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## LEST WE FORGET



Autumn sun beat down on the Alton Legion on Sunday afternoon where MP Kyle Seeback, MPP Sylvia Jones and Mayor Allan Thompson led local dignitaries in a service ahead of Remembrance Day on November 11. For more on Remembrance Day and our Veterans, see Pages 2 & 3.  
**PHOTO BY ROB PAUL**

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*Lest We FORGET*

FEATURE ON PAGES 8-9

## Activists look for answers as government pushes Highway 413 in Fall Economic Statement

BY ROB PAUL

As part of Ontario's Fall Economic Statement, the Province has reiterated its plans to expand, repair, and build highways in the "Building Ontario" section of the statement.

The government has invested approximately \$2.6 billion in funding for 2021-22 in support of the Ontario Highways Program, which features more than 580 construction, expansion and rehabilitation projects. As part of the Highways Program, the government has committed funding to build and advance the Bradford Bypass and Highway 413 (GTA West Corridor).

Both the Bradford Bypass and Highway 413 plans have come under fire from environmental groups and residents in the areas that the pro-

posed highways will impact for the long-term effects it will have on the environment and farmlands. Protests have been held for months across Caledon, King, Vaughan, Simcoe, Brampton, Mississauga, and Oakville by residents and environmental groups and have spread through social media with the hashtags #NoMoreHighways, #Stopthe413, and #StoptheBradfordBypass.

One of the leaders in the fight against these highways has been Environmental Defence—a Canadian environmental advocacy organization—who have built ties with passionate residents throughout the regions where the highways are proposed.

Their concerns are that, if built, the highways would pave over farms, forests, wetlands, and a portion of the Greenbelt and cost taxpayers be-

tween \$6 and \$10 billion while adding over 17 million tonnes of greenhouse gas emissions by 2050.

The main argument for the highways is to relieve congestion as the population grows, but Environmental Defence points to an expert panel study that found Highway 413 would only save drivers 30 to 60 second per trip.

Environmental Defence has been asking the government to look at alternative ways to address the growing transportation needs in the region before investing billions of dollars into the highways.

Continued on Page A7  
 (For more on Premier Ford's Wednesday announcement in Caledon Village on the 413, see Page A6)



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### Mayor, MPP look at local impacts of Economic Statement

BY ROB PAUL

Last week, Ontario's Minister of Finance Peter Bethlenfalvy released the "2021 Ontario Economic Outlook and Fiscal Review: Build Ontario."

The plan goes through in detail how the government plans to build the foundation for Ontario's recovery and prosperity by getting shovels in the ground on critical infrastructure, attracting increased investment, and restoring leadership in auto manufacturing and other industries while also protecting Ontarians against the COVID-19 pandemic.

"As we continue to protect the hard-won progress against the pandemic, our government is looking forward with our plan to build a better and brighter future for families, workers and businesses in Ontario," said Minister Bethlenfalvy. "By unlocking critical minerals in the North, harnessing our manufacturing capacity and building critical infrastructure, our plan will drive our economic recovery and prosperity for every region of our province."

Continued on Page A13

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**TOWN NEWS** See Page 7

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# LEST WE FORGET



REMEMBRANCE DAY

# Area veterans share their stories of service, struggle

BY SAM ODROWSKI

Last week the Citizen had the opportunity to sit down with three veterans who are members of the Orangeville Legion Br. 233.

Barry Kimber, Chuck Simpson, and Bryan Goustos each shared their stories of service, and reflected on the struggles Canadian Armed Forces face relating to Post Traumatic Stress Disorder.

### Chuck Simpson

Simpson served for a little over 37 years and says his service with the military helped him greatly in getting on the right path in life.

"I was living in Toronto, not doing well in school. Not doing well as a 17 or 18-year-old young man in Regent Park," he said. "It was pretty rough at that time. It was not a nice area."

At 18, he enlisted out of Toronto and did his training in Nova Scotia in the field of communications, before later receiving training in Kingston, ON.

His training was stopped due to the FLQ crisis, which started in 1970 when the Front de libération du Québec kidnapped Deputy Premier Pierre Laporte and British diplomat James Cross. At which time, Simpson was brought in to provide assistance.

"They said I was providing security, but when you're 18-years-old and not really clued in, I just stayed out of the tanks' way and listened to what the sergeant said," Simpson recalled.

After the crisis was resolved, he continued his training in Kingston, before being posted to Borden (ON), Esquimalt (BC), Petawawa (ON), and Goose Bay (NL).

Simpson met his wife, who's also a veteran, in



PHOTO BY SAM ODROWSKI

Borden, and served for 22 years.

He's done a total of three tours with the Canadian Armed Forces, in Cyprus and the Golan Heights of Syria.

At 21, he first went overseas, arriving in Cyprus, and when reflecting on his time there, he said he had a "blast."

"When you're a young man going around, and I was a dispatch rider, I was in a jeep and I delivered stuff. I was going through checkpoints, minefields," Simpson said. "You're conscious of the danger, but it was just such an adventure."

He noted that his tour in Cyprus was a peacekeeping mission, trying to prevent the Greeks and Turks from killing each other, who are both allies of Canada.

"Then I was in the Golan Heights, which is still a warzone because Israel and Syria and all them folks haven't signed a peacekeeping, they're still shooting at each other," noted Simpson.

The Golan Heights presented many dangers to the more than 12,000 Canadians who have served there since the United Nations peace mission began in 1974.

"There's so much stuff out there that can kill you - minefields you have to traverse," said Simpson. "We used to have wild pigs run through and the odd time they would hit one of them and they would go off - it would set off a series."

Overall, Simpson told the Citizen that he's grateful he had the opportunity to serve. "That changed my life. By joining the military, I found out I wasn't as smart as I thought I was, and I wasn't as tough as I thought I was," said Simpson. "The 37 years [of service] went by really fast, I can tell you that. And never hurt anybody, I never destroyed anything on purpose. And so, most of my career is what they call Cold War/peace time, but we were in areas where it got hairy, but nothing happened."

However, he did note Bryan Goustos, who's a fellow local veteran, served in Bosnia where things did get "hairy."

### Bryan Goustos

Goustos' dad signed off on the paperwork required to allow him to join a militia in the field engineer regiment of the Fort York Armoury, just before turning 17, in 1984. He trained for three years there before transferring over to the regular force to do basic training.

In January of 1988, Goustos landed in Petawawa as a combat engineer. From there, he did three tours, with the first one being Cyprus in 1989. He then spent 1992 and 1993 in Iraq/Kuwait establishing the international border there.

Goustos noted that the Iraq/Kuwait Tour was his first Christmas spent overseas.

While establishing the border, a large part of his job was explosive ordnance disposal, which entails finding unexploded mines and shells (dud ammunition) in the ground and removing them.

In the area of the Iraq and Kuwait border, cluster bombs were most commonly used during battles, but they need to hit a hard surface to explode. When the bombs were dropped in sand, which occurred often, they wouldn't detonate.

"So, as we're going around setting this international border, we're actually clearing the way so that we can bring trucks in and the civilian surveyors in there," said Goustos.

The unexploded ordnances would be shot from a distance, with the Canadian 223 round, which has a steel core instead of a lead one. The steel core allows the bullets to penetrate the untriggered bombs.

Following the deployment to Iraq/Kuwait, Goustos served in Bosnia during 1994 and 1995, as well as Haiti in 1997.

The battle of Medak, which was the main battle in Bosnia, was the biggest firefight Canada was involved in since the Korean War, excluding the battles in Afghanistan.

"These guys got into a real hardcore heavy duty shooting match," noted Simpson, of the battle.

Goustos was later posted to Cold Lake in Alberta in 1996 where he did more explosive ordnance disposal.

At the beginning of the millennium, Goustos did an occupational transfer to firefighter. He worked in the role for a few years before being posted to Her Majesty's Canadian Ship (HMCS) Ottawa in 2004 and 2005. He was also posted to HMCS Regina in 2006 and worked in Winnipeg the following year. After that he took a job with the Brampton Fire Department and has been there ever since.

### Barry Kimber

Kimber served for three years on a radar base before he had to end his service due to medical problems.

He said one thing many people don't realize that's really important is the amount of peacekeeping that goes on with the Canadian Armed Forces, as well as NORAD.

"We have Rangers right across the Yukon right now that are watching all our borders up north. And these guys are all part of the Canadian Armed Forces," said Kimber. "You've got Air Force people on the East Coast that are watching our borders on each side to make sure that they're safe because I'll be honest with you, if you look at the news right now, the Cold War's coming back."

"The penetration of other countries crossing over past international lines, they're testing the UK all the time," he added.

Kimber said there's a threat of other nations trying to claim ownership of Canada's northern land as well, such as the Yukon because of all the natural resources located there.

"Our military, they're the ones that are ensuring that our borders are protected, and that they're not infringed on," he noted.

With this in mind, Kimber stressed the importance of recognizing the Canadian Armed Forces members who serve at home, protecting their country domestically, in addition to those that serve overseas.

### Post-Traumatic Stress Disorder (PTSD)

An important issue all three local veterans touched on is the PTSD associated with the battles that are fought by Canadian Armed Forces.

Simpson said one of his sergeants suffered from severe PTSD following the clearing of bodies from the ethnic cleansing that took place in Bosnia.

"That would destroy you," said Kimber, of the soldiers who had to clear out the area.

Simpson noted that the Korean War and World War Two veterans were heavily impacted by PTSD following the wars due to the types of conditions they fought in and lack of understanding of the condition at the time.

"They would go through an area, live in an area, and be face-to-face, doing hand to hand combat. That's not long distance, they're grappling with fellow human beings, and what they're trying to do is kill each other," he said. "These are the guys that that lived through that. Man's inhumanity to man is what these guys really seen."

Nowadays, in modern combat, soldiers generally keep their distance, Simpson told the Citizen.

Kimber said his great grandfather fought in the rougher conditions during the First World War and suffered greatly because of it.

"He went to Passchendaele, went to Vimy Ridge, and survived it all," he said. "He went over there with 8,000 men, and only came home with 700 from his battalion."

"The family talks about when he came home, he was put in a hospital in Toronto for almost a year, he suffered with Shell Shock, and he was completely deaf," Kimber added.

Continued on Page A3

## Peel2051

Regional Official Plan Review

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**We strongly encourage you to pre-register to attend this session and proof of vaccination is required to enter. Please email [planpeel@peelregion.ca](mailto:planpeel@peelregion.ca) or call (905) 791-7800, ext. 7854 to pre-register. Note: Due to restricted room capacity, if you do not pre-register, you may have to wait to enter the session.**



Session #1	Session #2	Session #3	Session #4
November 9, 2021	November 10, 2021	November 15, 2021	November 17, 2021
<b>Albion Bolton Centre</b> (Room C) 150 Queen Street South, Bolton 3 p.m. - 8 p.m.	<b>Churchill Meadows Community Centre</b> (Multi-Purpose Rooms 1 and 2) 5320 Ninth Line, Mississauga 3 p.m. - 8 p.m.	<b>Jim Archdekin Recreation Centre</b> (Jim Archdekin Room) 292 Conestoga Drive, Brampton 3 p.m. - 8 p.m.	<b>Caledon Village Place</b> 18313 Hurontario Street, Caledon Village 3 p.m. - 8 p.m.

**NOTE:** The same materials are being presented at each of the sessions. All of the display boards are available on the Peel 2051 website. Please bring your own device should you wish to view all display boards. The statutory open houses and public meeting were held in late October and early November. These are additional opportunities for the public to ask questions or provide comments if they were unable to submit comments via email or attend virtual sessions. Please submit comments by November 30, 2021.

To view our virtual display boards, visit [peelregion.ca/officialplan/review/fall-consultation.asp](http://peelregion.ca/officialplan/review/fall-consultation.asp).  
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# Remembrance Day ceremony at Alton Legion was a time for reflection

BY ROB PAUL

With November being a month of remembering those who have been lost fighting for Canada's freedoms, the Alton Legion held its Remembrance Day ceremony on Sunday, November 7. The ceremony was attended by Legion members, Mayor Allan Thompson, MPP Sylvia Jones, MP Kyle Seeback, and representatives of Caledon Fire and Caledon OPP.

Legion President Larry Weltz, who leads the Poppy Campaign for the Caledon area each year exceed the event as dignitaries shared their thoughts on the importance of Remembrance Day and thanked those who risked everything so Canadians can have the privilege to live their lives to the fullest.

"Today is a day to pay our respects to all of our fallen, all the wounded, and all who served in conflicts," said Weltz. "Today we remember those who volunteered, sacrificed, served, fought, and died for our freedom. We will never forget that. We will remember them."

Thompson made a point to thank the heroes who have served in recent combat missions for their country's freedoms and are transitioning back into their lives.

"I want to reach out on behalf of Caledon and say thank you to everyone who has served in the past and are serving us today," said Thompson. "I think a lot of people take democracy for granted and I think this is something we have to remember on days like this as to why we are so grateful to have the country that we have."

"I want to say that I know we're here to remember those who have lost their lives, but also we are so grateful for the ones who have come back, especially from Afghanistan and are getting their lives back together after putting their lives on the line to keep our democracy and keep our world a safe place. We will remember them, and we will not forget them."

Given the 100th anniversary of the Poppy Campaign, Seeback took the time to highlight all of the major anniversaries in 2021 of wars and battles that have contributed to Canadian's freedom today.

"I thought this year it would be important to mark several missions that our finest have served spanning almost 100 years," Seeback said. "This is the 10th anniversary of the end of Canada's combat mission in Afghanistan, the 30th anniversary of the end of the Gulf War, the 70th anniversary of the Battle of Kapyong during the Korean War, the 80th anniversary of the Defense of Hong Kong during the Second World War, the 105th anniversary of the Battle of the Somme. 2021 is also

the 100th anniversary of the poppy, which has become our iconic symbol. Lest we forget."

With the veterans who had to leave their homes and didn't have the opportunity to return, Jones talked about the influence that had on the communities throughout Dufferin-Peel and why the region must never forget what has been lost.

"I can't read and hear those names without thinking what an impact those lives had on the communities where they grew up and lived their lives," said Jones. "Those small communities like Alton, Caledon East, Orangeville, Shelburne, Grand Valley. Where husbands, brothers, and uncles left to serve their country and did not have the opportunity to live the rest of their lives in the community. What that did to change those communities, to make people appreciate what happens in other countries around the world truly does have an impact right here at home. So, thank you for coming out and immortalizing today and thank you for understanding while some of these wars happened many years before our children were born, they did have an impact on our lives. Lest we forget."

There were several wreaths laid by Weltz prior to the ceremony representing the federal government, provincial government, Region of Peel, Ward 1 Councillors, the Silver Cross Mother, Armed Forces, Alton Legion, Alton Legion Ladies Auxiliary, World War 1, World War 2, Korean Conflict, OPP, Caledon Fire, Alton Fire, Alton Village Association, Alton Public School, Alton Cubs and Scouts, and four wreaths for individual families.

## Veterans Remember

Continued from Page A2

He said the PTSD, then known as "shell shock" and hearing loss, took a large toll on the family, as his great grandfather was an unhappy man when he returned from overseas.

At that time, PTSD wasn't a recognized mental disorder and not properly treated as it is now.

Through the Poppy Fund, which is made up of money raised through the Royal Canadian Legion's canvassing of poppies for Remembrance Day, Orangeville Br. 233 has been able to help a local veteran with PTSD.

This has been accomplished through a service dog program, where Chandler, who's a Newfie, provides him with therapeutic support.

Simpson said the veteran is a changed person now since receiving the dog. Whereas he wouldn't talk much before, the veteran is now very social and doing much better.



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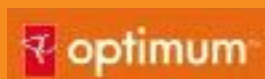
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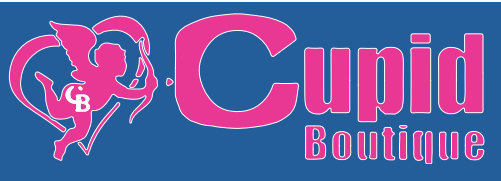


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## OPP asking for cooperation of witnesses in ongoing investigation into Mayfield assault

BY ROB PAUL

On November 3, at 12:15 p.m., members of the OPP Caledon Detachment were dispatched to Mayfield Secondary School for the report of an assault.

Upon arriving officers located one victim who was transported to hospital with injuries.

"Just after lunch today, two students were attacked outside the school on our property by a group of unknown individuals with weapons," stated Mayfield principal Jim Kardash in a letter to parents on November 3.

Following further investigation two more injured people were identified and a vehicle of interest was located in Brampton. All injured people are under the age of 18 years old and sustained non-life-threatening injuries.

The investigation is ongoing, however it is being challenged by a lack of cooperation of witnesses and those directly involved in the incident.

Caledon OPP is appealing to anyone who may have witnessed the incident, has video footage of the incident or who may have information about what led to the incident, to please call the Caledon OPP Detachment at (905) 584-2241 or 1-888-310-1122.

### MOTORCYCLE DRIVER KILLED

Officers from the Ontario Provincial Police (OPP) Caledon Detachment are investigating a fatal motor vehicle collision that occurred on King Street, in the Town of Caledon.

"On Sunday, November 7, 2021 at approximately 5:30 p.m., officers responded to King Street westbound between Mississauga Road and Heritage Road for the report of a two vehicle collision," say Police. "For unknown reasons a motorcycle traveling westbound lost control causing the driver to be ejected. An eastbound vehicle struck then struck the driver resulting in fatal injuries. Collision Reconstructionists from the OPP Central Region Traffic Incident Management and Enforcement Team are assisting with the investigation. King Street was closed for several hours for the investigation."

The driver of the motorcycle, a 31-year-old, from Mississauga was pronounced deceased at the scene.

Anyone who may have witnessed the collision is being asked to contact the OPP Caledon Detachment - (905) 584-2241.

### POLICE SEEK PUBLIC'S HELP IN IDENTIFYING SUSPECT

Officers from the Ontario Provincial Police (OPP) Caledon Detachment investigated a suspicious vehicle that led to the arrest of one individual in Caledon.

"On Monday, November 1, 2021 at approximately 2:20 p.m., officers responded to the Walmart Plaza in Bolton for the report of a suspicious vehicle," say Police. "When officers arrived they determined that the vehicle had been stolen. Officers were able to apprehend one individual at the scene."

Jaspreet Singh, 29, from Brampton has been charged with the offences of:

- Possession of Property Obtained By Crime Over \$5000
  - Theft of Credit Card x 2
  - Possession of Identity Documents x 4
- The accused is scheduled to appear in Orangeville Provincial Court in January, 2022. The charges have not been proven.

A second individual remains outstanding and OPP Caledon are requesting the assistance of the public to help identify the suspect.

If you have any information about this incident or the suspect, please call the Caledon OPP Detachment at (905) 584-2241 or 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](http://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.

### CHARGES CONNECTED TO ILLEGAL DUMPING

Officers from the Ontario Provincial Police (OPP) Caledon Detachment responded to the call for illegal dumping and charged a dump truck driver following investigation.

"On Saturday, November 6, 2021 at 3:13 p.m., members of the OPP Caledon Detachment responded to Old School Road near Torbram Road for the report of illegal dumping taking place, in the Town of Caledon," say Police. "Upon arrival, officers found a dump truck and driver at the scene and evidence of illegal dumping having taken place."

A 62-year-old from North York was charged with:

- Engage in Prohibited Activity - Trespass to Property Act
- Fail to surrender CVOR Certificate - Highway Traffic Act
- Deposit Waste without Environmental Approval - Environmental Protection Act
- Illegal Dumping - Town of Caledon By-Law

The charges have not been proven. The OPP Caledon Detachment would like to thank the concerned citizen for reporting this incident to the authorities immediately.

If you witness suspicious vehicles dumping unknown materials in the act, immediately report it to OPP at 1-888-310-1122. Please note vehicle description, licence plate number, occupant description and direction of travel.

To report illegal dumping after the fact, please contact Service Caledon at 905-584-2272 ext.7750.

### DRIVER CHARGED

Officers from the Ontario Provincial Police (OPP) Caledon Detachment investigated a motor vehicle collision resulting in the arrest of the driver on Mayfield Road.

"On Sunday, November 7, 2021 at approximately 5:14 a.m., officers were dispatched to a head-on collision on Mayfield Road east of Innis Lake Road in the Town of Caledon," say Police. "One involved vehicle was transported to hospital with minor injuries. While investigating the collision, another driver was investigated for driving after having consumed alcohol and arrested at the scene."

Cesar Flores, 33 years old, from North York, has been charged with:

- Refusal to Comply with Demand for Approved Screening Device
- Careless Driving

The accused is scheduled to appear in Orangeville Provincial Court in January 2022. The charges have not been proven.


Anyone who may have witnessed the collision is asked to contact the OPP Caledon Detachment at (905) 584-2241.



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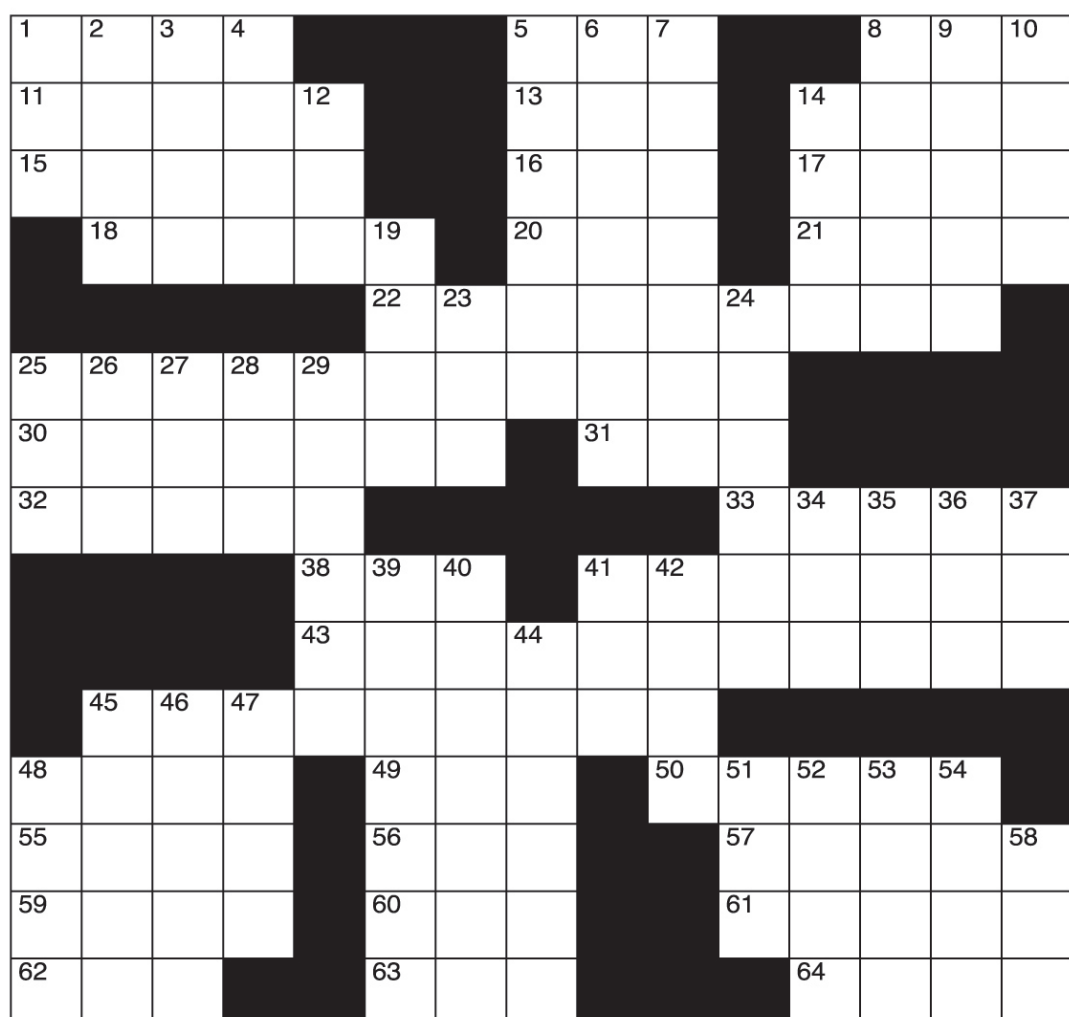


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- Dan Rather's old network
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- Travel downward
- Made red-blue
- Vietnamese revolutionary Le Duc something
- Capital of Italy
- Small bunches of flowers
- Calvary sword
- A distinctive, pleasant odor
- A well-defined track or path
- Cereal used to make flour
- Retrospective analysis (abbr.)
- Grayish white
- Engrave
- Famed men's basketball program
- Midway between south and southeast
- \_\_\_ fide (Latin)
- Sign of healing
- Warm-blooded vertebrate
- Model
- Of or relating to plants
- Plant of the heath family
- Where to weigh something
- Internal structure
- \_\_\_ Paulo, city
- South Slavic person
- A way to record
- Have already done
- As much as one can hold
- Auburn legend
- Comedienne
- Gasteyer
- Beloved dog Rin Tin \_\_\_
- Midway between east and southeast

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

# Dr. Loh worried about long-term impact of Ford's decision to not mandate vaccines for hospital workers

BY ROB PAUL

On the heels of Premier Doug Ford refusing to mandate vaccination for hospital workers, Peel's Medical Officer of Health Dr. Lawrence Loh has been critical of the choice.

Despite the worry that mandating the vaccine could lead to hospital shortages, Loh stated in a press conference that this decision will have a more serious long-term impact.

"I know that staffing shortages are a challenge and I know that our hospitals partners are working diligently to clear the backlogs but we also know that outbreaks and hospitals disrupt health-care services significantly," he said. "The reality is that [if you are unvaccinated] you may come in contact

with an infectious disease and potentially spread it to an individual who is unable to mount a strong immune response or create an outbreak that essentially shuts down part of the hospital. So, I mean, it's basically pay now or pay later."

Loh is hopeful that hospital workers who are unvaccinated will make the smart decision to keep themselves and others safe as Peel works towards the goal of 90 per cent vaccination coverage.

"It is unfortunate, though I am heartened that many hospitals are actually continuing forward and implementing these vaccine mandates," he said. "It is a patient safety issue, and you know a good friend of mine actually came up with an analogy recently; he said if you join the army, you expect that you might be caught in the line of fire and might be

caught having to go into battle. But if you work in a hospital, you might expect that you will have to protect yourself from an infectious disease."

Currently in Peel, 1,320,922 individuals have at least one dose of the vaccine while 1,198,831 are double vaccinated and 10,734 residents have received a third dose with 2,530,487 total doses being administered.

As of last week, third dose vaccination eligibility has opened up to those age 70 and over, healthcare workers and designated essential care workers in congregate settings, individuals who received two doses of the AstraZeneca vaccine or one dose of the Janssen vaccine, and First Nations, Inuit, and Métis adults and their non-Indigenous household members. The province is expected to expand eligibility

for a third dose again in January.

With the goal of 90 per cent vaccine coverage, Peel continues to see a rise with 89.1 per cent of all adults (18+) having at least one dose and 85 per cent with two. The numbers are similar when looking at everyone eligible for the vaccine (12+) with 89 per cent with at least one dose and 84.8 per cent with two.

It is expected that approval for a COVID vaccine for children ages five to 11 will be coming soon. Dr. Loh says one approved his team is ready to implement a vaccine. Currently Peel is dealing with six active COVID outbreaks in schools, including one in Caledon at St. John Paul II Catholic Elementary School.

Continued on Page A17

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## Premier Ford reiterates commitment to highways at stop in Caledon

BY ROB PAUL

Premier Doug Ford was in Caledon Village on Wednesday to make an announcement regarding investments towards moving Highway 413 and the Bradford Bypass forward.

Ford was joined by Minister of Transportation Caroline Mulroney, Minister of Finance Peter Bethlenfalvy, and Mayor Allan Thompson.

The Fall Economic Statement underscored the government wanting to push forward with building and expanding highways, specifically Highway 413, to help save commuters time as the population in Ontario booms.

“There’s no other place anyone would rather start a business, work, or raise a family and that’s why our government is continuing to build Ontario and will be delivering the much needed 413 highway,” said Ford. “Right now, our 400-series highways are clogged with gridlock, ask anyone who drives on them, and you’ll hear the same thing. They’re not suitable for the current needs of Ontarians, let alone to handle the influx of new residents who are expected to arrive in Ontario over the next five years.

“Over 1 million more people are projected to come to the Golden Horseshoe over the next five years and 2 million over the next 10. While we welcome those who will contribute to Ontario’s success, I want you to imagine what that would mean if the current infrastructure was left in place. It would be an absolute nightmare for commuters, for residents, and for families. Real action needs to be taken to fix what’s broken, and the fact of the matter is that this should have been addressed many years ago.”

Ford stated that with over \$145 billion in investments in infrastructure projects from the provincial government, that not only will the highways save time, but they’ll create more jobs and help in economic recovery.

“Over 3,000 thousand commuters in York, Peel, and Halton regions experience gridlock every single day. Building Highway 413—a transit corridor across the regions—will save commuters up to 30 minutes one-way and 60 minutes two ways. Building Highway 413 makes sense for people’s lives, but getting drivers around more quickly makes economic sense as well, because we know that not only will Highway 413 help get people where they’re going much faster, it will also help get goods to market faster. The transportation system is the backbone of our export driven economy, it’s 40 per cent of the jobs in the entire sector.

“The current infrastructure that you’re dealing with is totally inadequate in our mission to build a better Ontario for everyone. The construction

of Highway 413 would also create 3,500 jobs and pump \$350 million into the economy. This is a win for commuters, a win for workers, and a win for Ontario. That’s why we also announced plans for the Bradford Bypass a new four-lane freeway connecting Highway 400 and Highway 404. We’re going to get communities moving again, we’re going to get goods moving again, and we’re going to get this province moving again.”

Like the rest of Peel, Caledon is projected to grow more than two times its current population in the coming decades and Thompson endorsed the highway at the announcement as a way to help mitigate infrastructure issues.

“As the Mayor of the Town of Caledon, I want to highlight the importance of planning and building infrastructure that will support us in the future growth of the Greater Golden Horseshoe area,” said Thompson. “In Caledon alone, we will grow over 300,000 people and 125,000 job by 2051. The GTA West Corridor (Highway 413) will enhance transit connections like the future Caledon GO line and will help move people and goods across the Golden Horseshoe area. That will take pressure off our local roads and infrastructure.”

Though Thompson supported the highway, he wants to see it developed in a way that will keep the environment in mind as the Caledon, Ontario, and Canada aim for net-zero emissions by 2050.

“I’d like to thank the opportunity from the province to look at green innovation in design and construction of the corridor,” said Thompson. “For example, utilizing embodied carbon materials, ensuring the corridor has a transit feature, and no other carbon emitting vehicle infrastructure. We know the corridor is needed to service the growth and I think we can look at ways it can also be innovative.”

When asked about many residents of the communities that will be impacted by the highway coming out and opposing the highways Ford stated that many who are against the highways aren’t the ones being affected by the gridlock on a daily commute and only a minority of the people in the areas the highways will go are against them.

“The vast majority of the people in these regions who are sitting on these highways for an additional hour want to get home a lot quicker,” he said. “Unfortunately, people up in this area don’t have the bicycles the people downtown have to hop on a bike and get from point A to point B quicker. It’s a very small percentage and we live in a democracy and the majority of the people want this highway and we are building the highway.”



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# Environmental activists set to continue protests against 413 plan in Bolton

Continued from FRONT

They've also asked the government to look at the past history of investing in major highways to address commute times and analyze how much difference they've made vs. how much they've cost both financially and environmentally.

Caledon resident and 2021 Federal Green Party candidate for Dufferin-Caledon Jenni Le Forestier has been a leading activist in the community against the highway and was not shocked to see it being made a point of emphasis in the Fall Economic Statement.

"I'm not surprised, I was waiting for it to be presented and there was a statement made to the media about two weeks ago that the 413 would be happening and that they were the government who would get it done," she said. "I knew this would be the follow up to that, so I'm not surprised. But what I am surprised about [Premier Ford] making it an election issue. It's interesting that they've declared it so early that the 413 and Bradford Bypass are what they'll be championing. It's really damaging right now with the world's eyes on Glasgow and COP 26 (Climate Change Conference) our government is pushing these highways that are in exact opposition to what we should be doing with the climate emergency."

Though the government continues to push the highways forward, Le Forestier, along with fellow Caledon environmental activist Dan O'Reilly and Environmental Defence, organized a day to bring attention to choices being made by both the provincial and municipal government.

"We have a day of action planned on November 13 in Bolton at King Street and Queen Street and we're inviting all in the community who oppose the 413 to come out and support that—the environmental community and residents across all of Caledon," she said. "We want to invite residents in Bolton in particular who are opposed to the highway and MZO that Caledon pushed through—the Amazon warehouse that is in direct alignment with the route of the 413. That project is premised on the 413 and that was passed undemocratically through our Caledon Council and a lot of people are very opposed to that. We want to invite everyone who is concerned about the highway and the development that is being backtracked. We'll have signs to raise

awareness and show we do not support this."

Le Forestier has heard from residents across Caledon who worry about a "lack of transparency from Council" with decisions that will impact the environment long-term.

"I've heard there's a lot of concern about how Council meetings are still continuing to be virtual, and that people aren't able to speak in person and it's too easy for the Town to mute delegates and members of the community who want to speak," she said. "I was on a public meeting recently for the Region of Peel and most of the presentations were from developers. There were oral submissions from residents, but there were very few presentations from the public."

"One of the presenters talked about the silent majority and a lot of these meetings are held in the middle of the day and people are very busy and it's difficult to know what's going on. I've heard a lot of concern about the MZO and how it's unappealable and how there's no recourse for the public to address the concerns that they have. There's no transparency on how that was fast tracked. Now there's a lot of concerns about the early work that we're seeing on the land of the route before the environmental assessment is even finished."

Despite the implementation of a climate action plan by Caledon, Le Forestier says she believes Caledon Council must come out strongly against the 413 to help stop it from moving forward.

"You cannot have a climate emergency plan and promote a 400 series highway through the Greenbelt," she said. "The Region of Peel has a climate action plan as well and they came out in opposition to the highway, so why is Caledon Council not coming out and openly opposing the highway when they say they have a climate action plan? My question during the MZO delegation was, 'when are you going to start acting like you have a climate action plan?' It's the epitome of greenwashing, it's not a real action plan if you're not taking any action."

As for what residents who are concerned with the highway can do, Le Forestier urges them to write to their local official to have their voices heard on top of participating in the day of action.

"They need to write to their MPP and tell Sylvia Jones that they oppose the 413,"



Activists are pictured demonstrating outside the office of King-Vaughan MPP Stephen Lecce. CONTRIBUTED PHOTO

she said. "They need to let her know that if she's going to make this an election issue then she does not have their vote. Also, write to your MP, write to Kyle Seeback and let him know you support the federal environmental impact assessment...and tell

him that this is a project he needs to come out as opposition on."

The Stop the 413 event in Bolton on November 13 will begin at 1 p.m. To join the event or for more information, contact danoreilly@sympatico.ca.

**DIY ENERGY SAVING WORKSHOP** Thursday, November 18 7 - 8:30 p.m. Register at: [caledon.ca/environment](https://caledon.ca/environment)

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This portion of the project focuses on a section from Gore Road to Olde Base Line (see diagram below). Construction is set to begin November 9, 2021 with minimal impact to the Caledon Trailway and no closures due to construction. (Trail users are requested to please exercise caution around construction crews and equipment.)

This is the second phase of a request for proposal issued in 2019 and is being completely funded by Vianet. Business and residential internet services will be offered commercially by Vianet once construction is completed. (For more information, visit [vianet.ca](https://vianet.ca))

As part of this project, the Town of Caledon and the Region of Peel will co-build fibre optic cable along the same portion of the Trailway. This will be used to bring Town and Region facilities such as fire stations, libraries, recreation centers and other public infrastructure online.

Weather permitting, the project should be completed by December 31, 2021.

For more information, visit [caledon.ca/internet](https://caledon.ca/internet).

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- 16 | General Committee (Budget), 9:30 a.m.
- 23 | Special Town Council (Official Plan Workshop), 10 a.m.
- 30 | General Committee, 2:30 p.m.
- 30 | Planning and Development Committee, 7 p.m.

Watch the live stream of Council meetings at [caledon.ca/agenda](https://caledon.ca/agenda).

Get our weekly email newsletter: [caledon.ca/enews](https://caledon.ca/enews).

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Get council highlights: [caledon.ca/councilhighlights](https://caledon.ca/councilhighlights).

**How would you like to vote?**

Election planning is underway for the municipal and school board election taking place October 24, 2022. The Town is seeking input from the public on preferred methods of voting to ensure the process is easy and flexible.

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You can also tell us about your voting experience in the 2018 election and how it can be improved.

Visit [haveyoursaycaledon.ca](https://haveyoursaycaledon.ca) or scan this QR code.

The survey will remain open until noon on Monday, December 13, 2021.

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**Brock's Banter**

# Taking advantage of the opportunity within the darkness

BY BROCK WEIR

So, here we are again, sitting in the dark. Our clocks went back an hour in the wee hours of Sunday morning, as we've more or less been forced to become accustomed to throughout our lives, setting them accordingly before bed, knowing we would wake up the next morning feeling slightly off-kilter.

As we all know by now, it takes our complex body clock a little while longer than the most superficial part of our brains to get used to the switch. Even however minute a change an hour might seem, few of us began the week operating on all cylinders. Thankfully, as most others have a wobble of one or two degrees as a result, it all balances out and we usually cut each other a bit of slack.

We understand. We deal with it. We get on with it.

But is it worth it?

What follows is not based on any degree of bitterness, or a wobble that is in any way wobblier than usual getting used to the weight of the extra hour on our shoulders; as a matter of fact, I woke up on Sunday feeling a bit more energetic than expected, which is never the norm during a clock change. Sunday carried on as usual... until about 5 p.m. when the harsh reality of night in the afternoon once again reared its ugly head.

Okay, there might be a smidgeon of early onset curmudgeon here, but I digress.

Daylight Saving Time was largely borne out of simple practicality, allowing industry, particularly agriculture, to function at its most optimal level. These industries needed the maximum number of daylight hours in order to work most efficiently.

On the retail side of things, there is a lengthy documented history of businesses before the advent of Standard Time adjusting their operating hours according to the number of daylight hours in the day and, I suppose, to make the most of the light they had, people simply got out of bed with similar adjustments.

At one point, keeping standard time year-round could have been as simple as adjusting the aforesaid business hours, setting your morning alarm one hour earlier, or just by using common sense.

We're long past that now, however.

In our interconnected world, standard time is here to say and, of course, that is a good thing, but this interconnectivity is a primary part of the reason we're still dealing with the weight or loss of the extra hour, depending on the season.

The present Ontario Government, for instance, has supported the idea of abolishing Daylight Savings Time, but nothing has been done about it. No, this isn't an example of government inaction; rather, it is another example of that "pesky" interconnectivity of our world.

Making Daylight Savings Time a thing of the past has been a particular pet project for Ontario Progressive Conservative MPP Jeremy Roberts, who formally introduced legislation to that effect in Queen's Park last year. The issue is the legislation is contingent on the Province of Quebec and New York State

passing similar laws before they can be applied here.

"When it comes to New York State, we benefit as being in the same time zone as the market in New York City as well as there being a ton of cross-border trade, so we don't want to disrupt that," Roberts told Global News at the end of October, noting that government being divided between Ottawa and Gatineau, QC across the Ottawa River adds another dimension to the mix. "If we went ahead and did this without Quebec, we'd have a weird situation where half of the Federal government would be working on one time and the other half on another... so we want to do this responsibly."

While I would argue that government employees would be able to deftly handle the situation, I do agree that it would be "weird" and lead to some inevitable complications.

So, once again, until Premier Legault and Governor Hochul bring forward formal proposals, where we are, wobbles and all, getting on with it and knowing we'll have to do this again in the spring. And next fall. For the foreseeable future.

In my personal view, I would answer the question of whether it's worth it with a decided no, but, as always, there is also an opportunity here.

While that extra hour we gained on Sunday night might have seemed like a yoke around our necks at the beginning of the week, and while few of us will ever be on board with even the idea of nighttime darkness setting in by 5 p.m., we have a theoretic extra hour to work with.

So, how will you use it?

If you didn't spend it on Sunday doing something brand new, something extra exciting, or something unusual and crafty to get those creative juices flowing, that's okay, neither did I, but as long as this extra hour is theoretical, so is its expiration date – although with COVID numbers rising again, you might be wise to use the hour sooner rather than later while the going is reasonably good.

But the question stands.

With lockdowns being what they were, maybe the extra hour can be spent catching up with someone you haven't seen since the start of the pandemic. Perhaps that hour can be spent planning for a trip now that the question mark eclipsing the light at the end of the tunnel keeps getting smaller and smaller. Now that we're getting our bearings again, maybe your personal bandwidth is strong enough again to resume some self care that might have fallen by the wayside, to research a local organization that might need your hour – and I think that entitles one to an extra hour if we're just giving them away willy-nilly, right? – and spend it there, or simply pop into a local business that you haven't tried before.

After nearly two years of lockdowns and stay-at-home orders, the options almost seem limitless.

I think I need some extra time to think about what to do with mine.

If you have suggestions, please send them to brock@lpcmedia.ca.



## Mirrors can never reflect our true selves

by Mark Pavilons



When you look in the mirror, what do you see?

What more can you bring out and what more can you give?

These may not be questions we routinely ask ourselves, but perhaps they should be part of our daily ritual, like brushing our teeth or skipping breakfast.

For me, I avoid those glass and metal contraptions because I'm not a glutton for punishment.

There are versions of me better forgotten, buried deep and left for dead.

I found a photo of myself prior to a procedure I had done on my nose. It had become inflamed by a somewhat rare condition known as rhinophyma. It typically results in large masses on the lower half of the nose, which takes on an almost cauliflower-like appearance.

I resisted treatment because it was cosmetic and came with a hefty price tag. The turning point came when a mother and her daughter, sitting on a ferris wheel at the Bolton Fall Fair, pointed at me, laughed and actually took photos of me.

It took everything I had inside to stay calm for my child in tow but she could sense my turmoil.

The procedure involved electrocautery, basically an electrically charged ring-shaped scalpel that melts and carves the affected tissue. Roughly two-thirds of the way through, the freezing began to wear off, and tears flowed from my eyes because I was helpless in the chair.

I actually embraced the physical pain (and scars) because it was far better than the emotional ones.

I'm reminded of that phrase, "what doesn't kill you ..."

There was a moment, in that chair alone with my thoughts, that I almost preferred death.

I share this unpleasant story because I think it's a good example of the delicate emotional balance of looks and "what's on the inside."

I'm sure there are many, many souls who suffer with conditions – scars, birthmarks, or physical limitations – who have to dig deep to find the strength just to make it through the day.

I'm also almost certain they avoid mirrors, too.

When I glance at the horrible invention, all I see are flaws, dings, scratches, dents, lines, crevices and fjords. Instead of a manly, well-proportioned visage, I see a road map, one that resembles an untravelled dirt road through the desert or some uncharted land.

But enough about beauty. After all, mirrors only show part of the truth.

Doreen Virtue once said that since we're creations of God, we "reflect the Divine qualities of creativity, wisdom, and love."

Just how do we come face to face with ourselves, looking exactly as we look to everyone else? It's a conundrum I've wondered about for years.

We walk around, trying to hold our heads high, but really have no idea what we look like to the outside world. Our eyes are out front, not at the sides like a chameleon (even though that would have some advantages). I don't have my own image etched in my mind and have a hard time even describing what I look like to others. When meeting new people for the first time, I simply say I'm tall with glasses.

Some say a mirror is not a true reflection of who you are, but rather how you see yourself.

Also, it's a misconception that mirrors flip the image – they reflect exactly what they see, it's our brain that flips the image.

As members riding the same passenger train in our society, we are partially to blame for the whole image thing. Looks are important in TV commercials, movies, fashion and designer everything. We eat it up, then complain about it.

When you look at old photos, or even turn-of-the-century clippings, you will notice our forefathers and mothers were well dressed and always prim and proper. They were not what you'd call hunks or starlets. Being well groomed was important in that it showed you had "breeding" and manners.

Antique mirrors were, in themselves, works of art. The frames were much more beautiful than the glass itself. They were part of the decor, not something you spent a great deal of time in front of.

So, fellow average looking types, let's take comfort in that fact we're built for comfort and lofty things, not superficial purposes!

You don't need movie star looks to send a rocket into space or solve hunger and prevent the destruction of the rain forests. You don't have to be attractive to make a difference.

As Michael Jackson said in Man in the Mirror:

"I'm starting with the man in the mirror  
I'm asking him to change his ways  
And no message could have been any clearer"

"If you wanna make the world a better place  
Take a look at yourself and then make a change."

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# Caledon Citizen



**GENERAL MANAGER**

Zach Shoub  
zach@lpcmedia.ca

**EDITOR**

Brock Weir  
brock@lpcmedia.ca

**CLASSIFIED ADVERTISING OFFICE ADMINISTRATOR**

Mary Speck  
admin@caledoncitizen.com

**REPORTERS**

Rob Paul  
rob@lpcmedia.ca

**MOTORING**

Heather Erwin  
heather@caledoncitizen.com

**SPORTS**

Robert Belardi  
robert@lpcmedia.ca

**DISPLAY ADVERTISING**

Erin Luckett  
erin@lpcmedia.ca

**Vicki Meisner**

vicki@lpcmedia.ca

**PRODUCTION**

John Speziali

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# Don't Let Memories Fade

Today, more than any other, we MUST remember. We must remember those that served across our armed forces, around the world, both those who lost their lives doing so and those who are serving or still suffering today. UN Peacekeeping forces too – who often face just as much danger during “peace” time as in conflict - must all be honoured.

As I have written in the past and will likely write again in the future, it's the very least we can do.

With World War One having finished well over a century ago and this the year we celebrate the 100-year-old beginnings of the tradition of wearing a poppy to honour the fallen, it's so very important that we don't ever let memories fade.

For many of us, the last generation who may have had some direct experience of a World War are being lost to us forever. Our grandparents or even great grandparents who may have fought or who lived through the consequences of war may no longer be with us today to share the stories that help bring the atrocities of war to life. These first-hand remembrances are so impactful and, I think, particularly important in helping younger Canadians to understand war isn't a video game with a chance to “try again” but rather, has devastating consequences impacting families for generations.

Younger adults, teens and children are becoming increasingly far removed from the tragedy that is war

and while that's a good thing, it means our collective memories are fading. We cannot forget those lost, the men and women who bravely went into battle and lost their lives. We cannot forget the other victims of war; the wounded, those with PTSD, or even entire families lost or left homeless, families forced to flee in the night leaving everything behind for a chance at a new life, often in another country where they don't know the language or customs and may not even have any paperwork to prove their identity. It happened in WWI, again in WWII and it's still happening even today.

After WWII, displaced persons camps housed war refugees while countries bickered over who and how many families they would accept; today we have recent refugees from the turmoil in Afghanistan are learning how to enrol their children in school and navigate the complexities of re-qualifying their credentials so they can work in Canada. If you still have a family member who can share their experiences first hand you should spend time with them because for many youth who no longer have (thankfully) first hand knowledge of war, these elders can provide context to war's harsh realities.

If you don't know anyone, you might want to spend some time volunteering at a refugee center and learn from people just like you and I, whose country was suddenly thrown into turmoil and who faced the im-

possible decision of leaving everything they've ever known behind them with blind faith that they would land somehow, somewhere safe. These stories are so very important. They are the stark reminders we need in a world where memories fade far too quickly.

The tradition of wearing the poppy is another way to ensure memories don't fade. It's a visual reminder, traditionally worn from the last Friday in October, until November 11th of the sacrifices made during wartime. According to the Royal Canadian Legion, the poppy came to represent our solemn reflections on both the lost and living wounded as a direct result of two persons in history, John McCrae and Madame Anna Guérin of France. John McCrae of course is the author of In Flanders Fields, while Anna Guérin, inspired by his poem, made and distributed fabric poppies to raise funds for a charity focussed on rebuilding France. Later, she presented her concept of the poppy as a symbol of remembrance to The Great War Veterans Association (precursor to the Legion) who adopted it in July of 1921.

The poppy is to be worn on the left side, over the heart and should be removed at the end of the day November 11th, stored or disposed of respectfully or, in what has become a moving tradition in many cities, left on the cenotaph as a sign of respect at the end of Remembrance Day ceremonies.

In one of the few acts of our Progressive Conservative government that I agree with, they have introduced legislation that enshrines the right of every worker to wear a poppy in the workplace during Remembrance Week.

“By enshrining this support in law, we are reminding employers that Ontario owes them a debt of gratitude to the brave people who serve our country and that should be reflected in employment policies and practices.”

The poppy is an opportunity to “honour Canada's fallen soldiers, veterans and serving members by observing Remembrance Day and wearing poppies, a visible symbol of their extraordinary courage and profound sacrifice.”

This became necessary, you may recall, after last year's debacle involving grocery chain Whole Foods, who banned employees from wearing poppies. This legislation is important because as older generations leave us and “first-hand” accounts of conflict, war and upheaval become harder to come by, it's the visual and poignant reminder of the simple poppy that may help to ensure our collective memories don't fade.

## SHERALYN ROMAN TALK CALEDON



# Minimum wage

The Ontario government will soon introduce legislation that will increase the minimum wage to \$15.00 per hour.

That's an increase of .65 cents. The rate will increase every October according to the current inflation rate.

It's good news for people who are currently working minimum wage jobs.

That means someone working full time at that wage, with a standard 7.5 hour work day, at five days a week, could take home around \$29,250 per year.

You're not going to get rich with that type of salary, but at the very least you should be able to pay your bills and have a roof over your head.

It wasn't that long ago that a person earning minimum wage could pay the rent, buy groceries and drive a car. However, the rate of inflation has now surpassed what minimum wage employment can keep up with.

I know people paying \$1,500 to \$1,800 per month in rent for a small one-bedroom apartment. Do the math on a minimum wage salary and you can easily see how life can become very difficult.

There should really be no need for government to legislate a minimum wage.

Employers should have the common sense to

know what a job is worth and that the people working for them are there to earn a living – not do them a favour.

Unfortunately, without a legislated minimum wage, some people would indeed take advantage of others and pay them less than what they should be making.

There are many small family-run businesses that stay alive but really don't earn much of a profit. They pay themselves and hire a couple of people to help out.

In those cases it is understandable that you're not going to making big bucks working part time in a business where Clara, the cousin-in-law, is bookkeeper, supervisor, secretary and vice president of operations.

However, when it comes to businesses that are making a big profit, there is no reason to continue paying employees the absolute minimum.

I recently dealt with a company that makes auto parts for all of the major automotive companies.

They have several manufacturing facilities around the country and are making a hefty profit each quarter. They are now complaining that they can't find enough people to work for them.

Well, guess why? It's an assembly line job, in less-

than-ideal conditions. A bell rings, you start to work. A bell rings, you go for a 20-minute lunch, and you better be back when the bell rings to start the line again.

All this, and they pay minimum wage.

People no longer want to work at a mind-numbing assembly line job to receive a pay cheque that barely covers their monthly rent.

If these larger companies would start paying a living wage, they would be far more likely to attract workers who will stick it out.

Years ago, I lived near a warehousing company. They were desperate to hire people. They posted a permanent sign on the front lawn that started “Work available. Midnight Shift. Weekends only. Deep freeze warehouse. \$7.50 per hour.”

That was the minimum wage at the time, so this was indeed a few years ago.

They want to hire you, for two nights per week, on a weekend, working in absolutely miserable freezing conditions, at night, so you could take home \$120, minus deductions.

How could the knuckleheads running that operation not see why they could not attract interested employees?

The other problem with minimum wage jobs is

lack of any kind of security.

How often do you do into your local coffee shop or similar type establishment and see the same people working the same shift every day?

Go into a grocery store every day at 10:00 a.m., and you will seldom find the same cashier there every day. For some reason, employers scheduled these people all over the map.

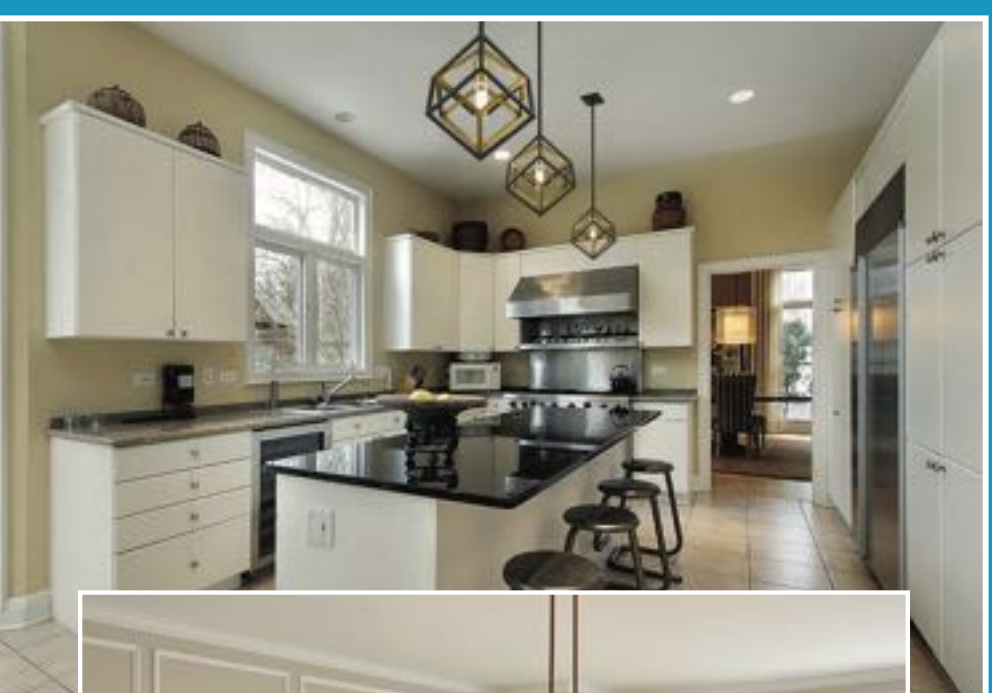
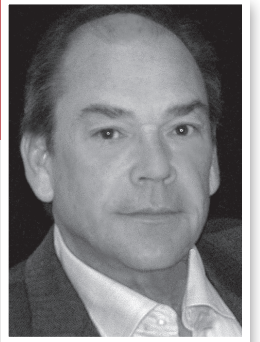
As a test, I asked woman I know who works in a local store. Her schedule made no sense at all and never included an eight-hour shift.

She worked four hours one day in the morning, then six hours two days later on the afternoon shift.

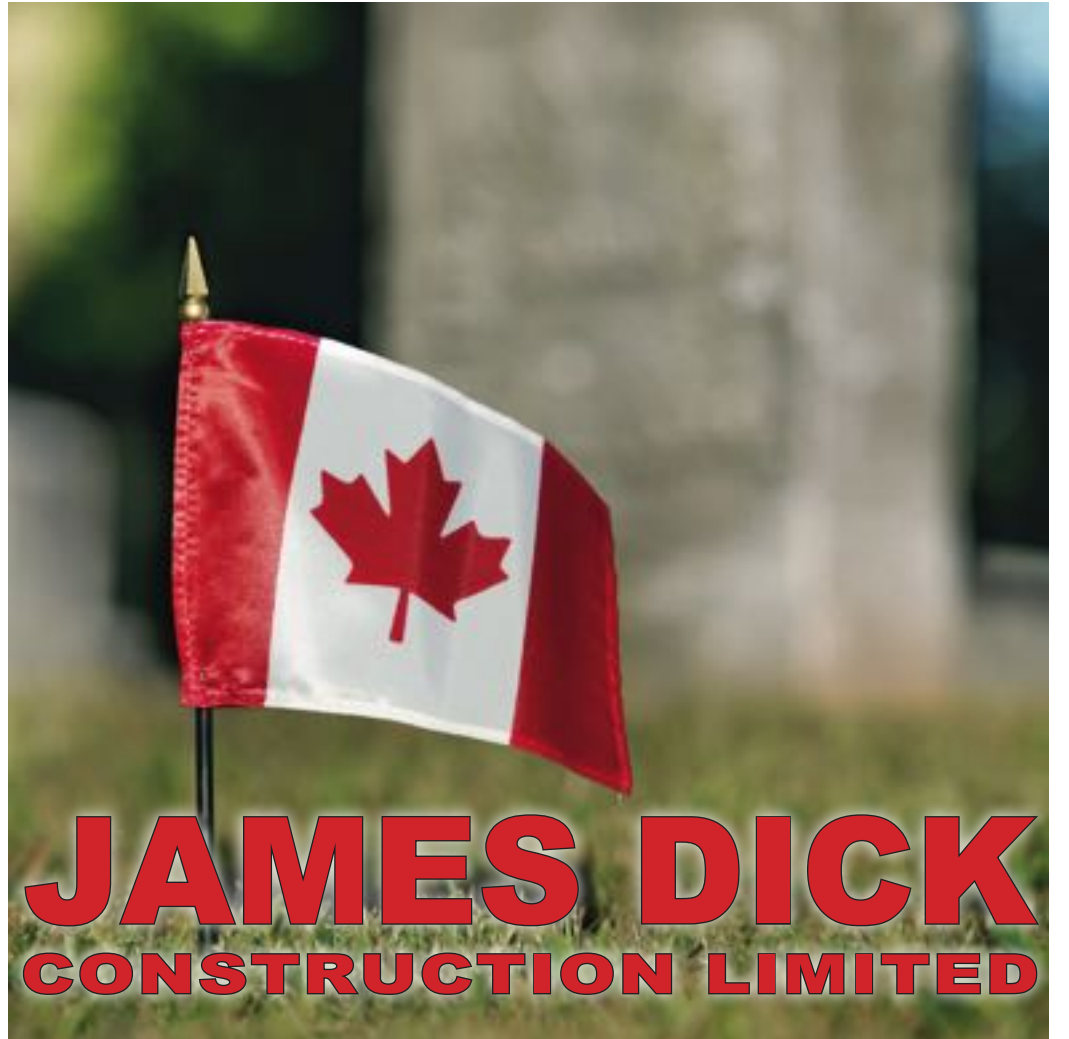
If you're going to work for minimum wage the least you should expect is some kind of standard hours that allow you to work a full week.

The minimum wage may be going up and that will give some people a small bonus every week, but with the current rate of inflation, housing costs, and the price of food, most likely anyone making that \$15 will also be looking for a second job to make ends meet.

## BRIAN LOCKHART FROM THE SECOND ROW



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The larks, still bravely singing, fly  
Scarce heard amid the guns below.  
We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,

Loved, and were loved, and now we lie  
In Flanders Fields.  
Take up our quarrel with the foe:  
To you from failing hands we **throw**  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders Fields.

- John McCrae

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## York United clinch berth in Canadian Premier League playoffs

BY ROBERT BELARDI

Despite falling 2-1 in their last match against Forge FC, York United clinched

their spot in the 2021 Canadian Premier League playoffs.

With Valour FC and HFX Wanderers tying their final matches of the season, los-

ing out on three points meant York United were able to advance.

The CPL released the schedule for the playoff matchups coming up. The league confirmed York United will hold the fourth and final playoff spot while Pacific FC will remain in third.

With two matches left to play in the season for Forge FC and one match left to play in the year for Cavalry FC, the first and second seeds have yet to be decided between these two clubs.

What is confirmed is on Saturday, November 20, Cavalry FC will be hosting the first playoff game at ATCO Field in Calgary at 3.00 p.m. EST.

On Sunday November 21, Forge FC will be hosting the second playoff game at Tim Hortons Field in Hamilton at 3.00 p.m. EST. Tickets are both on sale now on both of their websites.

As for York United – a club that came into this year without the most respectful predictions by others, to say the least – took to Instagram to have a little fun with other media counterparts. Beside the name

of the member of media or blogger, the club posted what that person's prediction was and wrote a small message beside it.

Four predictions indicated York United would finish in eighth place, one said seventh and one said fifth.

Following a tough year that originally began in Winnipeg, MB, in a bubble setting equivalent to last year's season, it was nice to see all clubs return home.

Fans had the pleasure of watching matches. Boos and cheers sprung up from the bleachers and out into the open air above the pitch. We heard the shouts from all managers, the blaring whistle from the officials of the matches and now, the CPL will be able to see full stadiums ahead of two beautiful playoff matchups ready to be set.

York United know what needs to be done. They've gone against predictions all season long. They've beat down their own expectations and now – whoever the boys play – all the pressure is on the other side. This group has nothing to lose and that is an advantage in itself.

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## Golden Hawks stung by Alliston Hornets on home ice

BY BRIAN LOCKHART  
LOCAL JOURNALISM  
INITIATIVE REPORTER

The Alliston Hornets flipped their record over to the plus side with a couple of wins over the weekend, including one over the Caledon Golden Hawks.

The Golden Hawks hosted the Hornets on home ice on Sunday.

For the second day in a row, the Hornets got down to some serious scoring.

After leading 3-1 at the end of the second period, the Alliston squad finished off the night with three more in the third period to leave the ice with a 6-1 win.

The four points moves the Hornets up one notch in the standings and they are now in fourth place with a 6-5-1 record.

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# Thompson suggests highway alternatives while Jones touts broadband investment

Continued from FRONT

Mayor Allan Thompson said he was pleased to see the funding put towards healthcare given the state of the province as COVID-19 continues to make an impact.

"I was glad to see a number of healthcare enhancements in the Province of Ontario's Fall Economic Statement," said Thompson.

The province also reaffirmed its commitment to expanding and building highways in the Fall Economic Statement. This includes committing funding to build and advance both the Bradford Bypass and Highway 413 (the GTA West Corridor).

Knowing the impact that the highways will have environmentally both on the province and Caledon with the Greenbelt set to be affected, Thompson said he would like to see alternative options and strategies to the current highway plan.

"I also noted that the Province is directing funds to the design and construction of the GTA West Corridor and that has a big impact to Caledon," he said. "I would like to see us take a role in advocating the Province for a Green Transportation Corridor that will both service the growth we will be experiencing in the next 30 years and still contribute positively to the carbon neutral goals in our Climate Change Action Plan.

"The emerging theme of the recent climate change summit in Glasgow is that the world needs to look different in the future, so why not a different type of transportation corridor. One that features innovative green technologies to move people and goods across the GTHA".

Dufferin-Caledon MPP Sylvia Jones says she is excited to see the commitment to people in the Fall Economic Statement by prioritizing health, transportation, and cost of living.

"Residents in Dufferin-Caledon have demonstrated the Ontario Spirit by working together to do their part in tackling the COVID-19 pandemic," said Jones. "The [Economic Outlook] is our government's plan to support Ontarians by protecting our progress, building Ontario and working for workers, so that the province and all of our communities in Dufferin-Caledon can emerge stronger than ever."

With Highway 413 being the most polarizing topic that impacts Caledon in the economic statement, Jones wants to emphasize that though the government is committed to building the highways, it's also committed to expanding public transit opportunities.

"The big thing and the thing everyone is talking about, of course, is our commitment to move ahead with the 413 corridor," she said. "What is most telling about that is that our spend on transit is three

times what our spend is on infrastructure for highway and road construction. To suggest we don't understand the value of public transit just doesn't show in the numbers."

Some of the top highlights for the Caledon area in Jones' eyes are the investment into William Osler Health System to enable future development of an emergency department, the investment into high-speed internet, and the funding of Highway 413 to help with the potential increase of commuters over the next decade.

"For Caledon in particular, moving ahead with the phase two redevelopment of the William Osler Health System is big news and healthcare always rises to the top in terms of concerns for people," she said. "There's also an infrastructure build on the Grange Sideroad in Caledon rebuilding a bridge. Finally, for many families and people who have been working remotely from home during the pandemic, a commitment to continuing to expand internet broadband connectivity for Dufferin-Caledon. The top three things I'm most excited about are healthcare investment, expanding internet, and moving ahead with the 413."

The government has committed \$4 billion over the next six years to making high-speed internet accessible and affordable to all by the end of 2025. It's an investment that Jones suspects will be met with plenty of positive feedback from those in Caledon.

"Over the last year and a half, a lot more people are saying that internet and broadband connectivity are not optional things anymore, we need it, and we need it for our businesses and our families," she said. "That has been an ongoing topic and I think that the interest will expand as we announce where the expansions will occur. We've been able to expand over the last few years with some expansions being announced north of Bolton and throughout Dufferin-Caledon, when those neighbourhoods know they're getting the expansion that's when excitement hits because it's not just an announcement, they know it's actually coming."

The pandemic has put the vastness of the healthcare system into perspective for many, says Jones, and that's why the \$342 million investment into health and long-term care workforce to add 5,000 new and upskilled registered nurses and registered practical nurses as well as 8,000 personal support workers is one of the biggest positives of the economic statement.

"Health care impacts so many of us in very direct ways, whether you're looking after an elderly relative, have a sick child, or whether you just want to get that annual done," she said. "Everybody has a story and an impact when it comes to healthcare and there's no doubt that the COVID pandemic has shown where our challenges are. Suddenly we

understood how critically important personal care workers are and how important they are for looking after people to allow them to stay in their homes or to have good quality of life in a long-term care facility. I think the pandemic has really highlighted for people these areas that they may have not spent as much time thinking about prior to the last year and a half."

With cost of living becoming a growing issue, as part of the economic statement the government is proposing to increase the general minimum wage to \$15 per hour effective January 1, and to eliminate the special minimum wage rate for liquor servers by raising it to the general minimum wage.

"There's been a dramatic change in cost of living, particularly in the last six months when we see where gas prices have gone and the ability for people to have a living wage has really been impacted," Jones said. "At the end of the day, employers are looking to hire and keep people and the determination of wage will be made by whether they can keep and bring those staff into their places of business, but having a set way to approach minimum wage and tying it into the cost of living I think is a reasonable, and frankly, a non-political way to make sure people have some confidence in how the minimum wage is going to be set. Particularly, we're moving the lower special minimum wage for liquor services to bring us in line with other provinces."

One of the most important aspects of economic recovery coming out of the pandemic is filling and finding jobs and to have people trained for those jobs. As such, to make sure Ontarians have every opportunity there will be a \$90.3 million investment in the Skilled Trades Strategy and an extension of the Ontario Jobs Training Tax Credit which would provide an estimated \$275 million in support to about 240,000 people, or \$1,150, on average.

"You don't have to go too far in Dufferin-Caledon to see the amount of businesses hiring today and looking for employees to know that there are lots of opportunities for those who need and want a job. Something else in the Fall Economic Statement was more training opportunities," she said. "We're extending the Ontario Jobs Training Tax Credit which means that there are going to be individuals benefiting from training. If you want to learn a new skill or trade, there are going to be assisted opportunities through the Fall Economic Statement to make that easier for people."

With all of the governments investments to create jobs and fund training, Jones says the next step is seeing Ontarians take on the opportunities as they present themselves to fill the employment needs in the various sectors.

"Governments can talk about building and infrastructure, but if we don't have the employees, the skills and trades, and the workers to do that then we are very much stymied. That's why I think it's really about both parts. We'll make the investments as a provincial government to ensure that our infrastructure is there when we need it, but in order to do that, we need the people to do the jobs. That's why the provincial government really wants to be there to give those opportunities."

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We are currently seeking a Senior Manager Marketing & Communications professional with a proven track record to join our team. A registered charity, Bethell Hospice Foundation raises funds in support of Bethell Hospice, the only residential hospice serving Caledon, Brampton and Dufferin County.

For the full job description, visit our website at: [foundation.bethellhospice.org/about-the-foundation/career-opportunities/](http://foundation.bethellhospice.org/about-the-foundation/career-opportunities/)

To apply, email [foundation@bethellhospice.org](mailto:foundation@bethellhospice.org) by November 22nd.

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## MOVING SALE

Saturday November 13  
 10am-4pm (no early birds please)

Furniture—dining, bedrooms, kitchen. Marble tables, treadmill, home décor, dishes, small appliances and more.

98 Second Street, Orangeville, L9W 3B5  
 Please abide by covid guidelines  
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## CARD OF THANKS

**Card of Thanks**  
**Jack Zettel**  
 September 3, 1939 - October 7, 2021

My family and I extend a heartfelt THANK YOU to all for the cards, food, donations and words of condolences since Jack's passing away. It has given us great comfort and we are truly blessed to live in such a caring community.

Audrey and family,  
 Scott, Brian, Joanna, Steve and Sara



## LORD DUFFERIN CENTRE Retirement Residence NOW HIRING

**SERVICE WORKER (Front Desk Attendant):**  
 Casual (all shifts)

We are looking for a dedicated individual who is motivated to deliver high quality customer service and support to seniors. Personal Support Worker (PSW) Certificate, along with a minimum 2 years experience, is a definite asset.

The successful applicant must be well-organized, able to work independently, have effective communication skills and enjoy a variety of responsibilities in a progressive team environment. Must be available to work all shifts throughout the week and on weekends. Must be double-vaccinated for COVID-19 and hold a current CPR/First Aid Certificate.

Please submit resume, salary expectations, along with a copy of your police background check (including a vulnerable sector screen) and 2-step Mantoux test results by fax or email before November 19, 2021 to:  
 Mr. Dave Holwell  
 Managing Director  
 Lord Dufferin Centre Retirement Residence  
 32 First Street, Orangeville, ON, L9W 2E1  
 Fax: 519-941-2615  
 Email : [dkholwell@lorddufferincentre.ca](mailto:dkholwell@lorddufferincentre.ca)  
 (We thank all those persons who apply; however, only those selected for an interview will be contacted)

## OBITUARIES

**MARCHILDON, Fernand Jules (Fern)**  
 It is with heavy hearts that we announce the passing of our dear father, grandfather and great-grandfather. Fernand Jules Marchildon passed away peacefully at Headwaters Health Care Centre on Sunday, November 7, 2021, in his 92nd year. Beloved husband of Solange (Sally) for over 72 years. Loved father of Jean-Paul (Mary), Robert (Bonnie), Fernande, Roger (Cheryl), Monita (Glen) and Jules (Vicki). Pere to grandchildren Robbie, Danielle, Owen, Mathew, Joshua, Brandon, Kyle (2013), Carey, Ryan, and Lisa, and 15 great-grandchildren. Also survived by sisters Solange, Paula, Vivian, and Cecile. Predeceased by sisters Leola, Yvette, Rolande and brothers Maurice, Lucien and Martin.

After moving to Orangeville from Penetanguishene in 1963, Fernand was a proud police officer with the Orangeville Police for 30 years. Upon retirement, he found joy in racing horses, maintaining a hobby farm and harvesting maple syrup. He was the patriarch of a large loving family, and his presence and amazing sense of humour will be greatly missed.

Visitation will be held at the Dods & McNair Funeral Home, Chapel & Reception Centre, 21 First St., Orangeville on Saturday, November 13, 2021 from 10:00 - 11:00 a.m. Funeral Service will be held in the Chapel at 11:00 a.m.

Due to COVID restrictions, RSVP IS REQUIRED TO ATTEND FUNERAL SERVICE.

In lieu of flowers, donations to the Alzheimer Society of Dufferin would be greatly appreciated. A tree will be planted in memory of Fernand in the Dods & McNair Memorial Forest at the Island Lake Conservation Area, Orangeville.

Condolences may be offered to the family at [www.dodsandmcnair.com](http://www.dodsandmcnair.com)



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- Have a positive attitude
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- Willing to take chances and learn from your peers

**DESIRED SKILLS & EXPERIENCE:**

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GENERAL HELP WANTED

**THOROUGHFBRED FARM** near Bolton requires help. Duties include, care, handling of horses of all ages, grooming, feeding, turnout, barn and farm maintenance. Experience preferred. Knowledge of farm equipment an asset. Drive in (limited accommodation possible). Contact huntstud@rogers.com or Daniel 647 531-9745.

**ABATE RABBIT PACKERS** Meat Processing Facility for Arthur immediately requires 16 Wholesale and Retail Butchers with a minimum of 2 to 3 years of direct hands on experience in meat cutting and processing. Duties include cutting and sectioning of meat, skinning and removing blemishes, deboning rabbits and chickens, cutting meat into specialized cuts and preparing for wholesale and retail sales. HS diploma or equivalent required. Positions offered are permanent full time and salary is \$17.00/hr for 42.5 hrs/week. OT after 44 hrs/week. Please apply in person at 7597 Jones Base-line in Arthur, via email at joea@abatepackers.com. Via fax at 1-519-848-2793 or via phone at 1-519-848-2107.

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**The Lord Dufferin Chapter IODE** holds their meetings at the Lord Dufferin Centre on the 4th Tuesday of every month. We are looking for women who would like to help in the Community. Call 519-941-1865.

**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.aanorthaltonerin.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 Fridays & Sundays at 7:30 pm. Call anytime 519-215-0761. Shelburne is meeting at 7:30.

**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.

**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.

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Thanks for shopping local! ♥



## LIVE AUCTION SALE FOR THE ESTATE OF THE LATE JOHN SMITH

EM. #938198 DUFFERIN CTY. RD 18 (AIRPORT RD.) BRAMPTON ONT. L6P 0L4

**Location** 2 km north of Terra Nova (Mulmur 20 Side Road) or 1 km south of Dufferin Cty Rd 21 (Honeywood Rd.) on Airport Rd sale on west side Em # 938198 -NOTE Stay OFF Airport Rd. and park in the field.

**SAT. NOV. 13TH AT 11 A.M.**

**Tractors** John Deere 2130 ser. # 160121 diesel tractor w/ldr & 6' bucket, bale spear, 3 ph, 18.4.30 tires, shows 420 hrs.; chains to match; David Brown 880 diesel just rear pulley & pto (red); D.B. 880 diesel ldr for parts (red); Troy Built riding mower 46" deck, hydro 191 hrs; MasterCraft LTX1000 - 20 hp 42" deck hydro; plus older equip.

Timber King #1220 sawmill w/15 hp engine and 19th frame; Hyd. gas driven wood splitter; 2013 Evolution Power Sports enclosed trailer, 20' 3" lg. - 8'5" W - 7' H. inside w/ramp door & man door, ST225-75R15 tires, 2722 kg;

**Terms** Cash or cheque with proper ID only. Visa, M/C, Interac and e-transfer. 10% Buyers Premium. Neither the Estate nor Auctioneer will be responsible for accident or property loss. Please abide by Covid guidelines. Washroom available.

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## Herd Dispersal - Live Auction Sale

of 60-70 Bred Cows/Heifers

Saturday November 13, 11:00am

to be held at 554447 Mono-Amaranth TLine, Mono, ON Directions: Go west through Orangeville on Hwy 9 to County Rd 16 (Veterans Way at Greenwood Cemetery), turn north 5 miles to farm on East side. OR From Shelburne go east on Hwy 89 for 2 miles to Mono-Amaranth Townline, turn south & go 5 miles to farm on East side.

**Cattle:** 12 Angus Cows: due in Dec/Jan; 8 cows - mixed: due in Dec; 14 Charolais X heifers: bred to Black Angus bull; 24 Charolais & X-bred heifers: exposed to Red Angus bull; 10 X-bred Cows: bred; 2 Highland cow/calf pairs; 3 Black Angus bulls; 1 Angus Lowline bull

Cows will be preg checked by Cheltenham Vet Clinic prior to sale

Lunch Booth • Washroom Available

**Terms & Conditions:** Cash or cheque with proper I.D. on day of sale. Owner & Auctioneer will not be responsible for any accidents or loss on day of sale. All announcements on day of sale will take precedence over printed ads.

Auctioneers: Kevin McArthur (519) 942-0264 • Scott Bessey (519) 843-5083  
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## MT. FOREST AG AUCTION "Live" Fall AG Consignment Auction Sale Of Tractors, Machinery, Equipment, Tools, Misc.

Located: East of Mt. Forest, on Southgate Rd. 04 Fire # 43853

On Wed. Nov. 17, at 9:15 am

**TRACTORS:** CIH.4230, 4wd, w/quicke ldr.; JD. 3140, 2wd.18.4-38 radials, 14,000hrs.; JD.2555, 2wd./ldr.;Duetz DX-6.30, 4wd.; Gehl 4840 skidsteer w/bucket & adapter plate;Agco Allis LT 85a,O.S.,w/ldr.,4wd.,decent tires (420 70/28,520 70/38),4300hrs.;JD. 2355, 2wd., w/ldr; JD. 3140,2wd.; **MACHINERY, EQUIP.:** **Haying**-JD.338 sq. Baler w/chute;JD.337 w/40 kicker;NH.492 haybine; NH.144 inverter; Dyna Vent 48" hay drier fan; Hesston #30 stacker; stack mover; **Wagons**-20ft. Rd. bale; 18ft.flatrack w/steel sills; Gehl 960 forage wagons, 2pc.;Dion foragebox on DB. Reach Horst gear; Horst header; gears; **Tillage**-Hesston 2440 Disc,22ft. w/hyd.wings; White 5100,6 row compplanter w/monitor; Great Plains 15ft.seeddrill;12ft.,3pth s-tine cult.;NI. 279 cutditioner; **Spreaders**-Huskey 2500gal. liq.; NH.185 manure hyd.drive. w/topbeater & endgate; Teagle 3pth fert.; **Plows**-2-CIH. 7500's vari-width, 5 & 6 furrows; Kvern.5 furrow vari-width; **Feeding/ Livestock Equip.**-TMR Penta 5020 SD, scales trailer mixer;Gehl 100 hyd. Mixmill;Kongskilde 500 grainvac; 6pc.of 12ft.precast bunk feeders;29ft.4" auger w/motor (like new);14ft.Rosco Grain Bin (dismantled on pallets); 12" grainbin fan;24" barnfan; cattle oilers; 9"blower-pipes; cattle beam scale;Patz stable cleaner drive & 20ft.chute;340ft. Patz hook &eye chain;slantbar feeder 24ft.x3ft.,2pc;slantbar feeder16ft.x 6ft.,2pc.;Cattlemaster-Loading Shuttle, squeeze chute &weigh scale; plast.2 ton hopper bin;5 hole db., sided SS feeders, 9pcs.; 10hp. elect.hammermill; **Trailers/Buggies**-2 older campers; Homemade enclosed; 20ft. tilt & load; snowmobile; Covered buggy w/brakes; Open buggy w/car tires; single seater carriage; 64" Coach brakes &shafts; Complete Set of double Nylon horse harness; single harness; other tack;**Other Machinery**- 2 Viking 12ft.snowblades w/Alo hookup; variety of SA. & DA. Snowblowers 6ft.to 8ft.; Bearcat hammermill blower; 60"3pth.pto., finishing mower; JD 243 snapperhd.w/90 series rolls; Cab Only, for JD 2755; Homemade Alo pallet forks; other machinery. **NEW MOTORS, TOOLS, MISC.,ETC.;** 2 "New" diesel, 5500 watt Generators; "New" Motors- Wegg 40hp, 575 volt, 3ph.w/water pump; Baldor 15hp.,208 volt,3ph.; Wegg 5hp.,1ph.;4 smaller motors,1ph.; "New" submersible well pumps 1 & 1 1/2 hp.; "New"20 gal.gas Air compressor; 3"gas transferpump; Linc.180 mig welder; 250amp Mig welder; exhaust fans 2-18" & 2-24"; Reddi heater 165,000 BTU; Quantity of 3ph.,-disconnects, fuseboxes, contactors, VFD's,etc.; hyd.powerunits & cyl.;gearboxes; variety of New & used windows/doors;12ft.x14ft. non insulated overhead door; 70 sheets, 21ft. used roofing steel; approx.700 sq.ft.,woodparkway flooring; variety of gates all sizes; New flat-free wheelbarrow wheels;2-8 bolt hub&spindle assembly;New 4ft.5000lb.palletscale;2 Alum. Livestock ramps; num. welding wands includes (25ft.Cobra); pushpull gun (fits Linc.Welder);upright propane tank; telescoping pipe section; approx.80 cedar rails;30ft. S.S.chimney liner; Vermont casting air tight stove; other items & wagon loads of small items. **NOTES: Consign items-** Please call Elvin Weber- 519-323-1043 or Orvie Martin 519-338-5267 Receiving items **Nov. 10,11,12,13, & 15.**We reserve the right to accept or refuse items. **NO HOUSEHOLD or VEHICLES TERMS:** Cash sale day, cheques with ID only. Lunch booth, 2 sale rings. **Sales Yard- 519-509- 2828.** Loader available from sale day until **Nov.20 "COVID-19: Rules will APPLY!"**Owners, Auctioneers, Organizers not responsible for accidents, injury, deletions or loss of property sale day. Verbal announcements take precedence over written material.

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# Bolton McDonald's to donate \$1 from every Big Mac to Caledon Community Services

BY ROB PAUL

The McDonald's in Bolton officially reopened on November 9, and to celebrate the occasion and show support for the Caledon community, it will be running a fundraiser.

To give back to Bolton, McDonald's will donate \$1 from every Big Mac sold from November 9 to November 23 to Caledon Community Services (CCS) with the goal of raising \$3,000.

Operations Manager Marcelle Wisdom wanted to show how important community organizations are to McDonald's by fundraising for CCS, who provide community and food assistance to hundreds of local families in need.

Wisdom and CCS share similar values surrounding community improvement, change-making, and helping families in need, making CCS the ideal organization to support.

Wisdom has a history of community involvement across her various corporate restaurants in Ontario that includes raising a combined total of more than \$46,000 on McHappy Day to support Ronald McDonald House and other children's charities.

This year, the Bolton location was closed for renovations during McHappy Day, but can't wait to celebrate in 2022. To still make a positive impact on the community, Wisdom and her team wanted to show how important Bolton is to them by coming up with the \$1 Big Mac fundraiser for CCS.

"We were closed at the Bolton location for McHappy Day, which is our biggest fundraising day of the year, and now that we're back open, I wanted to find a way for us to still fundraise," she said. "That led us to wanting to figure out how to put a fundraiser together specific to Bolton and it was really because we wanted to make sure we didn't miss out on celebrating the community and giving back even though we were closed for renovations during McHappy Day."

When Wisdom and her team saw the opportunity to still support the community this year despite missing out on McHappy Day, they reached out to CCS who jumped at the opportunity to partner.

"We touched base with Caledon Community Services and they're amazing folks and really great people, so we're really excited at the chance to partner with them," she said. "They're really excited and grateful that we chose them. We're all so excited to fundraise for a good cause."

CCS has long been one of the most important organizations in Caledon working to support those in need through creative programs that will help improve quality of life. Learning about the impact CCS has had gave Wisdom an obvious choice for a local organization to lend a helping hand to through the fundraiser.

"Since McHappy Day had passed I thought why we don't find somewhere in the community that could really use the support, but also really aligns with our

values and brand," she said. "I was looking around for places in Bolton and I came across Caledon Community Services and learned what they're all about. After reading up on how much they support the community and how much they support youth—which is a big part of what we do because we're one of the largest employers of youth. Everything Caledon Community Services does for the Caledon community made them a really good fit because McDonald's values encompass community and supporting the people that live where our restaurants are."

What motivates Wisdom to give back to the community, not just at the Bolton location but across all her locations, is a combination of McDonald's prioritizing those in need and knowing that support is a two-way street and she wants to take advantage of that at every opportunity.

"It really is about our core values around community, and I think it's always so important to support the communities your restaurants are in too and giving back in any way we can," she said. "The Ronald McDonald House...specifically helps people who live anywhere in Canada, and I think the reason we and myself want to prioritize giving back is to make sure the community has support because they support us on a daily basis when people of the community come in and get a coffee. Also, the people who work in our restaurants live in these communities and wanted to make sure the communities continue to thrive wherever we are. It's all about really supporting the community that we're doing business in."

With the reopening, Wisdom and her team can't wait to be part of residents in Caledon's morning once again and hope they can get people back to their morning routine of coming by for a coffee and breakfast.

"We are so excited to be open and the team is happy to have the doors open again," she said. "We did have the drive-thru open during renovations, but it's nothing like having your restaurant back after being under construction. Everyone is so excited to be able to see their regulars again and to get the chance to showcase the new restaurant to the community and friends and family. We're really excited to be back and able to give coffees and egg McMuffins to the commuters in the morning and everyone else."

As part of the renovations, Wisdom wanted to provide more space for her staff to help with capacity given the impact of the pandemic as well as make the experience even more pleasurable for patrons.

"We did a full re-do of the dining room for people who want to come in and sit down to eat and we also did some expansion behind the kitchen side to improve capacity and make it easier for the crew," she said. "We've got some new equipment to improve capacity and give overall better service. When it's all put together and finished it's going to be such a good look. It's going to be a really nice space for everyone to enjoy and I think everyone in the community is go-

ing to love it."

Entrenched in the business sector of Bolton at 12612 Highway 50, Wisdom has embraced supporting the businesses around her because of how supportive they've been of her and her team.

"Over the last several months I've just been getting to know the Bolton community [and] I've really come to see how supportive it is," she said. "I've visited

some of the surrounding small businesses and they've visited us. Our staff at the restaurant speak so highly of the community who come in to eat and I know the community has strongly supported the restaurant throughout the pandemic. The local businesses and the residents have been there for us through the tough times, and we're excited to be back and supporting them and Caledon Community Services."

## Hospital worker decision worries doctor

Continued from Page A5

With those under 12 ineligible, the total vaccine coverage in Peel is slightly lower with 77.6 per cent of all residents having at least one dose and 73.9 per cent with two.

As for COVID cases in the Region, Peel has had 283 new cases over this past week—69 more new cases than the previous week—to bring the total to 118,418. There were also two new deaths to bring the total to 1,029.

In Caledon, there were 20 new cases of COVID

this week; last week there were just seven new cases, bringing the Town's total to 4,927. Fatalities remain unchanged at 22.

To book a vaccine in the Region of Peel, visit <https://www.peelregion.ca/coronavirus/vaccine/book-appointment/>.

To download or print a copy of your proof of vaccination, visit [covid-19.ontario.ca/covid-19-vaccine-booking-support#proof-of-vaccination](https://covid-19.ontario.ca/covid-19-vaccine-booking-support#proof-of-vaccination). To learn more about the official QR code system Ontario has implemented and to access yours, visit [covid-19.ontario.ca/get-proof/](https://covid-19.ontario.ca/get-proof/).

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# Caledon Citizen PROGRESS EDITION 2021

*An annual report highlighting local businesses in Caledon.*



## MOHAN DHABBA INDIAN CUISINE & SWEETS

### THREE GENERATIONS OF *flavour*

by Brock Weir

Opening up a business during a global pandemic might not have been the easiest task, but Mohinderpal Dheria had a dream to follow – and he’s never been afraid to take a bold step forward.

The owner of Bolton’s Mohan Dhabba Indian Cuisine & Sweets did just that when he came to Canada from India to give his family a better life, but while he left many things behind, the traditional recipes he learned from his father in the restaurant business came with him.

In fact, it just might be in the blood. Mohan Dhabba, which is now open for indoor dining, has been embraced by the community since its bricks-and-mortar restaurant was spun off from a wildly successful food truck. Every dish served has been a labour of love for three generations of the Dheria family. Mohinderpal started serving up traditional northern Indian-Punjabi fare with his father in 1988.

Winding the business down before coming to Canada, food was never far behind him. When he reached the age of 50, he decided focus on fulfilling his passion, a path which led him back to the kitchen.

“We opened a food truck with him during COVID-19, and it was probably pretty difficult at this time, but it was something he really liked,” says Mohinderpal’s son Upkaran Dheria, who is now the third generation of his family to get involved in the restaurant business. “My mother helped out a lot by leaving her job to come and help my dad.”

“The first three or four months were brutal, but slowly once people started coming in and getting more comfortable, the name was getting around Bolton and a lot of people were coming in for huge

orders. There came a point where we just couldn’t handle the truck any longer.”

Word of their success spread throughout the local business community and before long plaza owners approached the family on a few opportunities for a full sit-down restaurant – a chance they couldn’t turn down.

“We looked at each other and thought this was no small thing but a lot of people were approaching us, so why not?” recalls Upkaran with pride. “We opened the restaurant about six months ago in Bolton and it has been doing really well ever since. Since we opened up dine-in, it is just getting busier and busier.” Currently operating under a model which sees customers place their orders from the counter before taking their meal back to their table, the recipes are time-tested leaving customers eager to try more.

“My dad hasn’t changed his karahi paneer recipe from 1989 – in fact, it’s my grandfather’s recipe and he taught my dad, and now my dad has taught me,” he continues. “I love seeing their expressions when customers taste our food and they give me feedback. When they say, ‘Your food is amazing,’ it gives you a little boost. My dad tells me stories all the time of when he and his father, who passed away in 2001, first started in the restaurant business and for me, as a third generation, it is just something special for me and I am doing something for him as well.”

The family is eager to plant further roots in the Bolton community by expanding their current location, looking for further opportunities to open a second restaurant, and to focus on food truck catering where they can take their signature tastes to other locations and cook live before guests.

Mohan Dhabba Indian Cuisine & Sweets is located at 1 Queensgate, Unit 13, in Bolton. For more information, call (416) 450-9990.



# PhysioRehab Group: Here to serve growing community. *by Rob Paul*

With plenty of experience in physiotherapy, Sid Bhatia saw an opportunity to create his own business that could provide the public with the help they need in recovery. Bhatia—a registered physiotherapist with experience working in various medical settings, including long term care nursing homes, retirement homes, private clinics, and community care—teamed up with Nav Kaur—a registered physiotherapist who specialized in pelvic physiotherapy and has experience in manual therapy, myofascial techniques, exercise application and sports injuries—to create PhysioRehab Group. The clinic has two locations, one at 12612 Highway 50 in Bolton and another at 6 Foxhollow Road in Brampton. “I’ve been in physio for about 10-plus years and after working for many years I realized I’d like to be in the business side of therapy as well,” said Bhatia. “So, I contacted another physiotherapist (Nav Kaur) and

we decided to work together because it’s important to have a male and female physiotherapist team because that way you can serve the entire community and make sure all patients are comfortable.” In terms of which services PhysioRehab Group provides, Bhatia and Kaur try to cover everything they can in one location with physiotherapy, massage therapy, shockwave therapy (used for people with chronic or acute injuries), laser therapy, acupuncture, spinal manipulations, pelvic health, concussion management, custom orthotics, and PFA socks (plantar fasciitis arch socks that work to correct posture). “We’re comprised of three different aspects with in-home (dial-a-physio), in-clinic (with Bolton and Brampton locations), and the third being TeleRehab (virtual physiotherapy) which picked up throughout COVID with clinics being closed. All three aspects come together to make up PhysioRehab Group. We take care of any workplace injuries, we

take care of people on short and long-term disability, we provide services to people recovering from car accidents and in the rehab process, and people who have priority insurance and are dealing with achiness in the back or neck or any other common areas. Those are the fields we focus on.” Bhatia and Kaur wanted to take their own experiences and expertise in physiotherapy and ensure residents across Peel could receive the care they would need, and the duo hope to continue to expand what services they offer. “We both come from a background where we were working in health clinics where there was a team and we were dealing with everyone under one roof,” Bhatia said. “That’s why we wanted to have something of our own with a similar structure to provide care to everyone at one stop. We’re also now trying to bring in occupational therapists that will deal with people who are not able to go back to work because of specific reasons,

that would include mental health as well. A core piece that had been missed for a while was mental health and it’s just as important as physical health.” As Caledon continues to grow, PhysioRehab Group wanted to expand to Bolton—the Town’s largest urban centre—and fill a community need and provide patients with everything they need in one location. “An opportunity came to us to come to Bolton and after doing research we found there was a need for a physiotherapist in the area and a need in the community for us to be there both as an English-speaking clinic and one that speaks different Indian languages,” said Bhatia. “Also, with the population of the area growing there was more need because for every 6,000 residents a therapy clinic is needed, and it was right at the point for the area to need a seventh clinic. And we wanted to bring in everything under one roof to give Bolton the most advanced and reliable physiotherapy clinic.”



Now more than ever, people are **health conscious** and want to make the right choice when it comes to their body, and that begins with nutrition.

*by Rob Paul*



A key hinderance in people making the healthy nutritious choice can be time. Life gets busy and putting the effort into making healthy meals can be pushed to the back of the to do list, that’s why many people turn to fast food in a pinch. One consistent problem with choosing the fast food option is the lack of nutrition that comes with it, but what Freshii provides is a fast, clean, and filling meal that doesn’t short customers on flavour. The goal of Freshii is to help citizens of the world live better by making healthy food convenient and affordable.

In 2018 Tappinder Jhaji (TJ) brought the Freshii brand into Caledon when he opened and launched Freshii Bolton—located at 12788 Highway 50, Bolton. He did so wanting to give the community of Caledon the healthy and high-quality options they deserved. For more than a year the world has struggled with the pandemic which has added more stresses onto Canadians lives. Those stresses have made it more important than ever for Canadians to eat healthy and take care of their physical wellbeing and that’s what Freshii wants to help with.

“Our physical health directly ties to our mental health, and good physical health starts with eating properly,” said TJ. Freshii Bolton store manager Abygail Johnston has been a part of the team from day one! Abygail is proud to be in Bolton trying to make a difference by providing healthy options and is thankful Caledon is such a community-oriented location. “Freshii’s motto of Eat! Energize! has never been more relevant than it is today,” said Abygail. “We want to thank town of Bolton and all of Caledon for continuing to support us through these tough times.”

Freshii is known for helping people make the healthy choice for their bodies, but they also take pride in the fact they also try to have a positive environmental impact with recyclable and biodegradable containers, cutlery, and bags. Freshii Bolton also strives to make a positive impact on the community having sponsored local sports teams, and various local charitable events. Additionally, Freshii Bolton is a monthly sponsor of the Hospital for Sick Children. For more information about Freshii Bolton and its menu, visit <https://www.freshii.com/ca/en-ca/home>.



# CUSTOM KITCHENS

*from concept to finished design.*

by Brian Lockhart



Your home is most likely the biggest investment you will ever make, and it pays to renovate and update your investment to not only increase your market value, but to also provide a living space that you will enjoy for years to come. For many, the kitchen becomes the focal point for family activity or just having friends over for coffee. Whether you decide to renovate your kitchen with an outstanding new design, or you are building a new home and want the kitchen to be the showcase centrepiece of the new build, the experts at AyA Kitchens of Orangeville will help you bring your ideas to life. Dan and Cori Thompson opened AyA Kitchens of Orangeville to serve the region and provide custom designed kitchen concepts for any type of home. AyA Kitchens of Orangeville, is a fully independent business, however they work closely with parent company, AyA Kitchens of Mississauga – a well known cabinet and

design company that produces the custom cabinets that are uniquely fashioned and created for each kitchen. AyA Kitchens Orangeville is a new distributor location for the AyA Kitchens brand. Dan gained his valuable experience in the industry working as the plant manager for AyA Kitchens for 20 years. When the opportunity to open his own showroom became a workable concept, AyA Kitchens gave the green light based on Dan's experience and their full trust in him to represent the product and provide outstanding customer service from concept to finished product. Cori's professional background is in financial services and Human Resources; while in her spare time she has personally completed a number of home renovations. She has had extensive training in the design concept and working with the propriety software that allows them to create a 3-D rendering of a kitchen design before any work is started.

Dan and Cori work with their customers from the concept stage through to a fully designed and installed kitchen. Sometimes customers arrive with only a vague idea of what they would like to do. "We will help design their kitchen, and help them choose the colours, the styles, and the cabinetry," Dan explained of the process. "They can give us a drawing or concept and we will ask customers to bring in ideas. We will measure the house to get the correct dimensions and then we will help them design the kitchen. Typically, we will go back and forth several times until they are happy with the layout and the colours and the price." Getting to know their clients helps Dan and Cori to provide advice on the layout that will best serve a home owner's lifestyle. "We will ask them how they move around their kitchen," Cori explained. "We ask if they do a lot of cooking, or entertaining, or both. That really helps guide the design of a kitchen." Once the concept begins to take shape with

colours, design, and layout determined, the new kitchen can be displayed using a 3-D computer rendering which gives a full view of how the new room will look once it is completed. With this conceptualized view, a customer has the satisfaction of seeing their new kitchen before it is installed and have the confidence in knowing the final design is what they want. If you are considering a home kitchen renovation or planning on building a new home, trust your kitchen design to the experts at AyA Kitchens to provide you with the advice, expertise, and quality materials that will turn home into a spectacular custom designed abode. The AyA Gallery is located at 18371 Hurontario Street, in Caledon Village. You can visit on-line at [www.ayaorangeville.com](http://www.ayaorangeville.com). For an appointment to discuss your new kitchen design, call the showroom at 1-519-927-5788, or reach out by e-mail at [dan@ayaorangeville.com](mailto:dan@ayaorangeville.com).

# PARADISE FARMS

SUPERIOR QUALITY BEEF AND OUTSTANDING CUSTOMER SERVICE. by Brian Lockhart



It is a dedication to quality and the ethical and caring treatment of animals that allows Shane Baghai's Paradise Farms to produce superior quality beef. Raised without added hormones and provided the freedom of an open pasture, the grass fed cattle are allowed to roam over the sprawling pastures in Caledon on a farm that is deeply rooted in sustainable farming methods with forward thinking methods of farm production. At the Paradise Farms Beef Boutique & Outlet in Erin, the finest cuts of beef are available in a beautifully designed shop that features a knowledgeable staff who can guide you through any purchase whether you are looking for a roast for Sunday dinner, or steaks for a weekend barbecue with friends. In addition, prepared foods are available for those days you are short on time but still want a quality meal for your family. The staff at Paradise Farms take pride in their work and enjoy helping customers make their selections while providing friendly and knowledgeable service. Cameron Bellamy is the store manager and

he is also the person who creates the delicious meals that he prepares on-site in the store's kitchen that are available for take-out. Cameron was a professional chef in his former career. While he enjoyed his work, the long and uncertain hours of the business made him consider another vocation. He moved to the meat cutting trade, then joined Paradise Farms when the store first opened. "This really gives me a lot of job satisfaction," Cameron said of his position at the store. "My main focus here is prepared meals. Anyone can call in here and ask for catering, and they can come in and pick it up." Stepping into the store, the aroma of his cooking provides a satisfying experience that makes you want to order right from his grill. Cameron's experience as a chef allows him to create a variety of special dishes and culinary delights that will satisfy any gourmand's pallet. "We have steak sandwiches on Thursdays and Fridays that we do up with our lunch," Cameron explained of his menu. "We have our deli sandwiches as well. We have

rotisserie chicken and sausages." He creates a new specialty everyday including savoury chili, shepherd's pie, pulled pork and his specialty – beef bourguignon. Cameron does not work alone. Assisting chef Michael also prepares the store made take-out meals that are available. At the other end of the store, meat cutter, Andrew Prokopick is the expert who cuts the steaks, fillets, and roasts, and knows all there is about beef and the quality that separates a low-grade cut from a premium quality piece of meat. "My focus is cutting the fresh meat," Andrew explained. "As per Shane's instructions, and my own standards, we maintain the highest level of quality possible. I keep a meat chart nearby so I can explain the cuts to customers. When they have questions on how to prepare different cuts or different cooking methods, I'm your guy. I'll give you the answers and share my knowledge." Growing up in Northern Ontario, Andrew learned the trade and has been a meat cutter 'since the 80's.'

He can tell the difference between regular beef and a premium quality piece of meat at just a glance. He is familiar with the different breeds of cattle and what the end product will be. "At Paradise Farms Beef Boutique we feel that our meat is a cut above," Andrew explained. "I tell customers that I'm a very fussy meat cutter. It takes away that equation for the customer to be fussy, because I've already been fussy for them." It is the experienced and knowledgeable staff and the prime award winning Aberdeen Black Angus beef that brings customers back to Paradise Farms when they want superior quality hormone-free beef for their dinner table. The store sells Canadian Certified Angus beef, and for those looking for something really special, they have Kobe-style Wagyu beef on order. Paradise Farms Beef Boutique & Outlet is located at 2 Thompson Crescent, Unit #1, in Erin, Ontario. You can visit on-line at [www.paradisebutchershop.ca](http://www.paradisebutchershop.ca).



# Look no further than PGC Detailing for all your vehicle, sanitization and paint restoration needs.

by Sam Odrowski

At a time when sanitization and cleanliness are of the utmost importance for health and safety, it's a good idea to ensure your vehicle isn't a breeding ground for germs. To have the interior of your car or truck meticulously cleaned, sanitized, and renewed, visit the vehicle rejuvenation and preservation experts at PGC Detailing, located on 20092 Hurontario St, Caledon Village, just outside Orangeville.

"I feel that the interior sanitization is more important now than ever, just because of COVID... it was a wakeup call for a lot of people," said PGC Detailing owner, Kyle Mastine. "As you can imagine, some people are pretty bad at cleaning their cars, they don't maintain them enough."

At PGC Detailing, all surfaces inside your vehicle are made spotless through power vacuuming, upholstery and carpet shampooing, streak free glass cleaning, and sanitizing of leather/plastic/vinyl panels and dashboards. A water-based protectant/conditioner can also be applied if requested. Other additional services include odour removal and ozone treatment, pet/hair removal, and headliner spot cleaning.

In addition to interior detailing services, the team at PGC has the exterior of your vehicle covered with a swirl free wash method.

Exterior cleaning packages include a complete body wash, dressing of tires, plastics and vinyl, application of paint sealant or wax, and your wheels, calipers, and exhaust tips are carefully cleaned as well.

PGC Detailing also offers paint decontamination as an add-on service, which removes iron deposits (rail dust) using a clay bar and iron remover. While iron deposits are most commonly noticed on white vehicles, they can show up in all paint colours.

Looking to fix up the swirls and scratches on the exterior of your vehicle? PGC Detailing offers paint corrections as an add-on service, where they machine polish and wet sand your vehicle's paint. Intensive care and accuracy is taken to remove the least amount of material possible to level the swirls and scratches.

Paint thickness is carefully monitored throughout the paint correction process to ensure the integrity of your vehicle's paint does not become compromised.

Those willing to spend a little extra on protecting their vehicle can purchase ceramic coating at PGC Detailing.

It's a glass like coating, providing the best paint protection on today's market for UV and chemical resistance. The

ceramic coating technology has intense hydrophobic and self-cleaning properties which assist in preserving your vehicle's finish. The coating also makes your wash process easier, less time consuming, and can actually aid in preventing wash induced swirl marks from your weekly routine. Durability ranges from one to seven years.

If you have an older, beat up car that you'd like to be restored, PGC Detailing also offers clear coating, which prevents the paint coating from fading and makes it shinier. An old paint job can be brought up to date using clear coating.

Mr. Mastine has lots of experience revitalizing classic cars using clear coating and is currently working on one from the 1950s.

Meanwhile, the price range at PGC Detailing is reasonable and ranges depending on the type of work being done.

The Caledon Village location is about 5-10 minutes outside of Orangeville and has been home to the business for five years, while new ownership has operated it for close to three.

Mr. Mastine is a friendly face at PGC Detailing and has formed many great relationships with his clients.

"I feel like a lot of my customers have actually turned into really good friends just from doing business with them back and forth," he noted.

PGC Detailing also has a commitment to integrity and transparency.

"If I go to buff out some scratches that I quoted an hour and a half for, but it only takes me an hour, I'm only going to charge them for an hour," he said. "The pricing is very honest, straightforward."

The shop prides itself on its higher quality services, such as paint polishing and ceramic coatings but they're more than happy to do basic car detailing as well.

It's important to note, PGC Detailing also offers paint protection film, which is the best defence against physical damage associated with rock chips and pitting. Some of the finer detailing services covered by the company include wheels off detailing, engine bay reconstructions, headlight restoration, glass treatment, interior surface protection, emblem removal/replacement and rock chip touch up.

PGC Detailing is open 8:30 a.m. to 6 p.m. Monday to Friday and is closed on the weekends.

If you're looking to learn more about the business, visit: [www.pgcdetailing.com/](http://www.pgcdetailing.com/) or call them at 905-782-3203.

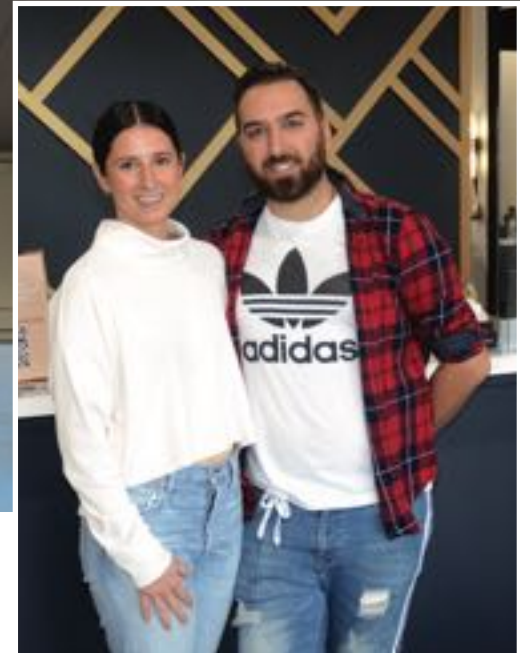
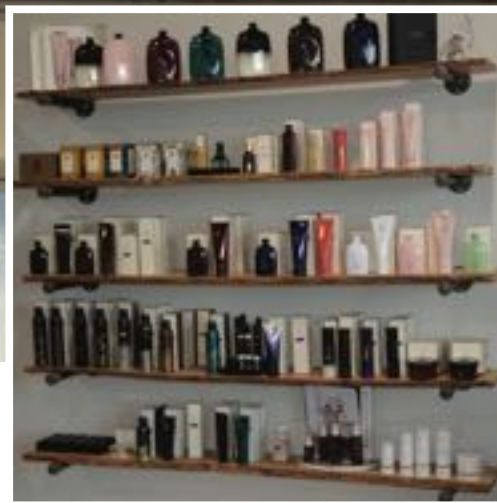


# manesOCIETY

## Luxury hair care

CLOSE TO HOME IN BOLTON.

by Brian Lockhart



When it comes to your hair, your crowning glory can define your personality, make an impression, and provide self esteem and confidence in your appearance.

At Mane Society Salon in Bolton, the staff are passionate about their work and strive to exceed customer expectations by educating their clients on the latest trends, techniques, and products that will make you look your best.

A visit to Mane Society Salon isn't just an appointment to get your hair done, it's a full experience in a modern salon, cafe, and spa, where you are treated as a special guest, not just a customer.

Salon owners Rocco and Candice Aricci opened Mane Society with a goal of providing a high-end specialty shop usually found only in a big city environment, to a smaller town so local residents can have the same experience without having to travel.

Both Rocco and Candice have several years in the industry and learned the business from the ground up.

"I've been involved in the industry, literally right out of high school," Rocco explained of how he got his start as a hair stylist. "I've always been very creative and competitive. When I would visit my stylist, I always felt a good energy and a good vibe. When I first went to hairdressing school, it felt right, it felt like it is where I belong."

Rocco and Candice both worked in the industry for several years before deciding to go out on their own and provide an outstanding experience for their customers.

"We decided to open a luxury high-end salon," Rocco explained. "I wanted our customers to feel like not only will they be getting a flawless haircut, they will have the best experience while they are there."

The salon offers the full hair experience from cutting and colouring to extensions.

When you visit Mane Society Salon, you don't just arrive and wait your turn.

The Salon features a full service cafe and while you are waiting you will be offered a

complimentary cappuccino, latte, ice coffee or espresso.

While hair is the main concern at the salon, there is also the added bonus of a full esthetics experience.

Esthetician Rachel Depaulo and her team are available to provide a variety of services including botox, facials, and laser hair removal.

You can achieve your full body experience from eyebrows to a full hair treatment in one convenient location.

The salon provides a spacious, bright, and welcoming location in a large salon that covers 5000 square feet.

There is a compliment of 15 fully trained hairdressers on staff to look after your needs.

Many hairdressers and clients develop a personal relationship when it comes to their visits. Clients quite often appreciate an individual's hairdresser's approach to helping them with their style and will ask to see the same person every time.

This trust in the quality of hair care and style along with the relaxing and professional atmosphere of the salon brings clients back for another satisfying experience.

Mane Society isn't just for women. Men can visit the Gentlemen's Quarters for a haircut, beard trim, and even colouring.

Many men trust Mane Society to achieve the look they desire.

Mane Society Salon provides everything you would find in a high-end big city salon, right in Bolton.

You can enjoy the full treatment and experience the best in hair care without having to travel to a larger centre for the superior service, expertise, and quality of service.

Mane Society Salon is conveniently located at 12612 Highway 50, (McDonalds Plaza) in Bolton.

You can visit on-line at [www.manesociety.com](http://www.manesociety.com), or call for an appointment at 905-951-7772.

## THE ROYAL AMBASSADOR EVENT CENTRE AND CONSULATE DINING LOUNGE



The Royal Ambassador Event Centre is one of the most beautiful spots in all of Caledon, known for **turning events into fairytales.**

by Rob Paul

But that's not all that's located on Innis Lake Road in Caledon East.

Alongside the Royal Ambassador Event Centre is the Consulate Dining Lounge, an elegant fine dining experience that resembles that of what downtown Toronto offers along with the scenic experience of the rolling Caledon hills and sparkling Innis Lake.

Opened in October of 2004, the Consulate is surrounded by gardens and a waterfall while the interior has gorgeous large windows, a romantic fireplace, and a tranquil patio. It's the spot to go when looking to combine fine food and wine with a majestic outdoor setting.

Owner John Giancola describes it as being downtown in the country with its distinguished look and sprawling scenery.

Though the Royal Ambassador Event Centre has become one of the most popular places in Caledon for hosting functions, the Consulate Dining Lounge is the hidden gem on the vast property.

What makes the Consulate even more unique is the intimacy of the dining experience. With only 42 guests inside and 60 on the seasonal patio, it's the perfect place for a quiet lunch or dinner.

Social distancing has been maintained even prior to the pandemic. Large arch-shaped windows look out over the grounds and light the room up during the day and when the sun goes down, they provide an alluring ambiance that accent the intimacy of the lounge.

With an ever-changing menu, the Consulate presents a diverse dining

opportunity that has something for everyone.

A variety of Italian inspired dishes, including various pasta fare, top the menu for those who enjoy a delicious Mediterranean flavour. For meat lovers, the kitchen specializes in steaks done the way you like. "We just launched our newly reimagined Fall and Winter Menu. We have introduced some excitingly delicious dishes like the Braised Short Rib Entree, the Greek influenced Lamb Burger, and the Kale and Gala Apple Salad. We've also introduced a new quality benchmark for our Steaks, ensuring all meats are not only Certified Blank Angus but aged for a minimum of 60 days," stated Mr. Giancola.

For a lighter meal, there are a variety of seafood dishes unique to the restaurant,

each with its own distinct twist and the personal touch from the chef. There are also vegetarian and vegan options to ensure there's something for everyone.

Not to mention a wide range of appetizer options to kick-off the dining experience, and of course, plenty of deserts to choose from for those with a sweet tooth.

Guests are welcome to enjoy lunch Wednesday to Friday and dinner Wednesday to Saturday or there's the pickup and take out option for guests who like staying in for the evening.

With an award-winning wine menu with over 200 wines to choose from to compliment their meals, guests won't be disappointed. Both the restaurant and event centre host Holiday parties and catering but be sure to book early.

# ZEHRS BOLTON

Every community needs a grocery store they can trust with friendly customer service and consistent high-quality products.

**Zehrs Bolton** checks those boxes, but also goes the extra mile with community involvement.

by Rob Paul



Assistant Store Manager Cole O'Donnell truly understands that the customer comes first and the team over at Zehrs Bolton has worked to be a key cog in Caledon.

"In retail, community is everything and our customers come first," he said. "The community matters to us because we're nothing without the people who support us. That's why something we strive to do is give back to the community."

When the pandemic hit, many people transitioned into working from home while Zehrs had to step up and be there for the community, O'Donnell believes that's made the store better than ever.

"At first for us it was insane to say the least

with hundreds of people piling in at once and it took a huge toll on our colleagues and customers," he said. "Working somewhat on the front-line was incredibly stressful for everyone but what it did was it brought all of our team closer together and made us stronger and our store better."

The pandemic brought unprecedented times and with many people not comfortable leaving their homes, Zehrs did everything they could to ensure customers had what they needed.

"We had colleagues delivering groceries to people's houses, even myself at the end of my 12-hour days I was throwing groceries into my truck and taking them to people's

houses because people weren't comfortable coming to the store," O'Donnell said. "We wanted to do everything we could for the community during this because it was a stressful time and people were on edge. A lot of people weren't leaving their houses unless it was to come here, and we wanted to make sure it was the best and safest experience. Now, for the most part, we're 95 per cent back to normal. People are in much higher spirits and things are starting to get back to the point where it was pre-pandemic."

Zehrs doesn't want to just say it's a business that supports the community and puts the people first, it wants to show

it and has through donations to various Bolton initiatives.

"We really value our community and customers and that's why we always want to get involved in the community as much as possible," he said. "We always try to donate to events, recently we did a huge donation to the fall fair, we're doing donations to the Bolton cleanup, we did donations to the concert Councillor Tony Rosa hosted a few months ago."

"We want to give back as much as possible, so the community knows we care and we're there for them. We want to provide great services both inside and outside of our store, so people know we care about the community."

## Hunter Support Services – *Compassionate care for those who need assistance in daily life*



Hunter Support Services Inc.

*You're in good hands*

by Brian Lockhart

There may be a time when you or a family member need assistance with daily activities to enhance quality of life.

Having help and support is important and so is receiving that help from someone who is compassionate and will treat your loved ones like they are their own family.

Hunter Support Services provides around-the-clock homecare services for seniors with health-related issues as well as others who need help with surgery recovery, injury rehabilitation or other personal care requirements. Their services also extend to younger people who require a personal level of care.

The company employs qualified PSW's, RPN's Developmental Service Workers, and ASD Workers who take pride in what they do and carry out their duties in a dignified and compassionate manner.

Company president Beverley Hillier-Hunter is a Certified Personal Support Worker with over 30 years of front-line experience working with people with developmental disabilities

including Autism.

After experiencing a personal family tragedy, Beverley immersed herself in her work as a source of personal healing and began caring for a senior woman who was facing the challenges of Alzheimer's disease. Her experience working closely with a family and helping her client convinced her she had found her true calling.

"We support seniors and anyone with any kind of illness," Beverley explained. "This includes someone who has had surgery and is recovering. We also support people with developmental disabilities whether they are teenagers or adults. We help with whatever they need. It could be help with meals, cleaning, or grocery shopping. When we meet with a client, we go over everything a person would need."

Beverley works with her clients to establish their needs then makes sure the

Personal Support Worker assigned to them is a good match.

"We do one-to-one care," Beverley explained. "We don't have different staff going in and out. We try to have one person, especially when it's a person with dementia or Alzheimer's. We want to create a relationship between the two so they get to know each other. We have a customized approach with each client."

While much of their work is done in a client's home, support workers also help out in seniors' residences when a client needs extra help or care.

Hunter Support Service Administrative Manager Debra Marsh has over

30 years of experience working in the Care Provider field and is a Certified Developmental Service Worker. She has held a variety of positions in the field including working closely with families who require support.

"When hiring staff we have a hands-on approach," Debra explained. "We ensure that the staff we have are following our style and approach to care. Both Beverley and I have historical backgrounds with family members who have needed care from other people in the past and have needed support, so we can empathize with how people feel. We want to make sure our clients feel supported where they need to be supported whether that's in their home or a facility. We will customize a program that works best for them."

The staff at Hunter Support Services maintain a set of working values that provide an exceptional high-quality level of personal care that is compassionate and maintains the dignity of all of their clients.

Whether it is a senior who requires home or in-facility care, or a person of any age who needs personal support they are there to help.

They provide service to individuals in Peel, Dufferin, Caledon, Brampton, and Simcoe County.

You can find out more about Hunter Support Services by visiting on-line at [www.huntersupportservices.ca](http://www.huntersupportservices.ca).

You can contact their administration manager Debra at 519-278-8717, or by e-mail at [hunter-seniorsservices@mail.com](mailto:hunter-seniorsservices@mail.com), and Beverley via telephone at 1-519-215-0089.



Photo taken 2019





## Rob Payne helps people set financial goals

By Mark Pavilons

Financial freedom requires a defined investment strategy, and Rob Payne of Edward Jones Investments can help residents achieve success.

Payne offers a variety of financial and personal services, including wealth, education, and retirement plans, along with business strategies and insurance products. From brokerage accounts and RESPs to mutual funds and stocks, Payne can create a personalized portfolio for every unique client.

Most of us have financial goals, whether it's saving for long vacations or post-secondary tuition for children and grandchildren.

"To achieve these various goals, you may have to follow different investment strategies – and you might have to make some trade-offs along the way," he said.

He suggested people must first define their goals and invest accordingly. One of

the main questions we must ask ourselves is how much return we will need from investments, and how much risk are we willing to take to achieve our goals

Each requires its own game plan. He said with longer-term goals, you might be able to invest more heavily in growth-oriented vehicles with higher returns. These values will fluctuate over time, however. For short-term goals, investments can be more conservative with more minimal growth.

Payne stressed that clients need to be engaged to achieve their goals. They have to be prepared to follow a plan and change course if necessary. This means we need to match specific investment accounts with related goals.

Ask yourself these questions: What goal will this investment strategy help me achieve? How much do I have allocated toward a specific goal? If I have a TFSA or RRSP and another account devoted to achieving the same goal, are they all

working together effectively?

"The connections between your different investment accounts and your goals should be consistently clear to you," he said. "Trying to achieve multiple financial goals can seem like a daunting task, but by saving and investing consistently through your working years, following a clear strategy, being willing to prioritize and accept trade-offs and getting the help you need, you can help yourself move forward."

Times have changed, and so have the goals and desires for retirees. Payne pointed out with improved health and longevity, a sense of purpose and proper finances, retirees want to share their talents with their communities. They want to spend more time with family and enjoy life. However, many people who plan to retire in the next decade fear the costs of long-term care.

Investing, Payne observed, isn't a "one-size-fits all" endeavor. Your goals, money

and solutions are all unique and your own decisions help determine what's best for you.

A financial advisor works with you to determine what solutions match your specific needs. All costs and fees are discussed as well as the process. Scheduling a complimentary, no obligation meeting with Payne to discuss your personal goals is the first step. He will guide you the rest of the way.

Payne advises clients not to let fear drive your investment plans. While the pandemic rocked the financial markets, the outlook is far less gloomy than many imagined. Properly balanced portfolios are performing better and diversification can help reduce the impact of volatility.

"Remember that you're investing for goals that may be decades away. By keeping your eyes on this distant horizon, you'll be less likely to over-react to the news of the day, and more likely to follow a long-term strategy that can work for you," he said.

Payne noted that roughly eight million Canadians say COVID-19 has caused them to reconsider their retirement timing. He did say crisis or not, it's important to review your life goals from time to time. Those goals, he said, are not static and change in response to a number of things.

"The pandemic may lead to a reevaluation of many financial goals, and taking early retirement might be one of them," he said. "By thinking carefully about your situation and your options, you can come up with a course of action that's right for you."

Everything, from retirement lifestyle and sources of income, to pensions and even working beyond retirement, all come into play.

Payne said he loves working with his clients and getting to know them and their families.

"I'm an active listener, which helps me understand what's important to them and helps develop a bond of trust. That's why I love this business."



# Edward Jones®

**Rob Payne** | Financial Advisor  
 EDWARD JONES INVESTMENTS  
 18 King Street | Bolton, L7E 1E8  
 T 905 857 0874  
 r.payne@edwardjones.com  
<http://www.edwardjones.ca/r-payne>

# Brittany McMullan

– Registered Dietitian and an expert on healthy eating

by Brian Lockhart

All foods fit and can be a part of a healthy diet.

Many people try to have a proper diet to maintain good health, however they may lack the understanding of how your body will process foods for the optimum benefits from fruits, vegetables, meats, dairy products, grains, and everything else you will find on the dinner table.

For some, dietary restrictions or the nutrients needed to help combat health problems can be confusing.

Others simply want to ensure they are eating properly and getting the best nutrition.

That's when a diet specialist can help you by working with you to provide personalized nutrition advice and practical solutions.

Brittany McMullan, is a Canadian Registered Dietitian with Loblaw. She divides her time between the Zehrs Markets stores in Orangeville and Bolton.

Brittany graduated from the University of Guelph with a Degree in Nutritional and Nutraceutical Science. She then

attended Brescia University College at Western University and graduated with a Bachelor of Science in Nutrition and Dietetics. From there, Brittany completed a one-year internship for a final certification with the College of Dietitians of Ontario.

Her experience includes the hard science side of the industry including developing products and clinical trials, however Brittany felt her calling was more aligned to helping people on a personal level.

"I'm the Registered Dietitian for Zehrs Orangeville and Zehrs Bolton, but going virtual in 2020 has allowed me to help clients from all over Ontario," Brittany explained. "I offer Individual and Group Nutrition Services right where we make many of our food decisions – the grocery store. I offer services via phone, or video, and hope to bring back in-person visits in the near future. Whether you are currently managing a condition, or simply trying to eat better with your family, I can help you."

An expert in her field, Brittany enjoys

working with individuals managing Prediabetes, Type 2 Diabetes, and Heart Disease, including those who suffer from high blood pressure and high cholesterol.

"I take a non-judgemental approach to nutrition, and use an 'all-foods-fit' philosophy, and promote balance, when it comes to healthy eating," Brittany explained. "Some people would like to manage a condition through diet. First of all, I would find out what they are eating right now, because I like to provide personalized advice that really fits someone's lifestyle. I get a lot of Moms who are just trying to feed their families better and they're looking for help prepping meals or looking for strategies to make meal times easier."

As a certified Craving Change practitioner, she focuses on emotional eating, and how the environment and your learned behaviours affect your food choices.

"My personalized nutrition services are covered by many insurance plans, and I encourage everyone to check to see if they have coverage," Brittany explained. "More



information and details about nutrition packages can be found on-line at [www.zehrs.ca/dietitians](http://www.zehrs.ca/dietitians) or [www.bookadietitian.ca](http://www.bookadietitian.ca). If you are looking for a place to start, our national Loblaw Dietitian Team has plenty of webinars on a variety of topics to get you started." You can find a list of webinars at [www.dietitianwebinars.ca](http://www.dietitianwebinars.ca)

As an expert in her field, Brittany always looks forward to meeting new clients and explaining how she can help you with personalized nutrition advice.

To learn more, contact her directly at [brittany.mcmullan@loblaw.ca](mailto:brittany.mcmullan@loblaw.ca) or 519-215-6743.

When you are ready to start making healthy choices when it comes to what you eat, Registered Dietitian, Brittany McMullan, will provide the advice to guide you in the right direction.



# CANADIAN TIRE

## BOLTON

by Brian Lockhart

Many people think of Canadian Tire as their 'go to' store.

It is the place you think of when it comes to a huge variety of products that you need for the home, leisure fun, outdoor activities, seasonal items, and of course, your car.

When it comes to aftermarket parts for your automobile, Canadian Tire is the first choice when you need to replace windshield wipers, batteries, auto lights, and, of course, tires.

The Automotive Service Department at your local Bolton Canadian Tire provides full automotive service for all makes and models of cars and trucks, both domestic and foreign vehicles.

With 17 bays, it is a busy shop with highly trained automotive technicians that can service your vehicle and get you back on the road.

With the seasons changing and the colder weather approaching, it is time to make the switch to winter tires.

Winter tires are proven to have a better grip on pavement when the temperature reaches

7 degrees and below, and they provide superb traction in snow with a tread designed specifically for winter driving.

The Bolton Canadian Tire has a full line-up of winter tires and rims that will provide safe motoring during the winter months. They even provide the opportunity to store your summer tires on site if you don't have the garage space at home.

"Our warehouse is full of winter tires and we have an additional trailer full of rims and tires just to prepare for this season," explained Bolton Canadian Tire Service Manager Steve Martin of the demand for winter treads once the weather starts to get colder. "With winter tires you get a softer compound which provides a better grip and better traction."

Mr. Martin and his team of service technicians are prepared to offer expert advice when it comes to choosing the proper tires for your vehicle.

When you need to have your vehicle

repaired, the shop provides a full range of automotive service that will meet the needs of any driver and vehicle.

From brakes and mufflers to wheel alignments and parts replacement, the shop has the equipment and service know-how to get you back on the road.

They can also take care of larger vehicles and are licensed for 'heavy duty drive clean' for Diesel vehicles.

With so many drivers choosing pickup trucks as their daily driver, the Bolton Service Centre has specialized in helping truck owners to customize their vehicle.

The automotive staff are experts when it comes to accessorizing trucks.

Whether you want to enhance performance, add practical components, or customize your truck to make it different than any other truck on the road, they have the products and know-how to make your vehicle stand-out on any street or highway.

From tonneau covers and window

shades to specialty LED lighting kits, the list of available truck accessories is huge. This includes running boards, truck steps, winches, and other hardware that provide a practical addition to a truck.

You can personalize your truck with vanity lighting, window visors, fender flares and special trim to make your vehicle unlike any other truck on the road.

The Bolton Canadian Tire Automotive Centre offers outstanding service, expert advice, and a huge variety of after-market parts for your vehicle.

Whether you need a new set of wipers blades or work done on your vehicle to get you back safely on the road, the automotive staff has the knowledge and expertise to make sure your vehicle is taken care of.

They feature extended hours and are open seven days a week.

Visit the Bolton Canadian Tire at 99 McEwan Drive East, in Bolton, just off Highway 50.



## THE REGION'S MOST TRUSTED AND EXPERIENCED TIRE DEALER

by Brian Lockhart



Whether you are a weekday commuter or a long distance road trip enthusiast, the tires on your car or truck are among most important safety features that will keep your vehicle on the road and provide the handling and over all performance you need in any driving conditions.

At Tire Junction in Bolton, Amar Uppal has almost four decades of experience in the tire industry.

He knows just about everything there is to know about tires and can advise you on the best rubber for your vehicle based on your driving style, type of vehicle, weather conditions, and even the roads you spend most of your driving time on.

Mr. Uppal started his career in the automotive industry as an apprentice and after working and learning for five years, he became a licensed Automotive Technician.

He had a real interest in working in the type

of automotive environment where he would be exposed to a wide variety of automobiles rather than hooking up with a dealership and learning how to fix only one brand.

“I was in the UK originally and started working for Volkswagen and Audi as a mechanic,” Mr. Uppal explained of his start in the automotive field. “In 1992 I immigrated to Canada. I started working with tires as a mechanic and saw that they are one of the most important items on a car and are one of those things that will always wear out.”

He made a smart business decision to focus on tires because he knew everyone will eventually have to have their tires replaced.

Mr. Uppal opened Tire Junction in Bolton in 2008.

“I’ve always liked Caledon and Bolton,” he said of opening up shop here. “It’s close to home and I really like the community feel here.”

The tire shop has a huge variety of brands and styles of tires for every vehicle.

In addition, the automotive shop has grown over the years adding new bays and equipment and offers full automotive service.

Since the tire business can be very seasonal as drivers switch to summer or winter tires, Mr. Uppal added a new appointment system that is working out very well. The system reduces wait times for customers needing to have their tires changed and increases productivity in the shop.

Drivers who drop in are also still welcome.

Mr. Uppal knows that taking time from work to have tires changed can be a challenge for some people.

With today’s pandemic situation, he thanks front-line health care workers for their dedication to the public by keeping several time slots open each day to accommodate front-line workers who don’t have a lot of time

and just need their tires changed before they go back to work.

With the changing of the seasons, it is time to explore your options when it comes to having seasonal tires that provide the best performance for the road conditions and added safety when you are driving.

Mr. Uppal and his team at Tire Junction can advise you on the best tires for your particular vehicle based on your driving habits and where you spend most of your time on the road.

Tires that are designed specifically for winter or summer driving will enhance your drive through better performance and safety in seasonal conditions.

At Tire Junction, they guarantee, the job is done right the first time.

Tire Junction is located at 11221 Highway 50, in Bolton, at the Albion Vaughan Rd.

You can visit on-line at: [www.tirejunction.ca](http://www.tirejunction.ca), or call at 905-893-9908 or 905-794-5642.



## AREA COUNCILLOR FOR WARD 5

by Rob Paul

A community champion does everything they can to promote and support the community they reside in, and more than ever local businesses need community champions as they work to recover from the pandemic.

Councillor Tony Rosa’s goal since being elected to Caledon Town Council has been to promote local businesses and spotlight everything the Caledon and Bolton community have to offer to residents.

One of Rosa’s most successful initiatives under the Love Local Campaign has been his video series where he shows residents exactly what businesses in Caledon have to offer by highlighting their products and speaking with the business owners.

“My Love Local Campaign has really been all about bringing awareness to the community on what options are available to them,” he said. “The idea was to start in Bolton because

it represents the vast majority of businesses in Caledon but I felt it was important to branch out and really provide an overview of the options across Caledon. I’ve been very pleased with the results and so many people have provided positive feedback and some of them didn’t even know about some of the businesses we had highlighted existed. I’ve also received a great response from the business owners as well and they believe it’s working, and people are definitely becoming more aware of the importance of supporting local businesses.”

Rosa isn’t slowing down with the Love Local Campaign videos, either; he just began a new series to show off some of the recreation options available to residents.

“My next strategy will still focus on loving local, but I think it’s time to start focusing on community organizations as well,” he said. “A lot of them were unable to operate throughout the pandemic and reengagement of the community is important. We want the

community to understand what options for recreation and leisure are available to them. I want to look at some of the sports programs, arts, and facilities and their programs.

“It’s important that once the COVID protocols are lifted that people actually know what’s out there. It’s the work, live, and play model and we want to highlight the play aspect. One of the healing processes coming out of the pandemic is starting to bring some normal lifestyle back and getting people engaged will be the focus of the 2022 campaign. Our first video looks at the Caledon Senior Centre and looks at the expansion and the expanding programs because I think reengaging our seniors is going to be a focal point. We want to make sure they feel engaged in our community.”

Though the pandemic has emphasized the need for shopping and supporting local, Rosa has always wanted to work towards showing residents how strong the business options are in their own communities.

“I worried about businesses before the pandemic, then we get into a global pandemic and we start seeing businesses getting shut down,” he said. “That motivated me because I think it’s time to really get people to engage in their own community. For many years Bolton was a bedroom community with limited time to engage in the community, but now we’re all having to stay in our communities.”

“This has been an opportunity to bring awareness to local options and when I started to see that it was working that motivated me even more. Then with the businesses responding so positively that made me want to do even more. At the end of the day, the pandemic has hurt businesses and it’s motivated me to continue to fight for them and show the people of Caledon what they have in their own backyard. It’s all about building unity and community and united the municipality and celebrate the incredible opportunities we have here.”

# TONY ROSA



# BOLTON CHIROPRACTIC CENTRE

## BACK PAIN IS AN EPIDEMIC.

by Rob Paul

80% of Canadians suffer from it at some point in their life. Having access to a rehab centre that provides proven and definite solutions in eliminating pain, improving your function and quality of life is essential. Citizens of Caledon are privileged to have Intelligent Health Group (operating as Bolton Chiropractic Centre) providing such a service. They are committed to optimizing human potential through an integrative approach that synergizes the latest advanced rehab technologies along with talented health care practitioners ranging from chiropractors, physiotherapists, massage therapists, acupuncturists, dietitians and more.

Intelligent Health Group just celebrated their one-year anniversary in Bolton, but owners Dr. Vikas Puri and Dr. Gina Bajaj have decades of healthcare experience between them.

In 2017 Dr. Puri and his wife, Dr. Bajaj, realized they wanted to do something bigger and more impactful. “We designed a franchise model that would enable us to have a global reach” says Dr. Puri. “We wanted to be able to change more lives and leave a legacy. It’s all about helping people become healthier and happier, improving their pain and function, without drugs, surgery or ineffective therapies. Our inspiration came from serving on a mission trip in India where we gave free care to the needy. We saw the appreciation and overwhelming impact we were able to make in a short time. There are people in need of our help everywhere. We knew we couldn’t be everywhere, but if we created a tribe of likeminded people with the right intention, and train them using our experience and best practices, we could facilitate more people being served, not just in our local community, but globally.”

When Dr. Puri says they wanted to have a global impact, he means it. One of the first things Intelligent Health Group did was to set up two chiropractic practices in India which Dr. Puri and Bajaj continue to manage. They had been shocked to find out there were only a handful of chiropractors in all of India, which has a population of 1.3 billion people. Seeing the need for quality chiropractic care during their mission trip, they knew they needed to be part of this solution.

Last year Intelligent Health Group saw a need for a clinic in Caledon. “We noticed there was a lack of multidisciplinary clinics in Caledon and people weren’t getting the kind of comprehensive, quality care required to effectively solve a patient’s problems. It is important to have a holistic approach, that addresses all aspects of the patient, and gets to the root cause of the problem, not just target symptoms. Working with a diverse healthcare team around you enables this outcome. In addition, we were amazed by the lack of advanced rehab technology available to the people of Caledon. We were able to bring shockwave treatment (to treat chronic soft tissue injuries), LASER and pulsed electromagnetic field (PEMF) therapy (to speed up natural healing of the tissues), and spinal decompression technology (to treat sciatica and disc problems). Through our commitment to research and development, we most recently created our own protocol that integrates spinal decompression with pulse electromagnetic field therapy to quickly remove chronic neck and back pain. We are proud to be the only ones doing that. All this has allowed us to deliver services to resident Caledon’s that weren’t here before.”

“We are thrilled and humbled by the support and outstanding response we have received in Caledon. We are now planning an exciting expansion and renovation in the new year that will allow us to serve even more people, and offer an even greater array of services to improve health in all aspects; mind, body and spirit. We are committed to excellence and being the best at what we do.”

Today, Intelligent Health Group clinics have won the best rehab and wellness clinic award the last three years running, including this year in Caledon. Dr. Puri credits it to his amazing team and their patient-centered approach with comprehensive custom programs that deliver exceptional results.

In keeping with their mission to make a difference in the world, Intelligent Health Group funds one day of lifesaving healthcare for a villager in need for every treatment rendered at any of their locations.

For a FREE consultation, or for more information, visit: <https://www.intelligenthealthgroup.ca>





# Vacations are about the little moments that last forever.

Whether with family or on your own, memories are made that stick with you for your life. But planning a vacation can be stressful and add even more onto your plate. That's why Dream Hunter Vacations wants to be the ones you can lean on when setting off to get away from the busyness of life and take a break.

by Rob Paul

**D**ream Hunter is a travel agency and can sell any kind of travel that any other travel agency can sell, but the difference is their goal is to send you to a magical place where they've had boots on the ground and can tell you exactly what it's like.

"The world is a really big place, and I don't like sending people to places that I've never been myself," said Sharon Hunter, Dream Hunter Vacations founder. "I want to have that firsthand knowledge and for that reason our niche is primarily Disney and Universal worldwide. We can do Disneyland Paris, the Disney Resort in Hawaii, and places like that because we know them and we're familiar with them.

"The world is a very massive place and having that firsthand knowledge is a lot better. To take it a step further, I've always been a huge fan of Walt Disney and I have been for as long as I can remember. One person can change the world if they have the right attitude, and sometimes we have to stop and enjoy what's right in front of us and not worry about what tomorrow brings. We have to believe in ourselves and our dreams and spend time with the people we work so hard for."

Going on a Disney vacation isn't just for kids; Hunter views it as an escape that lets people get back to the important parts of life and allows them to appreciate what they have.

"I have a lot of happy memories of Disney as an adult because I didn't get to go as a child," she said. "That place has taught me that when life is causing you to struggle, go to Disney World because it makes you forget about the difficulties, and it shows you to dream and to enjoy being a kid again. Remember what it was like as a kid when you'd go out and play in the mud? It was all about fun until an adult would yell at you. At Disney World you forget about being an adult and you have those beautiful moments. Vacations, wherever you go, are needed but there's something special about Disney. The story goes Walt was watching his kids play on a merry-go-round and noticed all the parents watching and realized it's ridiculous that there wasn't something for adults and kids to play together. That's what it's all about.

Disney holds a special place in Hunter's heart, and she has truly lived through knowing what it can do for families when they're through life's biggest trials and tribulations.

"Places that make you feel like a kid again are the places to go when tough stuff happens," she said. "My husband is a cancer survivor and when he was 35 years old my kids were eight and 11 and we were told to go home and put our affairs in order because he was given a five per cent chance of survival. He had his tumour removed and we had a six-day window between it and chemo, so we showed up at our kid's schools

in the middle of the day and we took off to Disney World.

"To this day we still think back about it and it was 16 years ago and my youngest is approaching his 25th birthday and his dad is still here. For those six days we got to forget about what was coming and we just had that time to enjoy each other. It's all about those moments and that's what made me create this agency. The rides and the food are part of it, but it's about stopping the noise and enjoying your family."

It can be easy to get caught up in going through the motions of life and not take a breath and appreciate the little things, but what Dream Hunter Vacations wants to show people is how important living life is.

"As parents we walk down the hallway and we trip over something and we fly off the handle and scream and yell or we yell at our kids for their homework not being done, that's life," she said. "For that one week of the year, we need to not do that. At Disney World we're able to forget about that stress and I created this to inspire people to not wait until tomorrow because you never know what tomorrow is going to bring—this last 18 months has been an exact example of that. We need to remember to stop and enjoy what we work so hard for."

Dream Hunter Vacations wants to help people realize the importance of living in the moment and getting away for a mental reset and Hunter is determined to support people on their journey to Disney.

"A couple of weeks ago I went to Disney completely by myself and it was one of the best trips ever," she said. "Don't let the fact that there's nobody to go with to take you away from enjoying it for yourself. It took me a long time to learn that, but you can still have a great time and meet people along the way on your own. Don't let what someone else doesn't want to do stop you from doing what you want to do. It's not just for children, it's that place to go to kind of refresh the child within us. I very much am adamant about teaching people to do that and get rid of the noise and get back to what's important and learn to be kids ourselves.

"We don't know what's going to happen 10 minutes from now, let alone a year from now. You just don't know and it's okay to plan for the future, but you have to live for today. Everyone has adult stuff going on but if you don't stop and take a breath every once in a while, that adult stuff is going to eat away at you and you'll burnout. There's something about going to a Disney vacation that brings us back to being a child when it was okay to dance in the rain and be silly and be immaturely mature."

Sharon Hunter and her team at Dream Hunter Vacations want to help you plan the vacations that will leave lasting memories, to learn more, visit <https://www.dreamhuntervacations.ca/>.



# REGIONAL COUNCILLOR ANNETTE GROVES

Community involvement and support is a key piece to being a councillor, especially in an area like Bolton. Bolton is the largest urban centre in Caledon full of business, culture, and residents who are passionate about connecting.

by Rob Paul

**B**olton is the largest urban centre in Caledon full of business, culture, and residents who are passionate about connecting.

That's why Councillor Annette Groves has focused so much on making sure there are community events throughout the year and as the pandemic slows down, she's revved up her efforts.

"From the first day I got elected, I never really thought of myself as a politician," she said. "I've basically thought of myself as someone who is there for the community and to make sure the community has what it needs—whether entertainment, revitalization projects, community events. It's all about being there to make sure the residents can enjoy the community and don't have to worry about paying. I think with all of those things, they can really bring the community together and that's the intent here."

"Our business community has been great and so supportive. They've donated quite a bit and without their support, of course, we couldn't do this. I rely on our corporate folks to help with funding, and they've been amazing. We live in an amazing place to raise your family and I certainly want to give back to the community. People deserve a representative who is going to be a constituent first councillor and not just a politician in the ivory tower. That's why I love working with the community because we're a team."

This past summer with COVID restrictions allowing for larger community events, Groves played a major role in fundraising for local concerts with the idea of getting the community engaged and out of the house having fun again.

"We've had a few community concerts for the residents where we get people to come out and listen to great music and enjoy each other's company on a nice evening," she

said. "They've been free of charge because we wanted to make sure we raised all the money to do that so everyone would have the opportunity to come. One of the concerts we even held a market for local vendors to give them an opportunity to come out and get back out there because it's been very challenging for small businesses. We wanted to give them an opportunity to connect with the community again."

Something Groves has working hard towards is ensuring downtown Bolton reaches its potential, not only by helping businesses thrive, but by beautifying the area as well.

"I've been working on the downtown revitalization because I think it's important to get our downtown core alive again," she said. "We've had quite a few new businesses move in and I'm working with a Taskforce made up of citizens and businesspeople as well as economic development. We really just want to bring some life to the downtown of Bolton again. I've been working with the Kinsman Club of Bolton, and we have a gazebo downtown that's sort of a focal point. The Kinsman have stepped up and generously offered to work with me and the Town to give the gazebo a nice facelift."

As for future initiatives, Groves is most excited about the upcoming Santa Claus Parade she'll be putting together with the Bolton Kinsman Club, as well the commemoration of Bolton hitting a major milestone this past summer.

"I'm working on the bicentennial celebration for Bolton because it turned 200 years old on June 5 this year," she said. "I'm working with a committee I put together, the Bicentennial Committee, and we're just trying to do something special next year for Bolton's birthday to celebrate the 200th anniversary."



## CALEDON CHAMBER OF COMMERCE

by Rob Paul

Chambers of Commerce are a staple in every business community, being there to guide and support local business to help them blossom and see their fullest potential. Now more than ever as business work to rebound from the impacts of the COVID-19 pandemic, Chambers are needed.

The Caledon Chamber of Commerce is an avenue for local businesspeople in Caledon to connect and work to succeed on their way to becoming key cogs in the Town. Chamber President Anthony Caputo has made it the Caledon Chamber of Commerce mission to help business boom.

"The Chamber of Commerce is completely about advocating for business," said Caputo. "Here in Caledon, we want to push business forward, big or small, and help them in any way possible that we can. Going forward we have a lot of events being planned in

order to help businesses—including young entrepreneurs."

Part of the plan in helping business grow in Caledon is bringing innovative ideas to the table and showing youth in the community they too can own their own business.

"We have an event coming up next year that's similar to the Dragon's Den, but we're doing it strictly for schools in Caledon," Caputo said. "We're going to have a prize for the winners and we're going to help them start that business."

When a business comes to Caledon, the Chamber works with them through various events to support them and introduce them to the community to ensure they have the most opportunity to thrive.

"Once a business is here, our job is to market those businesses and help drive business into those stores or locations," he

said. "Anything that has to do with business in Caledon, we're going to have our hands involved. We want to help everyone in any way possible and that starts with networking events—even the little ones we've been doing so far have been boosting bottom-lines dramatically."

With Caledon's population expected to grow more than double in the next 30 years, Caputo is excited for what that will do for the local economy.

"The way I look at it is through a realtor's perspective, having more people coming into Caledon is going to boost business for everyone, especially small business," he said. "We've always said that we don't have enough people living here in Caledon, especially Bolton. Bolton is the heart of Caledon and I've always felt we don't have enough people living here to support businesses, especially

the small businesses. So, having that many people come into Caledon will be a shot of adrenaline to our local economy."

The pandemic has put many businesses in unprecedented situations as Canada approaches the two-year mark of dealing with COVID-19, but Caputo and the Chamber are trying their best to be the shoulder for local business to lean on in the tough times.

"We're trying to support everyone as best we can through all of this," he said. "There's such a wide range of ways we're trying to help businesses right now. Starting a business, especially right now, we want to be there to support business owners and attract them to Caledon. We have a lot of entrepreneurs on the board who have a ton of ideas of how to get businesses off the ground from scratch as well as helping current businesses succeed."



# BILLYARD INSURANCE GROUP

A trusted local broker for all your insurance needs.

by Brian Lockhart



There are times when life can throw you a curve or gives you a surprise you were not expecting.

That's why being fully insured against unexpected events will give you the peace of mind knowing that you will be taken care of when disaster strikes, you're a victim of crime, or accidents happen.

At the Billyard Insurance Group in Bolton, Managing Partner Gavin Rajania has the expertise and experience to guide you through the important decisions that will provide you with the protection you need on your life's journey.

The Billyard Insurance Group is a trusted insurance brokerage with over 40 locations across Ontario.

Gavin and his team service the needs of residents in Bolton, and the surrounding region from their convenient Highway 50 location.

From his start in the insurance industry in 2012, Gavin spent time learning the ropes with one company before becoming an independent broker in 2015.

He joined with Billyard Insurance Group in 2018, and opened the Bolton office knowing that the region had the need for a qualified insurance brokerage that could service individuals and businesses with a wide variety of products and services.

As a broker, Gavin and his team work with different insurance companies to provide clients with the best policies, rates, and coverage depending on what they need, their circumstance, and their lifestyle.

"We represent around 20 insurance companies," Gavin explained. "We work with our clients to get them the best possible rates among those companies we represent. We try to do the best for our clients when it comes to saving money. If one company gets expensive in a year, we will try to help our client and re-quote them. I became a broker because I wanted more options for my clients rather than representing just one company."

People buy insurance for a variety of different reasons. For some people it is a basic necessity that almost everyone needs, like auto or home insurance.

For others, insurance will provide coverage for property that is not all that ordinary.

"I can insure everything from your pets to your cars and house," Gavin explained. "We do life insurance, critical illness insurance, and investments. We do high-risk car insurance as well for those that require it."

An insurance policy can protect property that is of high value against fire, theft, or natural disasters.

This includes personal items like jewellery or expensive artwork.

When it comes to working with and serving his clients, Gavin has a genuine interest in keeping his customers happy, well informed, and achieving their goals through sound planning.

"I like saving people money," he explained. "We're quick, we're efficient and we save our client's money. If I can see where I can save a client money, I will call them every single time. I want to make sure I do it for them. I like to give people my best advice. I leave my phone open so they can call me for advice on insurance. Our goal is to cater to the

Bolton community, and more. We can insure anywhere across Ontario. We want to be a part of this community. Having local clients would be our best market."

It is that attention to detail, the personalized service, and the quality of that service that brings clients back to Billyard Insurance in Bolton when they need a new policy or advice on how to proceed with an insurance claim.

As the company expands, Gavin said he is also looking for new agents to join his growing team and serve the region.

The Billyard Insurance Group in Bolton provides superior service to satisfied clients with a wide range of products to meet everyone's insurance needs.

The office is conveniently located 8-12612 Highway 50, (at the McDonalds plaza) in Bolton.

You can reach the office via telephone at 289-997-5117, or via e-mail at bolton@thebig.ca.

You can reach Gavin directly by e-mail at gavin@thebig.ca.

**BRIGHT SKYLIGHTS INC.**  
Established In 1985

## Bright Skylights, Committed to quality since 1985

by Sam Odrowski

If you have a skylight that's leaking or in need of repair, look no further than Bright Skylights, who's been fixing and installing new skylights in the GTA for the past 35 years.

Bright Skylights never uses subcontractors, with all of their work being carried out by their own team from start to finish.

Owner, Joe Sousa has operated locally in Orangeville for close to 10 years and during that time, he has built a strong reputation, due to the quality of his work.

"I take a lot of pride in the work I do and in this renovation business, or window or door business, these days, you have to be as precise as possible," he explained.

If your skylight is 15 years old or older, it's a good idea to call Bright Skylights and have it assessed, as it's getting close to its end of life.

The units that the company uses today

are much higher in quality and can last significantly longer than the ones constructed in the mid 2000s.

"Today's units are superior in quality and they'll stay on your roof for the next 20-25 years trouble free, but with the older ones, the glazing tapes were poorer quality, the welding was poorer quality, and so was the acrylic that the domes are made from," said Mr. Sousa.

He noted that Bright Skylights only uses the very best products in the industry and his skylights (frame included) are guaranteed to last at least 20 years, while other skylight company's often can only guarantee five to 10-year warranties.

Bright Skylight's manufacturer is also based in Canada, so those who choose the business for the installation of a new skylight are supporting their own country's economy.

The turnaround time for ordering a



new skylight is relatively fast. To get it shipped in from the factory takes two to three weeks. In terms of the installation, depending on the structure, it can take anywhere from two days to two weeks.

Apart from the aesthetic benefits of having a skylight installed, some of the other positive aspects are increasing ventilation in your home to assist with heating or cooling, letting natural light in, and "adding space" to a room, making it look bigger than it actually is.

When Mr. Sousa isn't busy with repairs and new installations, you can catch him up in the sky, flying over Orangeville and all-around Southern Ontario.

He's been flying for around 25 years now, taking off from an air field in Tottenham, right on Highway 9.

Mr. Sousa built his airplane by hand,

all by himself, which took a full year to complete, but was well worth the effort.

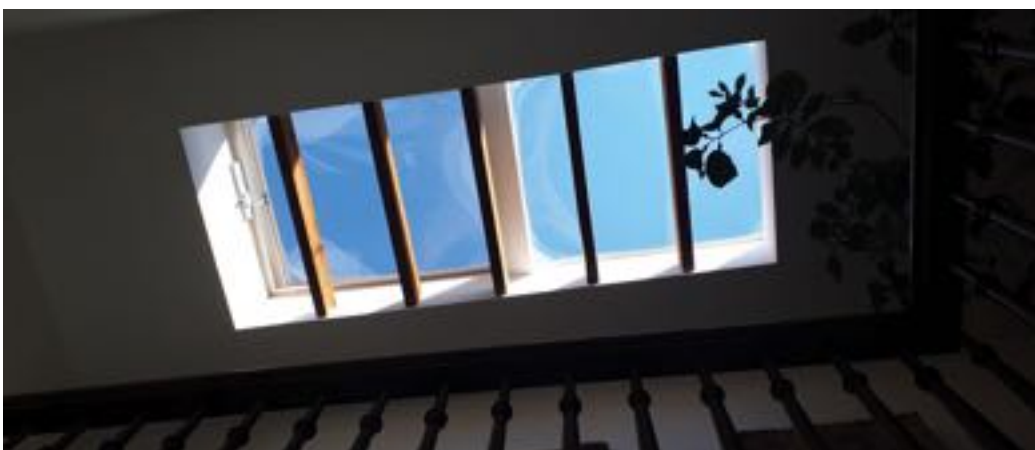
"When you build it yourself, you know how it's built, you know how strong it is... you know how tight you did all the bolts, and you know how tight the rivets are and everything else like that," he explained.

Mr. Sousa told the Citizen he plans to continue flying as a hobby for as long as he's able.

In the meantime, he'll continue providing the community with high quality skylight installations and repairs.

Bright Skylights operates 9 a.m. to 6 p.m. Monday to Saturday and is closed on Sundays.

Call Bright Skylights today at (416) 705-8635 or visit [www.brightskylights.ca](http://www.brightskylights.ca) to learn more about their services and get a quote today.





# CALEDON COMMUNITY SERVICES

## 50 YEARS OF SUPPORTING & BUILDING COMMUNITY

by Brock Weir

Finding a job, a nourishing meal, and even advice to help make ends meet are issues people struggle with every day, but a helping hand is never out of reach in Caledon.

Struggling alone because you simply don't know where to look for help is another every day issue, one which is "heartbreaking" for Donna Cragg, Director of Communications and Marketing for Caledon Community Services.

Getting information on local resources and programs to those who need it has been the mission for Caledon Community Services since its inception in 1971 – and as the community has grown exponentially over the last 50 years, as has Caledon Community Services (CCS) along with it.

CCS was founded by volunteers as the Bolton Contact Centre to provide information and a crisis line for residents in need.

By the end of the 1980s programs started within CCS evolved to launch Caledon Meals on Wheels and Caledon Parent-Child Centre to the community. CCS nurtured and supported Hospice Caledon from the onset which has now become Bethell Hospice. Additional initiatives introduced include bringing transportation and programs for seniors to the community to offset isolation, as well as social enterprise stores, Specialist Clinic, employment and newcomer's supports, and more as it continued to support residents.

In 2013, CCS opened the doors to the Exchange, a community resource that grew to 27 community partners addressing everything from food insecurity, mental health and more. The community's heartfelt support of the Home for the Holidays Gala now in its 24th year and Santa Fund, started in 1982 are well recognized annual events that have helped thousands in Caledon.

More recent events CCS has introduced in the community include Velocity Ride for Seniors and Coldest Night of the Year fundraising walk, and all of these events supported by dedicated volunteers. CCS' ChangeMaker program is another opportunity to get involved.

Now telling its story under the three guiding pillars of Health, Jobs and Life, they are looking back on their first half century while focused squarely on their next 50 years of service with no signs of slowing down.

"50 years of community work in the life of this extraordinary community means that CCS has pretty much sewn itself into the cultural fibres of Caledon," says Monty Laskin, CEO of CCS for the past 15 years. "We're privileged and proud to offer care and support for so many people, families, and interest groups. We're also so blessed to get back the same support from the community that we dole out. It continues to be a great marriage, CCS and the Caledon community. I expect the next 50 years will see the further strengthening of an organization and community that always seem to be in synch with one another."

Adds Cragg: "CCS today is the most diverse social service agency in the community, serving everyone from infancy to seniors with a full age range of services and we're the only agency doing that," says Cragg. "It's multi-service rather than single service and what impressed me when I came aboard in 2016. We address social determinants of health, like poverty, food security and wellbeing through all stages of life. And Caledon is not a community where agencies are competing – in Caledon agencies cooperate to ensure residents get all the services they need."

"It is not an easy community to serve," Cragg continues, noting both Caledon's area and its number of individual communities, villages and hamlets, yet "we have found a way. We have a huge geographic footprint, a smaller population density, but people everywhere need to be served."

CCS' food security program has always seen a huge demand, a demand which has only grown in light of COVID-19. The global pandemic prompted CCS to retool the delivery of most of their programs with a special emphasis on the health programs in keeping seniors connected to combat isolation.

"The seniors programs that were held at the Exchange could no longer operate," says Cragg. "We had to transition to weekly visits

to each of the clients at their homes, handing them care packages and keeping them involved that way." The need has grown and the programs have changed.

"As we celebrate our 50 years of service, we're looking towards the next and we recognize that Caledon is continuing to grow and it will take more effort from all of us to ensure we continue to be as deeply caring a community as we are today. Youth services are one of the areas where we have had the largest life-changing impact on youth between the ages of 15 and 30 who have barriers to employment – youth caught in the catch-22 of to get a job I need experience and to get experience I need a job – and our Youth Jobs Team works very hard to get them positioned where they can get meaningful work experience that will launch them in the career that they are (a) suited for and (b) passionate about." Newcomer services have also become more significant portion of CCS' portfolio.

In a fiscal year running from the first of April to the end of March, CCS' Newcomer programs have already exceeded their targets for 2021-2022, some of which is attributed to their new settlement office in the Southfields Community Centre, which has expanded services from Bolton to make it more easily accessible to the Mayfield West community.

"Seniors' needs are going to continue to grow in Caledon," says Cragg. "We see the focus the municipality has on the affordable housing situation and while this is not one of the things we're directly involved in, we realize we'll be supporting a growing number of people in various forms of housing. As we get more seniors, we're going to need more affordable seniors housing, and there is going to be a need for seniors living in that housing to be supported. For seniors and youth, we're looking at changing the landscape around the Exchange to have it more carefully integrated into the community and offer more opportunities for people to use that space."

CCS is passionate about increasing their presence and building awareness of

the many services they offer across the Caledon community.

A priority in their new strategic plan is to "amplify" their brand so people always know what services are available to them, can access them easily and, perhaps most importantly, that residents know they are supported because CCS is serving Caledon.

"The community is supportive of an agency at home in Caledon that really makes a difference for their friends and neighbours in need," says Cragg. "Built into our history is the appreciation for community in the knowledge that we don't do it alone. In our 50th year we reflect back on the how immensely supportive having service clubs, legacy giving, family and individual donors, core funders, consistent corporate buy-in to our mission and vision, vendors, suppliers, partners, faith communities, foundations, event and campaign sponsors, sports teams, schools and community groups in our corner has helped achieve a healthy, compassionate community for everyone here in Caledon.

"When seniors, individuals, families, job seekers, newcomers need help they can reach out to CCS. We're working very hard so nobody in need in Caledon has to wonder where to reach out for the services. This year we are looking at 50 years of appreciation. Nothing we do is possible without the community's support of CCS' services and without them utilizing CCS' services. To me, it is a very courageous person who steps up and says, 'I have a need.' To ask for help is not the easiest thing in the world and we just want to bring the community together. We're creating and building community from within."

It's heartwarming that so many people in Caledon have a connection with CCS – when people hear CCS they often have a story to share, such as they themselves were on the Red Hot Gala committee, or their mother volunteered at the store, or their family was supported by 'Kidz in Caledon.' The history and roots of CCS run deep and they would love for the public to share their stories with them at [communications@ccs4u.org](mailto:communications@ccs4u.org).

For more information on Caledon Community Services, visit [ccs4u.org](http://ccs4u.org).





**Are you in need of local affordable plumbing and HVAC services?**

**Look no further than The Plumbing Expert, who's been providing quality service for the last decade.**

by Sam Odrowski

The company is a one-stop-shop for everything from drain cleaning, new construction plumbing and water filtration to top of the line heating and cooling services.

The Plumbing Expert has been recognized for its incredible customer satisfaction, receiving the 2020 Diamond Readers' Choice Award and was recognized as HomeStars Company of the Year in 2020.

"We're one of the three best rated plumbers in Dufferin or Orangeville, so we have super high standards," said owner, Elie Yaacoub.

The Plumbing Expert is one of the largest plumbing businesses in the area, and moved into a new shop, located at 48 Centennial Rd, in August of last year.

The Plumbing Expert sponsors local sports teams, such as ice hockey, ball hockey, and baseball. Mr. Yaacoub, who lives in Mono, even coaches in his spare time and likes to keep the business very community minded.

"We're community oriented, we're local, and very present in Orangeville," he noted.

Mr. Yaacoub told the Citizen, it's a family environment at the Plumbing Expert and all of the employees are local to the region.

Since first expanding the business to Orangeville, he says they've tripled in size, which can be attributed to their customer satisfaction and quality of service.

# THE Plumbing Expert

## MECHANICAL SERVICES INC.

COVID-19 has provided some challenges for the Plumbing Expert, similar to any other business, but they've been able to adapt and provide a safe service during the pandemic.

"We suited up - boots, masks, gloves, sanitizer, the whole nine yards. Whatever is asked of us we do," said Mr. Yaacoub.

A temperature gun is inside the Plumbing Expert's shop to test employees and they always ask customers if they have any symptoms to ensure none of their team gets sick.

"We take the precautions and it's been a little bit more work doing that, and costs us a little bit more, but we're more than willing to do it because we have to stay safe," Mr. Yaacoub explained.

In light of the COVID-19 pandemic, the Plumbing Expert has also started offering financing on its products to help individuals who may be struggling financially at this time.

Another important aspect of the

company is its "pay it forward" approach, where they're providing younger generations with training opportunities in plumbing and HVAC.

The Plumbing Expert is one of the few companies that takes on co-op students from Westside Secondary School and ODSS

Mr. Yaacoub says he was able to get into the business because of co-op opportunities as a high school student, so it's important to keep those programs going locally.

"We're turning our co-op students into

apprentices, which is building the future of our small town," said Mr. Yaacoub. "A lot of other companies, they don't hire you unless you have a licensed plumber, but they're not giving an opportunity to the young people, per se."

It's important to note, the Plumbing Expert does specialize in HVAC services and operates 24/7 in the event of a heating or air conditioning emergency.

Call 1-800-659-1879 to reach the company or visit [www.theplumbingexpert.ca/](http://www.theplumbingexpert.ca/) to learn more about everything they offer.



Owner Elie and his family



## Laser hair removal salon provides unique machine, one-of-a-kind in Orangeville

by Jessica Laurenza

Pascale Aoun is the owner of Flawless Studio, a newly opened beauty salon on Broadway focusing on laser hair removal. She tried opening in March of 2020, just before COVID-19 forced non-essential businesses to close. Finally, she was able to open in summer of 2020 and had her first client in July. Pascale knew that if she could get through a pandemic, her business was destined to flourish.

She opened her salon in Orangeville because it's been home for five years - her kids go to school and play hockey here, her husband owns a business here and she loves the giving nature of the community.

Pascale decided to get into aesthetics to help women feel better about themselves. The social aspect combined with the desire to help uplift women was what drew her to this industry. "I just really enjoy being around people and aesthetics was a great opportunity to have conversations with women every day," explains Pascale.

About 80% of Pascale's clients seek treatments for medical conditions such as recurring in-grown hairs that bleed or PCOS which is a hormonal imbalance causing them to grow hair in places they normally wouldn't. In rare cases, ovarian cancer can lead to overproduction of testosterone which could result in

excessive hair growth.

Often women who have had children or go through menopause experience hair growth due to hormonal changes and seek out touch-up treatments from their past laser hair removal.

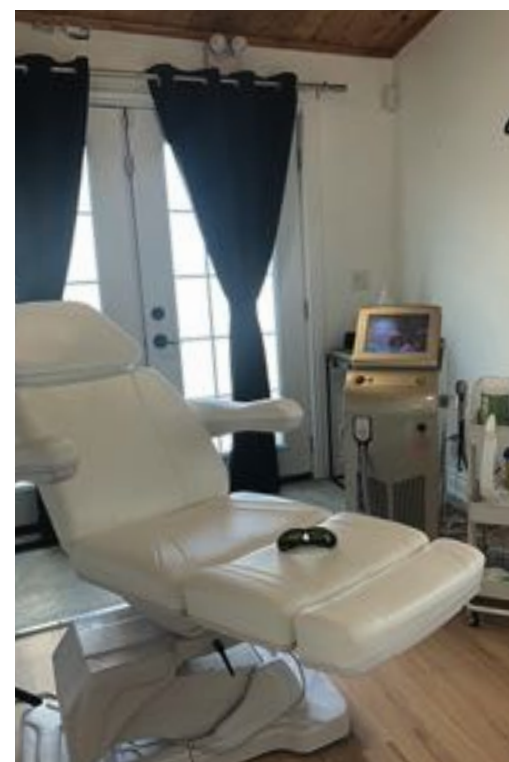
The other 20% of people get rid of unwanted hair for aesthetic reasons lots of her clients are men who have unwanted hair on their chest or back.

Pascale notes that majority of women would rather not deal with unwanted body hair on a daily basis but if a woman chooses to embrace their body hair, that's completely fine.

Her studio is the only facility in Orangeville that offers Soprano ICE - a laser hair removal machine which uses a diode laser that combines three different laser wavelengths into a single hand-piece, simultaneously targeting different tissue depths within the hair follicle. By combing the absorption and penetration levels of three different wavelengths, Soprano ICE achieves the safest and most comprehensive hair removal treatment available in the world today.

Although the hair has to be dark, Soprano ICE is the only machine in the world that will treat darker skin. The wand is kept at -3 degrees Celcius so you don't feel the heat from the machine.

The process is more comfortable than



IPL treatments as the applicator is cooled rather than heated. The combination of the narrower targeting of hair roots and the integration of cooling applicators, laser hair removal is virtually pain-free and comfortable.

Although laser hair removal effectively delays hair growth after about six treatments, maintenance treatments may be needed.

Repeated treatments are necessary as hair growth and loss occur naturally so the laser treatments work best with hair follicles in the new growth stage.

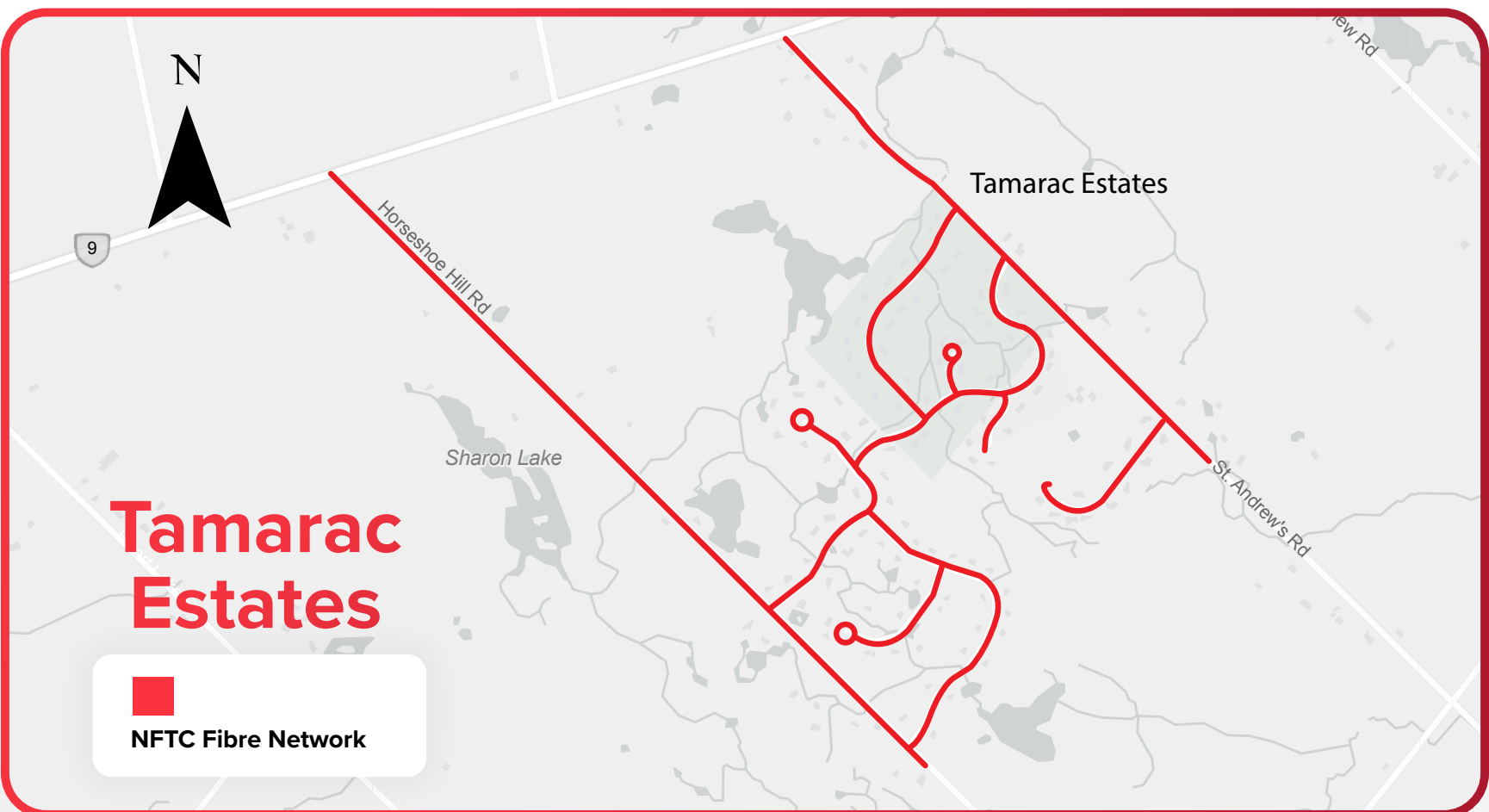
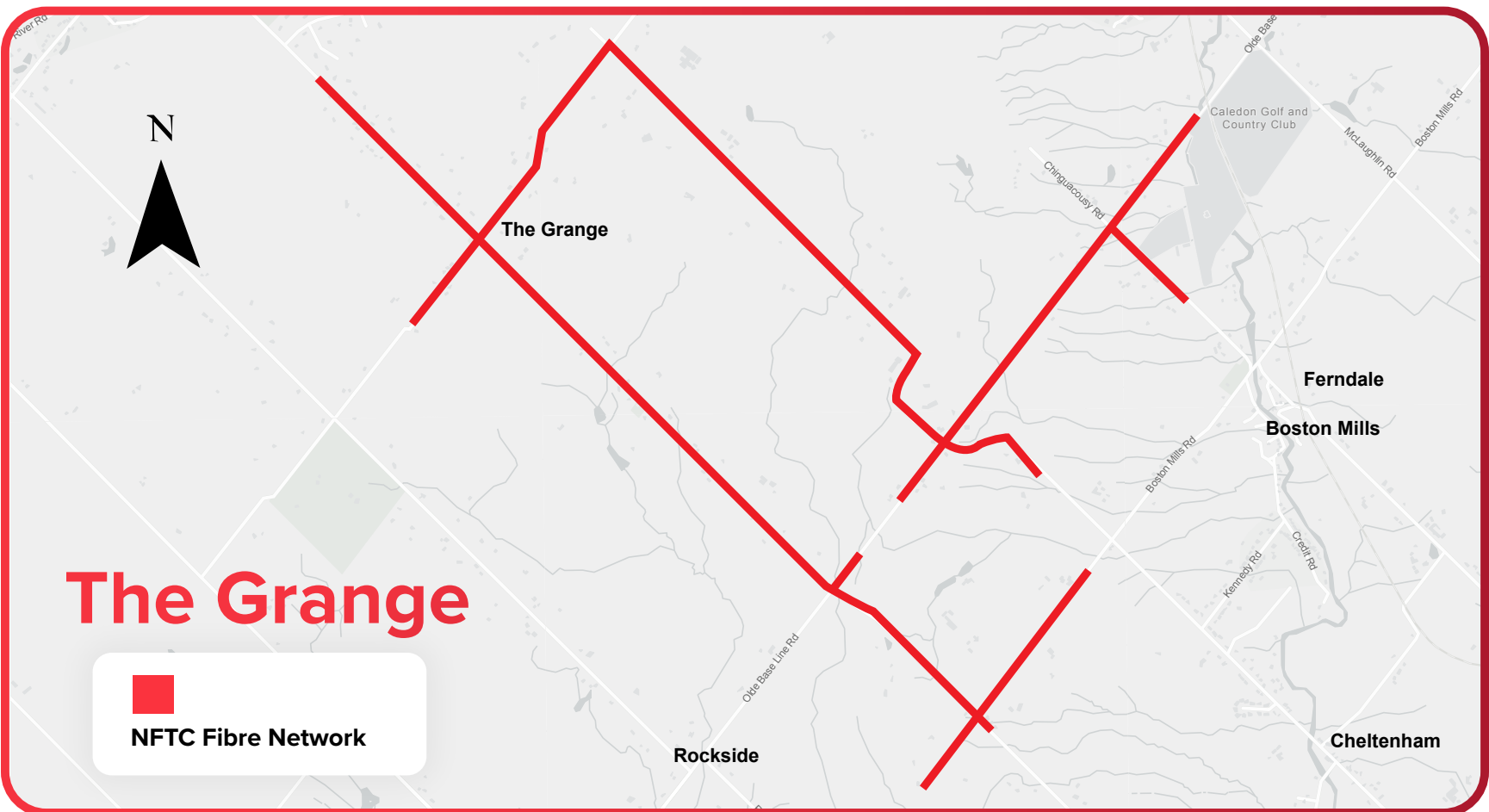
Currently, Pascale is booking clients by appointment only. You can call 647-993-1437 to book an appointment or you can visit her website at [flawlessstudio.ca](http://flawlessstudio.ca) for price lists and a comprehensive overview of all services offered.



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