfizer vaccine by December 21, with regular weekly shipments of Pfizer vaccine expected starting January 2021. Additional delivery sites will be offering the vaccine to the key populations by the end of January.

Three new COVID-19 UK variant found, one case in Peel Region

Written By ALYSSA PARKHILL
LOCAL JOURNALISM INITIATIVE REPORTER

The Province announced on December 26, the first two Ontario cases of the COVID-19 variant first found in the United Kingdom, and later a third a day after.

Though studies are still being conducted to understand the new strain, the COVID-19 variant has already been found to spread easier and faster, but has not shown signs of it being more severe.

The first two cases came from a Durham Region couple who had no known travel history or exposure, while the third reportedly recently traveled to the UK.

Ontario Public Health has recently announced three new confirmed cases of the COVID-19 variant, where all three individuals have travelled or come in contact with another who has.

The three new cases have been found in the GTA, including a resident from To-

ronto, York and Peel Region.

The Peel resident, though with no personal travel of their own, came into contact with another individual who recently travelled to Dubai.

Several variants have been found, including in the UK, South Africa, and Nigeria.

According to Centers for Disease Control and Prevention (CDC), scientists are continuing to learn more about the variants and whether the current available vaccines will protect people.

“Travel only if absolutely necessary,” said Associate Chief Medical Officer of Health Dr. Barbara Yaffe, in a press conference. “If you do travel, you must maintain in your quarantine for 14 days upon return to the country.”

“I cannot emphasize how important this is. COVID-19 does not know borders,” she said.

King Township home is lottery grand prize

Written By MARK PAVILONS

King has once again been chosen as the site for a grand prize home in the Princess Margaret Home Lottery.

The King City home is part of the whopping \$7 million grand prize.

This 11,000-square-foot home features a stunning gourmet chef-inspired kitchen with oak beam ceiling detail and stunning views of the backyard. Sliding glass doors open to a beautiful lanai that boasts an outdoor television plus additional living and dining space for all to enjoy.

The dining room and separate living room with fireplace makes entertaining intimate and personal.

The main floor is home to a sprawling guest suite complete with a breathtaking en-suite and unobstructed view of the backyard.

The second floor is home to three beautifully appointed bedrooms each with their own private en-suite and all with spacious walk-in closets.

The principal bedroom is a private oasis complete with a stunning walk-in closet, freestanding tub and luxurious shower with dual shower functions.

This home also offers a private second floor home office, elevator, and two laundry rooms.

The lower level features an oversized family movie and recreation room as well as a private kids’ area complete with a

music/jam room, and an intimate art studio.

The home will be awarded fully furnished, professionally decorated and landscaped. It is custom-built by Greenpark Group with interior design by Sarah Baeumler.

This game-changing prize also includes a 2,217 square foot Muskoka lakefront cottage and \$500,000 cash.

Other lottery prizes include a \$2.6 million Toronto home. It’s over 2,600 square feet of modern luxury, featuring 4 bedrooms and 4.5 bathrooms. This prize also includes \$100,00 cash.

Also to be won is a Prince Edward County country home.

The Country Home, valued at \$1.3 million, features nearly 3,000 square feet of cozy luxury, including a 2-storey great room with soaring windows, and a see-through fireplace shared by the kitchen, living and dining areas. You’ll want to spend plenty of time outside, too, enjoying the views from the wrap-around covered porch. The prize includes \$25,000 cash.

There’s a \$1 million bonus prize and \$1.7 million early bird prize, along with more than 21,000 other prizes available to be won, including vehicle prizes, dream vacations, and more.

The lottery raises money for the hospital, considered one of the top five cancer research centres in the world.

Tickets are \$100 each. For more, visit princessmargaretlotto.com.

CORRECTION

In our December 17 article entitled “Mount Alverno Luxury Resort opens for takeout, it was stated that the resort’s history included previous ownership by Capuchin Nuns. Previous ownership was actually a group of Capuchin Friars. We regret the error.

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It's a boy! Tristan is first baby born at Headwaters in 2021



Tristan Derek Peter Edwards, who was born at 6:02 a.m. on January 1, weighing 8 pounds and 8 ounces, rang in the New Year as the first baby born in 2021 at Headwaters Health Care Centre. Tristan is the first born for mom Simone Edwards, with the support of proud grandmother Sue Edwards.

PHOTO COURTESY OF HEADWATERS

Local businesses team up with Headwaters to raise funds for cardiac care

Written By ALYSSA PARKHILL
LOCAL JOURNALISM INITIATIVE REPORTER

Each year at Headwaters Health Care Centre (HHCC), an average of 14,000 residents seek medical assistance due to cardiac concerns at the hospital.

For the second year in a row, Headwaters is hosting the Have a Heart for Headwaters Initiative to raise funds to help cardiac care at the hospital.

"We need the tools and equipment to stabilize these patients before they are either transferred to a partnering hospital for specialized care or being discharged home," said Kendra Mantler, Co-ordinator, Community and Corporate Engagement, at Headwaters Health Care Foundation.

Unfortunately, the hospital doesn't receive government funding to be able to purchase the necessary equipment needed, hence the need of community support coming into play.

"Last year, this initiative let us purchase a Cardiac Telemetry Pack at Headwaters. This piece of equipment monitors your heart to watch the pattern of your heartbeat, find any problems you may have with your heartbeat and to see how any medications are working," explained Mantler.

In order for this initiative to be successful, local businesses in the area have come forward to collaborate with the hospital to help raise the necessary funds.

Auntie Joy's Spring Rolls and Catering Services has partnered with Headwaters for the initiative offering 10 per cent of orders over \$10 will be donated until January 31. Though the initiative begins in

February, Auntie Joy wanted to kick off a little bit earlier.

"When Headwaters reached out to me to see if I could help with the fundraising drive, I was eager to assist," said Joy Bradley, also known as Auntie Joy. "I love the Headwaters Health Care Centre. The people are so helpful and friendly, and I have never had to wait for too long anytime I've been there."

"It is such an honour to have them serving our community," she said.

Fortunately, Auntie Joy's Spring Rolls and Catering Services has been able to stay afloat amid the pandemic, which gave Auntie Joy the push to be able to give back.

"Since my business hasn't suffered too bad from the COVID-19 virus, I felt obligated to help because I know a lot of previous donors that won't be able to afford to help at this time," said Auntie Joy. "It's my pleasure to help in this small way."

Headwaters is looking to gather the help of the community to raise \$25,000 to support Cardiac Care at Headwaters in the month of February.

"There are multiple local businesses who are supporting us during this initiative," said Mantler.

In the month of February, a list of businesses will be supporting the initiative including The Kitchen at Mono Mills, The Weather-vane, Shop with Purpose Market and the Nifty Nook.

For more information, please visit hhcfoundation.com or order from Auntie Joy's Spring Rolls and Catering Services at auntiejoyspringrolls.com or call (519) 942-8802.

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OPP makes arrests after mailbox thefts in Caledon and Orangeville

Written By ALYSSA PARKHILL
LOCAL JOURNALISM INITIATIVE REPORTER

Over the Christmas and New Year’s holidays, several residents in Caledon and Orangeville were enraged by a number of break-ins at their community mailboxes. Between December 23 and December 31, an overall total of 32 thefts were reported from community mailboxes in the Caledon and Orangeville area. Both Ontario Provincial Police (OPP) detachments in Dufferin and Caledon responded to the reports and using video surveillance were able to capture one of the thefts in Orangeville. Two suspects were shown and identified breaking into the community mailbox, in addition to driving a stolen white Hyundai Sonata. The stolen vehicle was also seen by an officer of the Dufferin OPP Detachment who tried to perform a traffic stop, in which the stolen vehicle refused to stop. OPP stated the vehicle fled in a dangerous manner and even managed to strike the officer. As more officers arrived to assist, another vehicle was reported stolen, where a second traffic stop was attempted. The stolen vehicle, for a second time,

fled and drove through a farmer’s fence and eventually got themselves stuck on a hill. After the OPP pursuit, the suspects on foot, both suspects were apprehended and arrested by the Dufferin OPP. 25-year-old Jaspreet Gill and 20-year-old Simarjeet Kaur both have been arrested and are facing 10 charges. These include two counts of possession of property obtained by crime over \$5,000, two counts of dangerous operation of a motor vehicle, two counts of flight from peace officer, theft of a motor vehicle, mischief – destroys or damages property, obstruct peace officer, personation with intent to avoid arrest, prosecution or obstruct justice, possession of break in instruments, possession of heroin and lastly, possession of methamphetamine. The total damages is estimated at \$100,000. Both suspects will attend a bail hearing and appear the Ontario Court of Justice in Orangeville at a later date. The charges have not been proven. Caledon and Dufferin OPP Detachments stated their appreciation to the members of the community for their assistance in identifying the suspects.



PHOTO COURTESY OF THE OPP

The Ontario Provincial Police encourage residents to empty their mailboxes daily, to not send cash in the mail, and to report and all suspicious activity seen at their mailbox. For further information, visit opp.ca.

FESTIVE R.I.D.E. RESULTS

The Festive R.I.D.E. (Reduce Impaired Driving Everywhere) Campaign is a road safety initiative that has taken numerous impaired drivers off Caledon roadways as well as educated motorists about the dangers of driving impaired - by alcohol or drugs. The Ontario Provincial Police (OPP) Festive R.I.D.E. Campaign ran from November 26, 2020 to January 3, 2021. Officers from the Caledon Detachment of the OPP have:

- Participated in 155 RIDE events;
- Charged 18 drivers with impaired operation of a motor vehicle, and
- Issued 10 warn-range (3, 7 or 30-day) driver’s licence suspensions.

Caledon OPP remains committed to ensuring our roads are safe from alcohol-impaired and drug-impaired drivers. If you suspect an impaired driver, call 9-1-1.

KEYLESS CAR THEFTS

On Sunday, December 27, at approximately 10:37

p.m., officers from the Caledon OPP Detachment responded to a reported theft of a vehicle that occurred on Portman Street in the Town of Caledon. The complainant advised that at about 7:30 p.m., a blue 2019 model Ford F150 pickup truck was stolen from the driveway of their residence. The complainant also stated that the vehicle was locked and all key fobs were accounted for. After reviewing the security video footage of the incident, two suspects were observed travelling on foot from Newhouse Boulevard, where one suspect walked directly to the complainant’s driveway, and the second suspect continued walking on Newhouse Boulevard. The footage of this incident shows no use of the extended fob programmer. The suspect is seen approaching the vehicle, then unlocking and starting the pickup truck with what appears to be a fob, instantaneously. The stolen vehicle was last seen travelling eastbound on Newhouse Boulevard. “The investigators would like to ask the area residents to check their security cameras for the images of the suspects, and/or their vehicle. Anyone with information regarding this incident is asked to contact the Caledon Community Street Crime Unit at 905-584-2241 or toll-free at 1-888-310-1122. “You can also provide information anonymously by

contacting Peel Crime Stoppers at 1-800-222-TIPS (8477) or online at www.peelcrimestoppers.ca. When you contact Crime Stoppers you stay anonymous, you never have to testify, and you could receive a cash reward of up to \$2,000 upon an arrest.”

To prevent keyless car theft, please:

- Use a steering wheel lock - this could significantly delay or discourage the thief;
- Consider an audible car alarm - which works by using sensors placed in different points of your vehicle;
- Fit a car tracker - unusual activity is monitored and your car can be followed through GPS if stolen;
- Park your vehicle inside the garage when possible;
- Make sure your car keys are kept well away from doors and windows;
- Use signal blocking pouch - they can block your car key fob from transmitting its code to the vehicle, as the pouch is lined with layers or metallic material;
- Turn off keyless fob wireless signal at night - refer to your car manual for instructions;
- Always lock your car, never leave it running and unattended, and remove all valuables from plain view.

The Citizen CROSSWORD

Solution on page A10

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CLUES ACROSS

1. Partner to “oohed”
6. Relaxing places
10. Humorous monologue
14. Simple elegance
15. Bearable
17. Disobedience
19. Express delight
20. Gov’t attorneys
21. Wake up
22. A type of band
23. Remain as is
24. Turfs
26. Battle-ax
29. Volcanic crater
31. The mother of Jesus
32. One’s life history
34. “Rule, Britannia” composer
35. Doubles
37. Jacob __, American journalist
38. House pet
39. S. African river
40. Broad sashes
41. Establish as a foundation

43. KGB double agent Aldrich __
45. Part of a book
46. Taxi
47. Pancakes made from buckwheat flour
49. Train group (abbr.)
50. Frames per second
53. Have surgery
57. Formal withdrawal from a federation
58. Guitarist sounds
59. Greek war god
60. 2,000 lbs.
61. Helps escape

CLUES DOWN

1. Currency exchange charge
2. River in Tuscany
3. Breakfast dish
4. Defunct European currency
5. Upper class young woman
6. Part of a purse
7. Self-contained

units
8. Boxing’s GOAT
9. Legislators
10. Flightless birds
11. U. of Miami’s mascot is one
12. Floating ice
13. Low, marshy land
16. Seldom
18. Lyric poems
22. Law enforcement agency (abbr.)
23. Full extent of something
24. __ Claus
25. Naturally occurring solid material
27. Acquired brain injury behavior science (abbr.)
28. Thirteen
29. Partner to cheese
30. Member of a Semitic people
31. One thousandth of an inch
33. Former CIA
35. Most lemony

36. Engage in
37. Small Eurasian deer
39. Provisions
42. All humans have them
43. Swiss river
44. Storage term (abbr.)
46. Famed Broadway lyricist Sammy
47. Dutch colonist
48. Full-grown pike fish
49. Egyptian sun god
50. Flute
51. Flew off!
52. Scottish tax
53. Young women’s association
54. Populous Brazilian city
55. Malaysian Isthmus
56. Pointed end of a pen

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

Local business gives back while coping with their own challenges



Hugger Covers produces a variety of different face masks for customers as well as donations to individuals or organizations in need.

PHOTO BY HUGGER COVERS

Written By ALYSSA PARKHILL
LOCAL JOURNALISM INITIATIVE REPORTER

Among other businesses in Caledon, Hugger Covers has had their fair share of struggles, but has still managed to give back to the community.

Hugger Covers, a local business located in Bolton, makes custom covers for cars, trucks, RVs, equipment and different machinery, at an affordable price. These Canadian covers are loved by a variety of customers, including car dealerships, car auctions and car shows, as well as your average, everyday customer who takes good care of their vehicle.

Like so many other businesses, Hug-

ger Covers was forced to make several changes to not only their day-to-day life, but for several events that happen each year.

“It’s been a challenging year, to say the least,” said Marsha Giammattolo, VP Sales and Marketing. “Our primary business is our loyal dealers and customers, and from the 75-plus car shows and car related events, and the auctions and show that we also vend at, that we proudly sponsor – mostly across Ontario, some in the Maritimes and out West. Unfortunately, due to COVID-19, none of these events happened this year.”

The covers business has additionally

struggled with impacts to their supplier chain, several suppliers have changed their production, forcing Hugger Covers to look elsewhere for another supplier who will provide the materials and products needed to produce their product.

“After 20 years with some of the same suppliers, many either, changed their production to PPE only, and therefore, ‘without notice’ stopped making our materials altogether; others could no longer supply us, due to shut down of factories and supply shortage,” commented Giammattolo.

“We have had to scramble to do much needed research for new material sup-

pliers and sewing products, with some smaller needed supplies being purchased online, at very inflated pricing, with much longer delivery wait times,” she said.

But throughout the struggles and challenges faced due to the pandemic, the team at Hugger Covers put the community and their safety first.

Back in the spring of last year, Hugger Covers began producing face masks for all frontline workers and others in need. 500 masks were developed and donated to hospitals, nursing homes, hospice centres, shelters and other organizations committed to caring for the community.

Since then, over 5,000 masks have been donated to members of the community and continue to do so through customer purchases.

“We donate two masks to our customers, and two masks to those in need living in shelters, missions, youth centres, those without homes,” said Giammattolo. “We also donate more intensely in times when this virus has reared its ugly head again to nursing homes and to many other that are in need of them.”

The team has received non-stop support from members of the community amid the Face Mask Mission, with donations of supplies to be able to produce face masks. These include cotton materials, elastics, and even individuals to help deliver masks to different locations.

The face masks are made in-house and come in adult and child sizes. Customers are able to choose whatever colour they would like, in addition to customizing with a company logo.

Hugger Covers has also begun producing medical and non-medical gowns with several different materials to choose from. These too are made at the Hugger Covers location.

Going into the new year, Hugger Covers aims to continue providing excellent customer service, and covers as they have always done, with the continuation of giving back to the community and those in needs with masks, clothing, blankets and donations to the local food banks.

“We are very blessed to be able to carry on, and pay it forward,” said Giammattolo.

For more information or to order from Hugger Covers, please visit huggercovers.com.



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Seniors Hour: 7am-8am
General Public: 8am-10pm

Continued from FRONT

“Just Eat It, Caledon” initiative educates residents on reducing food waste

Their latest project includes a subcommittee of volunteers who have formed Gratitude for Food and the “Just Eat It, Caledon!” Food Waste Challenge.

Gratitude for Food was founded in 2018 by “residents with a passion for food and a concern for the global problem of food waste.”

The idea for the challenge came from a successful food waste campaign organized by the Dufferin County in the fall of 2019.

“As a group, we excitedly agreed that an educational project on food waste would be the ideal way to change attitudes and behaviours among Caledon residents. Reducing food waste can have a hugely positive impact on slowing global warming,” said volunteer Carolyn Vallejo. “Our aim in creating this project is to make Caledon residents aware of the issue of food waste and [teach] them simple, easy ways to reduce it, starting right at home.”

The National Zero Waste Council conducted a study on household food waste in Canada in 2017 and found that 63 per cent of the food thrown away by Canadians could have been eaten, households that waste 140 kilograms of food each year succumbs to a cost of more than \$1,100, which includes almost 2.2 million tonnes of edible food wasted each year, costing a whopping total of \$17 billion.

Food waste is one of the largest reasons of global environmental changes. Food is wasted due to overproduction, product damage, “best before” labelling and overall wastefulness.

The Just Eat It, Caledon! Food Waste Challenge is a five-week challenge in which residents will learn how to track their average food waste as well as learn different strategies to help.

“Before we get into the actual strategies that can help reduce food waste, mainly meal planning, learning to love leftovers and learning the difference between best-before and expiry dates, participants will track avoidable food waste so they can better understand how much edible food they waste and what it costs them weekly,” said Vallejo.

The challenge begins with a “Weigh In” followed by Strategy One, Two and Three and ending with a second Weigh In and Food Matters Workshop.



ecoCaledon is providing the Caledon community with a challenge to learn how to reduce food waste, beginning at home.

PHOTO COURTESY OF ecoCALEDON

Families will be encouraged to take part in the online challenge, in order to include all members of the family to learn and understand the importance of food waste and the impacts it has.

“Unfortunately, the emissions associated with how our food is grown, packaged, transported, consumed and wasted, means that what we choose to eat is one of the largest contributors to climate change,” explained Vallejo. “A number of the top solutions to combat climate change are related to food.

“Reducing food waste is a climate change solution that literally everyone can get behind.”

Other resources are available to educate and inform the community on food waste and different ways to reduce. Some of these include Love Food Hate Waste Canada, Second Harvest, which is Canada’s largest food rescue charity, as well as meal planning and recipe apps.

ecoCaledon has a variety of other programs running for the community to participate in including Paint a Picture for

Clean Air, Rain Barrel project, Caledon Day Kids Zone activities, as well as a global movement called Drawdown that encourages communities to find ways to reverse the damages of climate change by the year 2050.

“Our vision is to connect the majority of Caledon citizen to their environment, encouraging them to live more sustainable lives and to help in making Caledon itself more sustainable,” said Vallejo.

For further information, visit ecoCaledon.org.



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News

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TOWN OF CALEDON

Proposed 2021 Budget

HIGHLIGHTS

Learn more about the proposed 2021 budget.

OPEN HOUSE

Attend the virtual open house on January 20, 2021 where staff and Council will answer your questions!

(Details to be announced soon.)

On January 7, 2021, check online to view the proposed budget highlights.

caledon.ca/budget

Outdoor Skating Rinks in Caledon

TOWN RINKS:

The Town of Caledon is proud to open four outdoor rinks this season. Based on recommendations from Peel Public Health, Town rinks require pre-registration as part of enhanced safety measures.

These rinks are maintained by Town staff and must be booked in advance.

(2) rinks at Caledon Centre for Recreation and Wellness
(2) rinks at Caledon East Civic Campus
To book a time slot online visit caledon.ca/skating.

COMMUNITY RINKS:

Community rinks are maintained by community volunteers. No reservations are required. These rinks are used at your own risk and on a first-come first-serve basis, with a maximum of **10 people per rink**.

Additional volunteers are needed for the community rinks at RJA Pott's Park in Bolton and Palgrave Park in Palgrave. Please contact recreation@caledon.ca if you are interested in assisting.

Check online to see if a rink near you is open:
caledon.ca/skating.

COVID-19 SAFETY:

When using rinks practice the following to protect yourself and others.

- **Do not gather in groups or use the rinks if you are experiencing any COVID-19 symptoms.**
- **Stay at least 2 metres away from those not part of your household.**
- **Wear a mask or face covering if you cannot maintain 2-metre distancing.**

Grants for community / not-for-profit projects

Applications for funding from the 2021 Caledon Councillors' Community Golf Tournament (CCCGT) are now being accepted. Community and not-for-profit groups are invited to apply to be the "primary" recipient of proceeds from the 2021 Tournament.

Grants will be provided to organizations for the purpose of a specific and measurable project or program.

Deadline: January 31, 2021
caledon.ca/golf



Protect Your Self. Protect Others.

STAY APART

WASH HANDS

WEAR A MASK

GET TESTED

PUBLIC NOTICE

Passing of By-law (Heritage Designation)

TAKE NOTICE THAT the Council for The Corporation of the Town of Caledon has passed a by-law to designate the following property as being of cultural heritage value or interest under Section 29 of the Ontario Heritage Act, R.S.O. 1990, Chapter O.18:

Belfountain Conservation Area (Mack's Park) | 10 Credit Street

Belfountain Conservation Area, with Mack's Park preceding it, has been a defining feature of the village of Belfountain for over a century. The park has attracted thousands of visitors to its unique blend of a natural setting enhanced by landscape design.

The property is more particularly described as Parcel 1 being: firstly all of PIN 14268-0027 (LT), secondly all of PIN 14268-0052 (LT), thirdly all of PIN 14268-0053 (LT), fourthly all of PIN 14268-0428 (LT), and Parcel 2 being: firstly all of PIN 14268-0004 (LT), secondly all of PIN 14268-0049 (LT), thirdly all of PIN 14268-0050 (LT), fourthly part of PIN 14268-0207 (LT), fifthly all of PIN 14268-0209 (LT); Town of Caledon; Regional Municipality of Peel.



Coming Soon!

JANUARY

- 13** Committee of Adjustment, 1 p.m.
- 18** Heritage Caledon, 9:30 a.m.
- 19** General Committee (2021 Budget), 9:30 a.m.
- 19** Planning and Development Committee, 7 p.m.
- 21** Special Council Meetings
 - Simpson Road Development Charges, 5 p.m.
 - Downtown Bolton Revitalization, 7 p.m.

For details, including live stream and phone-in information:
caledon.ca/agenda

Also, check out the community events calendar:
caledon.ca/events

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“Do or do not” is a wise iment

by Mark Pavilons



“Do. Or do not. There is no try.”
Without sounding too much like a sci-fi geek, who doesn’t love one of the most famous movie quotes of all time?

Master Jedi Yoda urges the iconic hero Luke to focus and concentrate. He’s really telling Luke to unlearn what he has been taught, and try a new approach.

This bit of advice, albeit from a small, green puppet, is something we can all use.

Faced by any modern-day dilemma, there are really only two choices: face it or fear it. It’s the proverbial fight or flight response.

There’s little sense worrying oneself into a frenzy. Look at the problem and decide among the options, or possible solutions. There are usually only two – fix it and move on, or don’t fix it and leave it alone.

Sure, maybe neither are palatable, enjoyable or even affordable. But those are, as they say, the cards we were dealt.

Something as simple as a leaky car tire is an example, since it happened to one of our family vehicles.

Look at the tire. It’s low. Fill it with air. It’s better. A few days later, it’s low again. There’s a leak, albeit a slow one. The solution? Keep filling it with air or take it in and get it fixed.

Did I want to spend a \$400 before Christmas on new tires? No. Did I have a choice? No, not in the long run anyway.

Sure, there may be shortcuts, cheats or quick fixes, but we all know what the real solution is.

Lately, I’ve been approaching things as Yoda would have recommended.

Whether it’s hiring a plumber to fix the pipes under the kitchen sink, or renovating a bathroom. Do or do not. There’s no in between unless of course you do something half-way, but this seldom works out for the best.

We humans were instructed, from a young age, that if we do something, we should do it right.

We know this, but given the fact duct tape is one of the best selling items of all time, some of our “fixes” may be temporary.

Our parents tended to be handy, not because they were all skilled tradespeople, but because they had to be. Economics and practicality dictated that they had to find solutions themselves to common, everyday household problems.

My dad was notorious for those odd-looking repairs that combined a branch from a tree in the back 40, with some rusted metal bracket he got at a farm auction. His workshop looked like a work in progress. Things hung from the wall that didn’t even have a name.

While unique, many of his personal creations did the job.

When it came to simple car repairs, I helped him work on our 1983 Olds. You could actually get your body part-way into the engine bay to affect repairs. We

changed an alternator and pulled out a radiator. We did oil changes and rotated our tires.

Today, a couple of these are still do-able in our driveways, but I doubt many of us (yours truly included) are so inclined. It’s not that I’m wasteful. Au contraire, I’m quite frugal when it comes to spending money.

But I know my limits and I know when it’s time to call in a professional.

That’s not to say this old dog can’t learn a few new tricks, but doing cartwheels with a wrench in my mouth isn’t one of them.

Thanks to the greatest invention of all time – the internet – I can simply search for instructions on changing car wiper blades, or cooking the best sirloin pot roast. I can look up possible sources of my aches and pains, but online medicine is always to be taken with a grain of salt. I can read about setting the Christmas light timer, since the original instructions were lost years ago. I can try to find the original replacement cutlery/utensil basket for our dishwasher.

I can do it. Or choose not to do it.

In my opinion, there is some wiggle room in Yoda’s original statement.

I think trying is still part of the equation and even if we don’t fully succeed, giving it our best shot has got to have merit. At least that’s what a lot of husbands tell our wives.

“I spent hours trying to get that widget in place, honey, but no luck. It must be broken.” If something terrible happened, like we lost our internet connection, would some of us be completely lost?

Quite likely.

Could I build a lean-to or small shelter out of logs if I were stranded in the bush? I doubt it. My dad did. He actually built quite a nice gazebo on our rural Caledon property, without drawings and without a real plan.

Okay, it may not have been perfectly level but it stood for more than two decades.

I also recall helping him form, pour concrete and lay patio slabs, all of his own creation. He would never have considered spending hundreds of dollars on patio stones.

I will admit that I’ve lost that good, old-fashioned ingenuity that served our ancestors so well. I could never make a radio out of coconuts like the Professor did on Gilligan’s Island! And my offspring are even further removed from rolling up their sleeves and giving it the old college try. They are, however, resourceful. They are quick to turn to dear old dad, or mom, and ask us to handle the problem!

I fear that too much hand-holding will make our species weak in generations to come.

Of course, technology will continue to improve and come to our rescue.

Electric cars will mean fewer repairs. A cabin-in-a-box may already be a reality. Our smart devices and smart homes will get even more intelligent.

But the push of a button or verbal command kind of takes the “do” out of it, don’t you think?

Maybe we will become more of a “let someone else do,” or “do not” society.



From the Second Row

A brand-new decade

Written By BRIAN LOCKHART

Yes, it’s a brand-new year.

I guess all those 1950s late night science fiction movies and the Twilight Zone TV show got it all wrong because I don’t have a jet pack in my garage.

There are also no glass-domed cities, flying cars, laser beam guns, or robot butlers.

The moon hasn’t been colonized, and no one has had to launch themselves into deep space like the Space Family Robinson in 1997, to find a new planet to inhabit because the Earth is over populated.

The concept of going to Mars and setting up shop is not feasible, even if Space X has made plans to go there – it’s not a realistic project.

In fact, the entire space program has kind of stalled. Instead of zooming off to other planets, astronauts are only going as far as the International Space Station, and even that is becoming a questionable expense.

This was all, of course, science fiction – the key word being fiction.

To gain a real perspective on the future I researched a paper published in 1950, by the leading scientists of the day who made their predictions for the year 2000 – some 50 years ahead of their time.

Some of their scientific predictions were wildly inaccurate while others came much closer to the mark.

For some reason, they concluded a Third World War would have already happened and a World Federation of some sort would be created. Not sure why everyone has been predicting a third global war for decades, but it hasn’t happened yet, and won’t likely happen any time soon.

The scientists were sure there would be an artificial planet built to orbit the earth that would shine as bright as the moon and act as a radar and transmitting beacon. They were sort of right on that one given satellites, but they aren’t quite the size of the moon.

As for travel they predicted you could move around the entire planet in a day. We’re close to that: you can get from here to Australia in about 24 hours.

They also figured the cruising speed for commercial airliners would be over 1000 mph. Nope, not even close to that.

It was thought that atomic power to replace coal and lack of water powered resources should be “getting under way.”

Well, they predicted atomic power, however the first reactors were created only four years after their prediction. Not sure how they didn’t see that coming sooner.

There are several predictions regarding health care, although most of them haven’t been achieved yet, like a cure for the common cold. However, they did predict that polio would be eliminated before 2000.

In 1950, television was still a new medium. The scientists predicted TV would become 3 dimensional with the characters appearing in your living room complete with the smells that come with a scene. We’re not quite there yet.

They also predicted that radio broadcasting will be totally eliminated because no one would “tune into a program that cannot be seen.” I guess they didn’t figure in the fact that keeping your eyes on the road while driving was important, although they did think flying cars would be common place.

One thing they did envision was today’s smart-phone or iPhone.

“The telephone will be transformed from wire to radio and will be equipped with the visuality of television. Every pedestrian will have his own walking telephone.”

It is interesting to note that two of the most powerful tools ever developed were not predicted at all, at least not in any research I can find.

Digital technology never seemed to be on the radar – at least not in the sense we use it today.

And there were no early references to a future kind of internet as we know it, other than a couple of very vague references to possible use of computers. No one ever seemed to think of a global information system connected to every home.

In fact, the common thinking at the time was that as computers became more powerful they would also become larger. See Professor Frink, on the Simpsons.

The above predictions were made for the year 2000, which at the time was considered far into the future and a benchmark year because it marked the turn of the century. And here we are 21 years past that benchmark year.

We haven’t quite made it to the world of Stanley Kubrick’s 2001: A Space Odyssey, but you never know what still may come over the next few years.

I still have a space reserved in the garage for my new jet pack when they finally are on sale for consumer use.

Our Readers Write

Trucking in Ontario is not what it was

In 1990, Ontario deregulated trucking and pulled most of the MTO watch dogs off the roads. So, now we see many couriers buying old highway rigs (longer rigs with sleepers) with over a million miles on them for not a lot of money and then push them till they break.

My company receives deliveries of bulk salt all winter and many times we have seen trucks like I mentioned pull into our yard and sometimes broken down, poor conditioned rigs, and sometimes with expired stickers and drivers who do not know their trucks very well at all.

This is what is on our roads every day and it really scares me as these are accidents waiting to happen.

We have our own shop with our own mechanics and pay a ton of money every year to keep all our fairly new trucks 100% safe as well as making sure to train all our drivers.

What happened to the Jim Browns, The Jimmy Dicks, Carl Farrow’s of the industry?

BRIAN PERRAS
CALEDON

Submit your
**LETTERS
TO
THE EDITOR**

Caledon Citizen
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The European Union: Free At Last!

Blaming the victims is never a good look. As Britain finally leaves the European Union, 1,651 days after the Brexit referendum of 2016, we should try to remember that 48% of the turkeys didn't vote for Christmas.

Brexit was not exactly a national act of self-harm; it was really an attack by the nostalgic and nationalist old on the young. 60% of British over-65s voted to leave the EU, but 61% of the under-35s voted to remain. Having had four years to think it over, most British now think it was a mistake – by a 48-39 majority, according to a YouGov poll in October.

Too late. Boris Johnson is Prime Minister and he dares not anger the English ultra-nationalists on the right of his own Conservative party. After months of the amateur dramatics that accompany any Johnson decision, on Christmas Day the United Kingdom concluded a pathetically thin “free trade” deal that reflects the real balance of power between the EU and the UK.

It looks pretty good for manufactured goods and commodities, which make up 20% of Britain's GDP: no tariffs, no quotas. But the EU sells far more stuff to the UK than the other way around: it has a \$45 billion trade surplus in goods. Of

course, it made a deal on that.

By contrast there is no trade deal at all in services, which account for 80% of the UK economy and used to produce a \$112 billion surplus for the UK. The UK is entirely vulnerable to whatever restrictions the EU may choose to apply to its banks, insurance companies and providers of other professional services.

Johnson will smear lipstick all over this pig of a deal and declare it a triumph. Those who want to believe it will do so, and the only early evidence of the huge defeat that it really is will be some delays at the ports as customs officers learn their new jobs. The real bill will come in later and almost invisibly, in lost trade, investment and opportunities.

The last official British government estimate was that fifteen years from now the British economy will be between 5% and 7% smaller than it would have been as an EU member (but still a bit bigger than it is now).

That's not the raw material for a counter-revolution – and besides, any projection about the economic situation in 2035 is really pure guesstimate. One COVID more or less could make just as much difference as Brexit.

All one can say is that the British economy will not “prosper mightily” outside the EU, as Johnson promised, but it won't collapse either. And then, in due course, the younger, pro-EU Brits will become the majority thanks to the magic of generational turnover. But until then, if Britain comes knocking at the EU's door asking to be allowed back in, Brussels should say “no”.

What really happens on 31 December is that the European Union is finally freed to develop in the way that its other major members clearly want. The goal of “ever closer union”, anathema to English exceptionalists, is back on the agenda.

There is ambivalence in every member country about the idea of creating a semi-federal European super-state, but in a world where democracy and the rule of law are under siege most people can see the need to strengthen the European Union. Last July the EU's leaders took a huge step in that direction: for the first time they agreed to borrow collectively on the financial markets.

France and Germany were all for it, and Italy and Spain needed the money to finance a trillion-euro aid programme to help them through the coronavirus crisis. Those four countries now contain more than half the EU's population, and

they outvoted the “frugal four” (the Netherlands, Austria, Sweden and Denmark) that opposed taking on debt to support “feckless” Mediterranean members.

If Britain had still been a member, it would have vetoed the measure because it infringed on the UK's sacred “sovereignty.” French President Charles de Gaulle, who vetoed British membership applications twice in the 1960s, was right: England does not have a “European vocation”, and it should not be allowed in.

The financial precedent that was set in July opens the door to a future EU that acts much more like a state. Even a common defence budget is now within reach – not something vital in military terms, but a European army would be a hugely important symbol of unity.

The United States may be back soon, but the world could certainly use a second powerful advocate for democracy and the rule of law. Brexit may be giving us just that by freeing the EU to move on, and we should be grateful.



GWYNNE DYER
OUR WORLD TODAY

New Year, New Attitude?

It seems that we could all agree 2020 was a disaster of a year for just about everyone.

Frankly, it's not looking like early 2021 is shaping up any better. This concerns me more from a mental health point of view. So many, including myself, have pinned their hopes on 2021 being a better, brighter year, that I fear the disappointment in its failure to do so may have tragic consequences. My intent was to start the year (and this column) on a more positive note, with hopes that the New Year would usher in a whole new attitude. I wonder instead however, if we'll continue to see more of the same old griping, fear and concern that was all too pervasive during 2020.

What follows are a few of my thoughts and reflections; I invite you to be the judge of my attitude.

Rod Phillips: It wasn't just the travel Rod, it was the painstakingly elaborate cover-up. That “Christmas Eve” fireside message where you're drinking eggnog? Just – just wow. Your audacity knows no bounds, but at least you resigned. That's a win for 2021.

All the other politicians who travelled over the holidays: That so many of you – not just in Ontario but also throughout our country – chose to holiday elsewhere was demoralizing. I continue to hold a certain naiveté about politicians, assum-

ing that a great many of them enter politics for all the right reasons: to support communities, the greater good and similar motivations. Now, I'm curious. When does that sense of entitlement kick in? Immediately? After several years? Why does it kick in during a global pandemic when the rest of us are solidly sticking to the rules? Who do you think you are and what gives you the right to do what the rest of us can't?

The Future of Caledon: It's a bit dicey this one; hard to predict what will happen when we've already lost 40% of our seats at the Regional table. There is a lot at stake for Caledon, which I have already written about and it's an area we will have to watch carefully. Whether, as our Mayor has requested, the Minister steps in and there is good news and new attitudes or we hear more of the “same old same old” from our neighbours to the south and the seats are lost forever remains to be seen.

Community Spirit: I was heartened to see the many displays of positivity around our community this past holiday season. There were Christmas light shows around town that acted as fundraisers and people and businesses filling The Exchange with food. (Keep on filling it please, hunger and food insecurity sadly never seems to go away) The Town of Caledon distributing winter activity kits

(WinterFest) to children and families to encourage outdoor time, getting active and having fun was a great idea. The joining together of the town and many of our smaller neighbourhoods, hamlets and villages to create ice rinks across Caledon for all to enjoy will be a sanity-saver during these next three months for sure. Thank you to the many people involved in making this happen – now if only the weather will cooperate. The #LoveLocalCaledon campaign was also an excellent opportunity for us all to support those small businesses forced to close during the worst possible time of the year – and thanks to our Mayor and Councillors for their active support too.

Hope and Resilience: Two things that as a result of indomitable human spirit, almost never leave us. They fade, and 2020 gave us plenty of reasons to potentially lose hope but humans are resilient and we both have, and will continue, to rebound. Hopefully. Thankfully.

Schools as Super-Spreaders: Elementary students only get one extra week away from the classroom while secondary school students will spend up to three weeks learning from home. I'm curious what the difference is? I also remain concerned when I read comments from epidemiologists like Amy Greer who has said that, “re-opening schools for in-person classes on January 11 is

reckless and dangerous.” She comments that closing schools is heartbreaking and acknowledges both mental health concerns and parents working as issues that require careful consideration. That said, she further suggests that “all the while community transmission is raging (and) our health care system is buckling despite best efforts,” the harms of keeping schools open are far more significant. Stephen Lecce wrote on Sunday, January 3, that “leading medical experts have made it clear that schools are not a source of rising community transmission” yet the government IS closing them for at least one extra week. Who are these experts and why do they seem to differ from all the other experts out there who ARE willing to be named and quoted? Why school closures at all if students are not at risk? Confused? Yeah – me too.

More COVID-19 closures coming: On January 3rd, the City of Toronto's Chief Medical Officer said further measures may be imposed on businesses “in an effort to slow the spread of the virus.” I don't know your thoughts on the topic but



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SPORTS

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SSE 90 is making its case as the place to be for your child’s soccer development in 2021

Written By ROBERT BELARDI

By no stretch of the imagination is it easy to find the right fit for your child. It’s an ever-growing affair, a relationship that seemingly tests the thinness of your patience as you slowly watch it piece itself together.

Soccer parents might be able to vouch for this. Numerous questions can surface on the development of their child in a system that seemed to be, on paper, the perfect fit. And, if it isn’t, it’s hard to wade through academy websites and backstories intended to prove how each academy is number one.

No wonder there can be a sense of feeling lost at some point.

In most cases, word of mouth marketing of academies might be trustworthy, and there are plenty academies now that offer credible insight into the beautiful game as your child aims to reach their full potential.

Moving into 2021, SSE 90 has been a reputable academy for young soccer players since its inception in 2013 and that is something owner Valerio Rocca wants you to know.

SSE 90 has seen players head off to the United States on scholarship, one sign with Rimini in Italy and Mark Anthony Gonzalez drafted by Sporting KC in the MLS.

Located in Southfields on the edge of Caledon, Bolton and Brampton, Valerio has been reconstructing the delivery of the program this past year.

Due to the pandemic, he’s had an ample amount of time.

Throughout the summer months, his recreational and rep clubs were practicing three times a week and his academy created an inter-mural league within the club to keep his players engaged.

“It also provided us with an opportunity to see who is serious about the game,” Rocca said. “Because a serious player is going to find a way to train no matter what.”

With 175 players in the system, it was time to preen the business model and heading into this year, the academy will be introducing more to their system to enhance player development.

Veo cameras will be introduced for individual and collective analysis of both training sessions and games. Heart rate and GPS monitors by Beyond Pulse have been purchased. Reaction and cognitive training devices by BlazePod will be used to look at player responses.

The academy will also introduce Playermaker, a device that tracks touches on the ball on both your right and left foot in a session and one that isn’t found everywhere.

“Besides TFC (Toronto FC), we’re the only academy that provides this kind of software,” Valerio explained.

SSE 90 currently holds a Canada Soccer Provincial Level 1 Club License. And despite the obvious of coaching and developing players within the academy for a professional route, college route or soccer for life route, Valerio is also investing in a parent education program.

“Every quarter, we will hold a seminar with the parents on how they can help us. Parents play a major role. When you want to talk about high performance and a player, playing a major role in games, parents play a major role in that.”

Every quarter, Valerio plans to bring in a health expert to discuss nutrition. Three times a season, the athlete will undergo fitness tests. And, if these assets to the program may not

convince you to enrol your child in SSE 90, credentials are an added bonus.

Valerio has been invited to complete his US Soccer Premier Diploma next year. In the past five years, he has completed his FIFA “A” Professional International Coaching License, Canadian National “B” License, Ontario Soccer Technical Director Diploma and is currently the Vice-President of the National Soccer Coaches Association of Canada (NSCAC).

So, when he began hiring his team, he said it wasn’t that simple. It takes a lot to trust somebody to enter the fold and comply with your ideologies and beliefs.

But, with his current staff, he believes this is the perfect fit.

He hired goalkeeper coach Antonio Rojas first and then fitness coach George Bull. It didn’t take long for the reputation to circulate within the soccer community, leading UEFA license holder Geoff Strauch to join the staff, USA National B license holder Mario De Roia to come in and University of Nipissing player Julia Previte to come in for a youthful presence.

For more information and registration on the website you can head to sse90.com and contact Valerio Rocca directly for any questions for this upcoming 2021 year at valerio@ssc90.com.



CONTRIBUTED PHOTO

Esports streaming is experiencing significant growth in pandemic

Written By ROBERT BELARDI

It’s been a tough year for sports, that’s common knowledge, but a certain sport that has seen a surge in viewership, competition and value is one you can play at home.

Esports coverage, interest and participation has been proliferating for some time now. YouTubers and Twitch streamers have made significant money on the internet streaming their video games, and then competing in world-wide competitions, leaving their thumbs to earn them the big bucks.

It might sound crazy. How do people watch other people play video games? What’s the drive behind it? The fact of the matter is people simply enjoy it. Here are some facts and projections discovered by The Citizen over the winter holidays.

This past November, the streaming website Twitch surpassed its previous record set in October as viewers watched over 1.7 billion hours of online gaming in the month alone according to Venture Beat.

Women make up more than 40% of the gaming lifestyle scene according to StreamElements CEO Doron Nir.

Esports, is valued at \$950 million US dollars and is projected to grow to \$1.6 billion by 2023 according to Statista.

Twitch represented 91.1% of esports streaming in Q3 of 2020 according to StreamLabs.

495 million viewers tuned into esports in 2020 and this number is expected to rise to 695 million by 2023 according to Roundhill Investments.

Published last week on the House of Highlights and theScore’s Instagram page, gamer Skylar Howard researched the University of Kentucky’s Twitch page and discovered the school invested into the esports industry.

Sports news site Bleacher Report also had their gaming page tagged in the post.

In e-sports folklore, Twitch is the most popular platform used.

The Amazon-owned streaming-service is home to some of the most popular figures.

Ninja, also known by Richard Blevins, who famously made his name playing Fortnite, currently has 16.5 million followers on Twitch, followed by his compatriot from the United States Turner Tenney (Tfue).

Third on the list is Mississauga’s Michael Grzesiek (Twitch name Shroud) with 8.6 million followers on his account playing predominantly Apex Legends.

Video games such as Fortnite, Apex Legends and even Call of Duty have surfaced

as some of the most sought out games to watch.

As for sports games themselves, Madden, NBA, FIFA and NHL are of course the most popular.

Back in April of 2020, Washington Capitals forward Alexander Ovechkin took on The Great One, Wayne Gretzky, on Twitch in an NHL charity tournament while in quarantine.

Recently in December, EA Sports FIFA Twitch page completed the competition’s FIFA Global Series Europe Qualifier’s reaching 943,869 viewers on the channel.

While continuing to surpass thresholds that were in its way, the growth of e-sports has led a university to begin a program. It has provided commentary and journalistic positions for many people and is quite the money-maker if you can enhance viewership experience with your exciting gameplay.

With expectations set to rise exponentially over the course of a three-year projection, and with the recent release of the Xbox Series X/S and the PlayStation 5, it prompts the question: how far can this really go?

The highly anticipated answer, in short, is we’ll find out soon enough.

Continued from Page 9

Talk Caledon: New Year, New Attitude?


what else can be done when all small, local businesses are already closed? Oh,

wait – I have an idea; I mean I’m just spit-balling here but how about we close big box retailers and ban long line-ups outside their stores? Call me crazy but lining up outside your local Costco with three hundred other folks is doing nothing to diminish the spread of the virus. I’d much rather visit a local retailer with only 3 other people in their store to get whatever it is I most urgently need – and really, what is it any of us most urgently need? Food, prescriptions, medical supplies?

Possibly ordering dinner one night a week if you can afford it? I’m pretty sure everything else could wait. So, if they won’t close the big box stores, at the very least they need to cordon off the non-essential aisles. Otherwise,

I’m just not sure what else you could possibly close. Unless of course you also closed Amazon facilities for a week or two, giving beleaguered, overwhelmed, and as we’re also hearing, sometimes sick employees, a paid two-week break.


It’s a New Year for sure but I’m not entirely sure I have adopted a new attitude. Yes, I’m grateful family and friends are here and healthy and, yes, we’re doing our best to stay safe, shop local and maintain our mental health. I fear that if nothing else changes and we continue to see politicians flouting the rules, and inconsistently applied COVID-19 closure rules, it’s going to be hard to maintain any kind of “new” or positive attitude. How am I doing so far? You be the judge.



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IF YOU WANT to keep drinking, that's your business. IF YOU WANT to stop drinking, that's our business. Call Alcoholics Anonymous Hot Line, 1-866-715-0005. www.aanorthhaltonerin.org.

DRUG PROBLEM? We've been there, we can help! Narcotics Anonymous meets over Zoom, via video call. The Zoom meeting information is: Meeting # 245 323 6271. Password: 1234. The meetings are hosted on Thursdays at 7:30 pm. Shelburne is meeting at 7:30 pm instead of 8:00 pm.

ARE YOU A WOMAN living with abuse? For safety, emergency shelter, and counselling call Family Transition Place, (519)941-HELP or 1-800-265-9178.

FOR INFORMATION regarding **HEART and STROKE**, call Dori Ebel (519) 941-1865 or 1-800-360-1557.

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IF YOU or a **FAMILY MEMBER** are struggling with gambling, Gamblers Anonymous is there to HELP. Call: 1(855) 222-5542 or visit www.gatoronto.ca.

ALZHEIMER SUPPORT GROUPS meet monthly for spousal & family support. Call (519) 941-1221.

LA LECHE LEAGUE Orangeville offers breastfeeding support. For more info call Erin at 519-943-0703.



OBITUARIES

Raymond Charles Dennis Bottoms



Past Master True Blue Lodge No. 98 A.F. & A.M.

Past President of Bolton Volunteer Ambulance Service



Peacefully, surrounded by his loving family, at his home, on Sunday, January 3, 2021, Ray Bottoms, at the age of 84 years. A husband, a father, a dedicated man to his community and church. Ray was a Past President of Albion Bolton Historical Society, a retired Elder

of Caven Presbyterian Church, associate director of Albion Bolton Agricultural Society, and a volunteer board member of Laurel Hill Cemetery. He wore many hats in his life and had many circles of friends. He was also an avid Carnival/Circus Model Builder. Ray is the beloved husband for 56 years of Isabelle. Proud Dad of Fiona and her husband John Barrie, George Bottoms and his wife Tammy Edgerton. Dear brother of Dorothy Prior and the late Bettie Onuluk. Relative of the late Charles and Audrey Strong. Fondly remembered by Ray Strong, Cheryl Kennedy, and Glen Prior. He will be deeply missed. He caught the last train out of the station but his travels will take him to a better place and free him from the pain of his short illness over the past few months. A private family funeral service was held at the Egan Funeral Home, 203 Queen Street S. (Hwy. 50), Bolton (905-857-2213) on Thursday, January 7 at 2 o'clock. The family invites those who wish to view the service to do so through live streaming at https://event.forgetmenotceremonies.com/ceremony?c=1c78dd5d-3b8b-4761-92b4-8fa347678a22. Interment in the family plot in Laurel Hill Cemetery, Bolton. If desired, memorial donations may be made to Caven Presbyterian Church, 110 King Street West, Bolton L7E 1A2 or True Blue Lodge, c/o Nicholas Brooksbank, 15505 Centreville Creek Road, Caledon L7C 3C3 or charity of your choice. Condolences for the family may be offered at www.EganFuneralHome.com

McCLUSKEY, James Arthur (Jim)

Peacefully passed away at Southlake Regional Health Centre, Newmarket on Saturday, January 2, 2021 at 80 years of age. Loving father of Darlene (Peter) Naismith and Daniel (Wendy) McCluskey. Proud grandpa of Bradley, Courtney, Holly, Niall and Conall. Dear brother of Muriel, Edward, Dorothy (Merritt), William (Jackie), George (Denise), Margaret, Audrey, Robert, Jack and Judy (Mike). Private family arrangements. In Jim's memory, donations may be made to the Heart and Stroke Foundation. Online condolences may be made at www.skwarchukfuneralhome.com.

FUDGE, David Gordon

Peacefully with his loving family by his side on Monday, December 28, 2020 at the age of 72. Beloved husband of Sharon Fudge. Dear father of Bob & his wife Jennifer and Susan Fudge. Cherished grandfather of Madi. Predeceased by his parents Gordon and Eileen Fudge. Remembered by his sister Dianne Teeter (Wayne). Sadly missed by his brothers-in-law Bill Quigley (Madeline) (both deceased), Keith Quigley (Betty Jean), Murray Quigley (deceased), Dale Quigley (Diana), Ken Quigley (Joan) and Trevor Quigley and his sisters-in-law Dianne Bennett, Leone Reichard (Paul), Linda Wilkin (Glenn), Brenda Spark (Al McKelvey), Debbie Osberg (Greg), Caroline Quigley (deceased). David will also be greatly missed by his many nieces, nephews other relatives and friends.

Private Family Service will be held at **Dods & McNair Funeral Home, Chapel & Reception Centre**, Orangeville on Monday, January 4, 2021. Memorial donations to St. Mark's Anglican Church or Princess Margaret Foundation would be appreciated by the family.

A tree will be planted in memory of David in the Dods & McNair Memorial Forest at the Island Lake Conservation Area, Orangeville. The next annual dedication service will be held on Sunday, September 12, 2021 at 2:30 p.m. Condolences may be offered to the family at www.dodsandmcnair.com

CRAWFORD, Robert Charles (Charlie)

Retired OPP Sgt. - Shelburne Detachment Owner/Operator of Lonestar Security Passed away peacefully at Headwaters Health Care Centre on Friday, January 1, 2021 at the age of 80. Beloved husband of Beverly. Dear father of Elizabeth, Catherine, Rob, Jim and the late Scott. Cherished grandfather of Dougie, Scott, Madison, Paige, Bailey, and the late Beverly. Predeceased by his siblings Joan, Molly, Bill, and Gord. Charlie will also be greatly missed by his brother George, his nephews and his many friends.

In keeping with Charlie's wishes there will be no service. Memorial donations to the Arthritis Society would be appreciated by the family.

A tree will be planted in memory of Robert in the Dods & McNair Memorial Forest at the Island Lake Conservation Area, Orangeville. The next annual dedication service will be held on Sunday, September 12, 2021 at 2:30 p.m. Condolences may be offered to the family at www.dodsandmcnair.com

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MPP Sylvia Jones reflects on year with COVID-19

Written By PAULA BROWN

As 2020 came to a close, Dufferin-Caledon MPP Sylvia Jones looked back at the year and her role in parliament through 2020.

"It's been an incredibly busy, and incredibly focused year – unlike any other I have experienced," said Jones.

"While it's been very challenging, it's also very exciting to be part of the decision-making and the discussion, the ongoing pivots and changes that have occurred as we see numbers rise and lower," said Jones. "And seeing how Dufferin-Caledon businesses and individuals have adapted, pivoting their model, their business models to continue to operate."

In speaking with the Citizen, Jones said that one of the biggest challenges through 2020 has been connecting with constituents following the declared emergency in March.

"How I was connecting as an MPP had to change; we had to come up with different [ways] to make sure that people were getting timely and accurate information," said Jones. "You couldn't have people waiting for answers, they needed to know."

While COVID-19 has impacted a number of different sectors, Jones notes that providing support through grants became a large project for the year.

"As support started to roll out in the various sectors we tried to pivot and make sure that the agricultural producers in Dufferin-Caledon knew what supports were out there and how to apply,"

said Jones. "When the small business supports came in for additional \$1,000 for PPE, relief on hydro and municipal taxes, we had to make sure we could push that out so those small business owners and operators knew what the provincial government was providing."

Following the initial impact of COVID-19, Jones said they were able to focus on other projects for 2020, including transportation in Dufferin and a safety zone in Caledon Village.

"There was an understanding that COVID is going to be with us for a while, but we couldn't continue to pretend that the other projects that we're working on, aren't happening."

As Solicitor General, Jones has since been working with Minister of Health with the rollout of the COVID-19 vaccine.

"We're at a stage where we can give people some hope that as the vaccine becomes available and provided by the federal government, we'll get it into people's hands as soon as we possibly can."

In the two locations, Toronto and Ottawa, where the Pfizer vaccine is being piloted, there have been 3,200 people vaccinated for the virus.

Looking ahead to 2021 Jones said she is focused on the reopening of the economy and the continual rollout of the vaccine.

"My priorities for 2021 circulate around as we get more and more access to vaccines, reopening businesses and ultimately reopening our ability to meet in person to connect with people," Jones noted.

E-book "Blueprint to Recovery" a supplemental guide for better health

Written By ROBERT BELARDI

Between process and recovery, there is a gap that, historically, has never been simple to bridge.

With fitness, there are ways that it can be. A recently published work from Quinton Nurse and Christopher Araya, The Blueprint to Recovery, can help make a difference in your daily life. It is all about the will power to make a difference.

Still in the process of getting his Doctor of Naturopathic Medicine degree at the Canadian College of Naturopathic Medicine, Caledon resident Quinton Nurse yearned for more knowledge and approached a registered massage therapist (RMT) teaching his physical therapeutics class for more information.

Christopher Araya, RMT and owner of Araya Health Centre in Scarborough, won the 2019 Toronto Star Reader's Choice Award for the best therapy clinic in the city. With the idea of putting something practical and symbiotic together, Araya knew who he could turn to discuss this.

"I approached Quinton; he had a strong background in nutrition, but, for me, it was always interesting to talk to him. Quinton always shared some insight on nutrition and fitness and how I always preached massages. It was always integrated in the bigger perspective of health," Araya said.

They shared intricate conversations on nutrition, fitness, and therapy. They both determined each of these three could not reach its full potential without the others. Fuelled by their own desire to make a difference, Nurse and Araya wanted to play a role filling a void in the health care and fitness industry they both felt needed to be addressed. Together, they co-wrote The Blueprint to Recovery.

The e-book released last month is a practical and engaging 75-page informative work that is supported by their three concepts or "pillars."

It shares intricate detail on nutrition, exercise, and therapy with an emphasis on diet, restorative movement, and metabolism.

"If your metabolism is way off, and the foods that you are eating contribute to inflammation; no amount of massage therapy is going to fix that. So, when one pillar is completely off, you won't have success," Nurse explained.

For example, the body not only needs water to be hydrated but also needs water to properly function and perform. He also mentions that the foods that we consume

are better off being consumed while there is daylight.

"The sun impacts your metabolism right down to your genes," Nurse explained.

Research shows that bodily signals stimulated by the sun help the body use foods and can provide a sufficient amount of Vitamin D. The book will detail how to maintain your health throughout the winter months with less sunlight (and often less activity) per day, and how to use food timing to help recovery.

As many workers experience working from home due to COVID-19, people continue to experience a shortage of movement.

Nurse says the human body will adapt to its surroundings and, in this case, in a negative way. It's a big part of how people come to experience pain and damage. This blueprint is in part a guide on how to diversify your movement to prevent negative adaptations.

"I would view this book in the same category as an important supplement, because as a supplement to what you are currently doing currently, it isn't meant to carry you all the way. More, it shows you what you need to go forward, sets you in the right direction, and stimulates your curiosity for betterment. And that's what this book does," Araya said.

"It's a gateway to the next step. It's a checkpoint."

Further in, celebrity Chef John Abanilla crafted healthy recipes to get you started.

Illustrator Anthony Nucifora showcases what movements you can do to ensure the body is steadfastly meeting its own demands and needs for activity.

Combined with over 15 years of total experience between Araya and Nurse, the Blueprint To Recovery is designed for everyone. For those with everyday pain and injuries, and for athletes desiring to further pinpoint their problems and improve their longevity in the sport, this is the right read for them.

At a time where everyone is still experiencing a step-back from life as we knew it, this is a good time to take a step-back and ensure your eating habits are proficient and your activity is optimized for you, if it isn't already.

For more information on purchasing the e-book visit @arayahealth on Instagram and Facebook or at arayahealth.com.

In their next phase, both Araya and Nurse look to collaborate to get this book into the hands of trainers and coaches. They look to further instill the methodology that if you have a routine and an active lifestyle, recovery needs to be part of your journey.

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