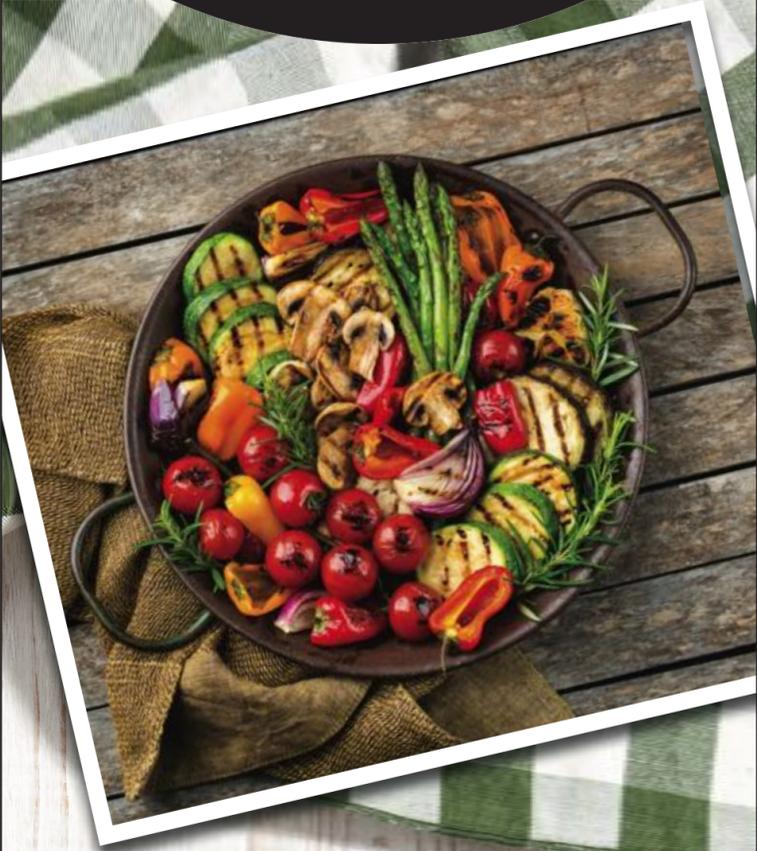


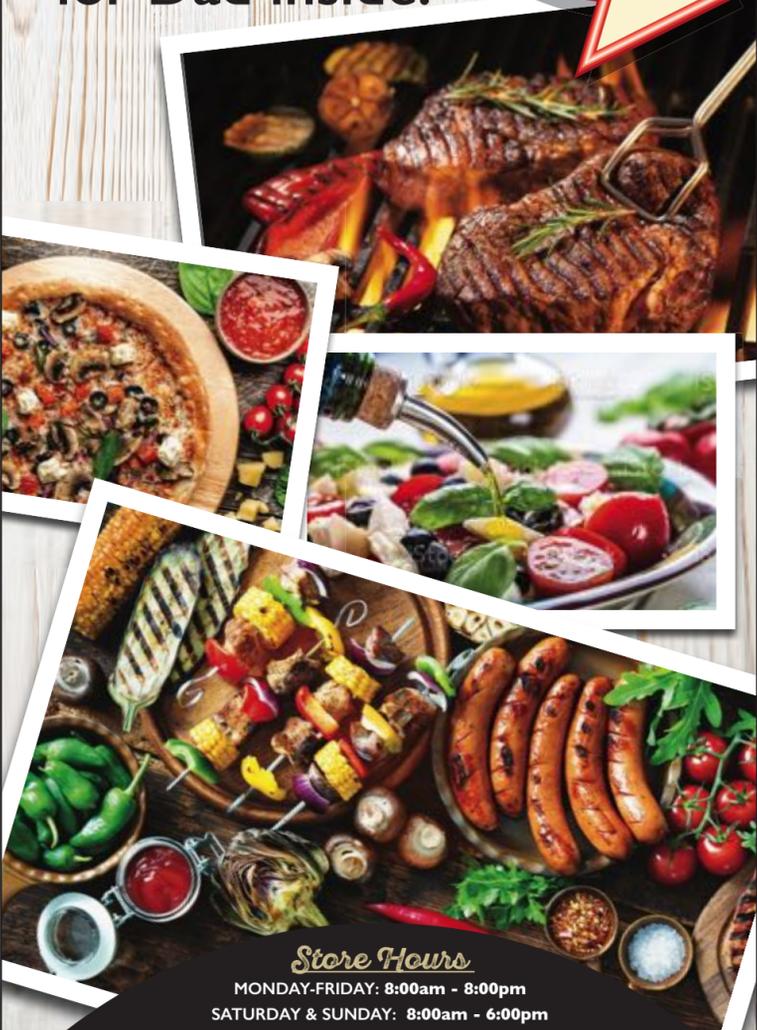
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FREE Thursday, June 9, 2022 Volume 42, Issue 23

History was made over the weekend as Bolton celebrated its Bicentennial with a two-day bash. (MAIN) The Sandhill Pipes and Drums played a big part in the June 5 Bicentennial ceremonies. (INSET TOP) Fresh off her successful re-election bid, Dufferin-Caledon MPP Sylvia Jones presented ABHS members Isabelle Bottoms and Heather Broadbent with a special plaque on behalf of the Region's citizens. (INSET BOTTOM) Mayor Allan Thompson thanked the community champions who made the weekend's celebrations possible. Full coverage of the celebrations begins on Page 5. **PHOTOS BY ZACHARY ROMAN**

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Tribute to George Bolton commemorates Bolton's bicentennial

Event at Founders Park formally recognized Bolton's impact

BY ZACHARY ROMAN

The official celebration of Bolton's 200th anniversary is complete. On June 5, at Founders Park in Bolton, the life and legacy of Village of Bolton founder

George Bolton was honoured. At 1 p.m. that day, Caledon's town crier Andrew Welch led a procession of the following parties down Mill Street, which was closed for the occasion by police: the Sandhill Pipes and Drums, Caledon Mayor Allan Thompson, Dufferin-Caledon MPP Sylvia Jones, Albion Bolton Historical Society (ABHS) members, Caledon councillors, the Caledon Fire Department Honour Guard and more. The group paraded to Founders Park to the sound of the pipes and drums, where a podium and microphone were set up. The microphone would not be needed for Welch, however, and he opened the ceremonies with a proclamation to all in attendance. Historical Society members took turns sharing facts about Bolton's history, speaking from the podium to the crowd sitting on the chairs set up in the street. Sandhill Pipes and Drums players treated the crowd to several songs during the proceedings. There were numerous people in attendance with direct family ties to George Bolton or his relatives, a fact that received cheers when brought up. Continued on Page A6

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Sylvia Jones re-elected for fifth consecutive term as MPP

BY SAM ODROWSKI

Conservative politician Sylvia Jones is now serving her fifth consecutive term as MPP in Dufferin-Caledon. She holds one of 83 seats claimed by Doug Ford's Progressive Conservative last Thursday (June 2), giving the party well over the 63 seats needed to form a majority government. Jones was re-elected with 49.7 per cent of the vote late last Thursday, June 2. Runner up Bob Gordanier of the Liberal Party had 18.8 per cent, Green candidate Laura Campbell had 14.1 per cent, NDP candidate Tess Prendergast had 10.8 per cent, and New Blue candidate Andrea Banyai had 5 per cent. The Citizen spoke with each candidate following the election results last week. Each of them shared how they think their campaign went and plans going forward. Continued on Page A2

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TOWN NEWS See Page 7

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Sylvia Jones re-elected for fifth consecutive term as MPP

Continued from FRONT

At MPP Jones' election party, following the announcement of her victory, she said she's incredibly proud to have been elected to serve Dufferin-Caledon for another four years.

"When you are re-elected in your community, it is an amazing feeling of endorsement of what I've been doing as an MPP, and what I plan to continue to do," she remarked.

When asked what her plans are for the next four years, Jones said "building for the future" by accomplishing what's been set out in her campaign, such as rebuilding Ontario's economy. This is to be achieved by bringing in more manufacturing jobs, support for businesses, and investing in the auto sector.

"As we talked about in our campaign, we're making sure that people can live work and play in Dufferin-Caledon, tackling housing affordability [and] seniors' affordability," Jones noted.

She said affordability is a key issue, which she heard about the most on the campaign trail.

"I have never heard more people say that they were concerned that their families, that their children are not going to be able to afford a home in the community they grew up in," Jones remarked. "I've heard from people who say their elderly parents who want to move out of that home that has the maintenance of grass cutting and snow clearing, they can't find a place locally, and it's not right. We're going to make sure that that people who want to live in Dufferin-Caledon have that opportunity."

Laura Campbell, who led the Dufferin-Caledon Green Party in the 2018 provincial election as well, said this year's campaign was their biggest yet, with the most volunteers.

"It was such a great campaign," she said. "We organized so strongly around key en-



Dufferin-Caledon MPP-elect, incumbent Sylvia Jones, is all smiles on election night.

PHOTO BY SAM ODROWSKI

vironmental and social issues, like Stop the 413, doubling ODSP, supporting families who have children with autism. All these issues helped folks in the area realize just how great the green platform is."

Campbell said the local Green Party is also proud of its increase in vote percentage from 2018 when it saw 12.5 per cent, up to 14.1 per cent this year.

"Of course, we wanted to do better, but the reality is that it's a broken electoral system that we are operating in. The system itself discourages people from going to vote, because they don't think that their vote is

going to make a difference," she said. "We have 110,000 eligible voters in Dufferin-Caledon and only 23,000 of those people voted for Doug Ford's party."

A proportional representation system would work more fairly, according to Campbell.

She added that looking at the record low voter turnout in last week's election at 43.5 per cent, the Progressive Conservatives don't have a very strong mandate to govern. Less than 20 per cent of eligible voters in Ontario supported Doug Ford, since they received just 40.8 per cent of ballots that were actually cast.

Going forward, Campbell said she plans to continue her advocacy for social issues, the environment, and staying involved with the Dufferin-Caledon's Green Party.

"I think the citizens of Dufferin-Caledon should know that I'm not going anywhere. Whether it's me who puts my name forward or we have another brilliant candidate stepping up to the plate, Ontario Greens are not going anywhere," said Campbell.

Dufferin-Caledon NDP candidate Tess Prendergast, who saw 10.8 per cent of the vote, said her party now has increased visibility in the riding and she's pleased with how the campaign went.

"In the past decade, there hasn't been much of an NDP presence in Dufferin-Caledon, so I was really happy with the riding association, to renew our presence and just get our message out there of social justice and concern for the environment, and everyday people," said Prendergast.

She told the Citizen low voter turnout is the bigger issue with the provincial election, as the Progressive Conservatives have 100 per cent of the power with just 20 per cent of the overall eligible vote.

Prendergast said she plans on running again under the NDP banner in the 2026 provincial election but, in the meantime, she'll remain vigilant with keeping the Ford government accountable.

"I will keep fighting to stop the Highway 413. I'll keep fighting to preserve farmland, agricultural lands, and promote public education and public health care," Prendergast noted.

Andrea Banyai, Dufferin-Caledon candidate for the New Blue Party, saw 5 per cent

of the overall vote locally.

For a brand new, grassroots political party, she said she's thrilled with the support she saw since voter turnout was historically low this year. Banyai estimates 1,500 of the 2,287 votes she received came directly from canvassing, spreading her party's message at the door. This is because it's unlikely the public was hearing about the party from other channels.

"We probably knocked on or hit over 50,000 doors, I would say, in the two weeks before the election," Banyai said. "Our campaign went great. We did everything that we could do from a grassroots, old fashioned way of doing things - door to door pamphlets, signs, flags - the campaign was great for me."

One issue she found on the campaign trail was the amount of people unaware of which day the election was happening. Banyai said it should be advertised and marketed better so everyone knows when to vote.

She told the Citizen an interesting part of the campaign was canvassing with volunteers and learning that they came from all different political backgrounds. Banyai said many of them weren't traditionally conservative, but had a strong desire to see a change from the establishment parties.

Going forward, Banyai said she will stay on as the candidate for New Blue locally and continue to advocate for good government, while holding the current government accountable.

"I'll be watching Parliament very closely to see what the Conservatives and Sylvia Jones have to say," she remarked.

Liberal candidate for Dufferin-Caledon, Bob Gordanier was unavailable for an interview with the Citizen but provided the following statement:

"Although the results of the election were not what we would have hoped for, the people of Dufferin-Caledon have made their choice. Our campaign's result has solidified that the Liberals are the only competitor to the PC Party in Dufferin-Caledon."

The statement continues, "I want to thank my fellow candidates for running in this race - you make our democracy stronger. I wish Ms. Jones success as she serves our riding as MPP. Liberals will be here to keep her, Doug Ford and the PC Party accountable to the people of Ontario."

COMMUNITY events

This column is provided as a free public service to non-profit organizations to announce up-coming events. Please contact the Caledon Citizen by calling (905) 857-6626 if you wish to have an announcement published.

TOPS (Take Off Pounds Sensibly) ON 1344 Bolton - Real People, Real Weight Loss is a non-profit group. We meet weekly on Wed. evenings in the basement of Bolton United Church. Weigh-ins are 6:15-6:45 followed by a meeting. The initial annual fee incl. a bi-monthly magazine and starter kit is \$59, and monthly dues are only \$15. If you have weight to lose and/or want to improve your health, we can help! We promote healthy eating and your first meeting is free. Come join us! Now that the COVID19 protocols are starting to ease, it's a good time to make any necessary changes to your eating habits. For more information call Marion at 905-857-5191 or see www.tops.org. Online memberships are also available.

The Bolton Al-Anon Group has recently moved the regular meeting location to the Bolton United Church at 8 Nancy Street (across from Bolton Post Office). We still meet every Thursday at 8:30 pm. We welcome anyone who is/or has been affected by someone who has problem with alcohol. If you have any questions please come any Thursday evening or email: boltonalanon@gmail.com.

This popular community social offers patrons a chance to sip and savour wines from

around the world while enjoying live music and a stunning view from the grounds of the Caledon Equestrian Park. We typically feature 50+ different wines, local craft beer and cider paired with a variety of delicious foods. All proceeds are directed to Rotary Club of Palgrave projects.
Date: Friday September 23, 2022
Time: 6:00 - 9:00PM
Cost: \$75 per person or 10 for \$650
Hosted by: Rotary Club of Palgrave
Event Website: www.rotarywow.com

BOSTON MILLS CEMETERY REMEMBRANCE SERVICE. The Board of Directors of Boston Mills Cemetery invites the community to share in its 72nd Remembrance Service on Sunday June 12, 2022 at 2:30 p.m. To be held at the cemetery, 1942 Boston Mills Rd., Caledon.

The last Bolton Kin Toonie Sale before September is scheduled for Saturday June 18 from 10 am to 1 pm in the President's Building at the Albion Bolton Fairgrounds. Thousands of new and gently used men's, ladies, children's and infant's clothing, shoes, purses and accessories on sale for only a "TOONIE". That's right, just two bucks! Check us out at boltonkin.com/toonie-sale.



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Local drag and dance fundraiser slated for Saturday

BY ISABEL BUCKMASTE

While 2SLGBTQIA+ folk in Dufferin County are proud 365 days a year, June is when they raise their flags, starting with this Saturday's drag show and dance at Rainbow Ridge Resort.

A fundraiser for Celebrate Your Awesome's Annual Pride and Diversity Day, the 19+ party costs \$10 at the door and is BYOB. Performances will feature four local drag queens, starting at 7 p.m. and end with a dance party that's running from sunset to sunrise.

"I think the drag community has always embraced all ages, all sexual orientations, you know, all the allies of the queer community and allows people to you know, express themselves openly," said Jim Waddington, volunteer and event coordinator.

While many of Waddington's friends take part in the drag community, he believes that "he would need an entire crew" to beat his face (with makeup) to compete, although he does "occasionally don [his] mother's pearls," as well as costume jewelry.

In February 2019, Celebrate Your Awesome held two drag shows around Valentine's Day with just under 270 people apiece. The 19+ event "was absolutely sold out," while the all-ages performance came close. Waddington anticipates a similar turnout at The Ridge this weekend.

"In the beginning, Pride was to stand up, to be seen, to be accepted, to be acknowledged, but it's evolved over the years into a celebration almost like a butterfly that was at one point a little funny caterpillar," said Waddington. "Now Pride is even more open and we want to celebrate that as much as possible."

One of four gay and lesbian resorts in Southern Ontario and 72 acres total, Rainbow Ridge Resort is a fully featured adult 2SLGBTQIA+ resort and campground.

"A lot of people are still unaware of The Ridge," said Waddington. "So, we're certainly trying to bring more light to the resort and to encourage people to come out and use it."

Waddington also hopes that Dufferin County's public pride won't end with June.

"I think it's a very sort of matter of fact, kind of community when it comes to our 2SLGBTQIA+ here. There's not a stigma, it's just a norm and I think that's one of the reasons we called the event Celebrate Your Awesome," said Waddington.

"The committee has certainly worked very diligently to promote and encourage people of all ages, sexual orientations and gender, to be themselves and to just be who you are."

Despite local resources like GLOW, a 2SLGBTQIA+ youth group that meets twice a week through Dufferin Child and Family Services (DCAFS), Waddington would also like to see more facilities where "the queer community can meet," as well as additional funding.

Celebrate Your Awesome's dance fundraiser at Rainbow Ridge starts at 7 p.m. on Saturday (June 11) and entry is \$10 at the door. The Ridge is located at 203138 County Rd. 109.



Carlos Martins, Bob Fines and Kelly Stronach pose next to the 2022 Lincoln Corsair that's up for grabs in this year's Bethell Hospice car lottery. PHOTO BY ZACHARY ROMAN

Bolton dealership donates new SUV to be raffled for Bethell Hospice

BY ZACHARY ROMAN

If you're reading this, you could be the proud new owner of a 2022 Lincoln Corsair SUV.

That is, if you get a ticket, or tickets, for the Bethell Hospice Foundation's 2022 car raffle.

The Corsair, valued at around \$75,000, is not the only prize up for grabs. Anyone who purchases a ticket before June 29 will be entered into an early bird draw for a \$1,000 gas card.

Another early bird draw was held on May 31, and one lucky winner has already received their \$1,000 gas card.

The last day to buy tickets, which are \$30 each or \$75 for three, is July 28. The winner of the vehicle is set to be announced the following day.

The Citizen met with Bob Fines, Dealer Principal at Fines Ford Lincoln, Carlos Martins, the dealership's General Manager, and the Bethell Hospice Foundation's senior manager of Marketing and Communications, Kelly Stronach, at the Fines dealership in Bolton to discuss the raffle.

It's being held as part of ongoing fundraising efforts to support the work done at Bethell Hospice, a not-for-profit hospice care home in Ingle-

wood that provides care at no charge to those it serves.

Fines is a member of the Bethell Hospice Foundation's board, and has been since 2017. His second three-year term will finish in 2023. Fines said in the early days of his career he admired Don Sheardown, a well-known community champion who has since passed away.

"He was one of those guys that carried the community on his back. He sponsored all the sports. If there was something going on with a charity, he'd be there," said Fines. "He was a character, he was a very likable guy, he was a real entrepreneur, and he shared. I think subconsciously, I thought, well, if I'm ever in that position he's a good example (to follow)."

Fines said Hospice fills an important need for families. His business supports multiple charities, but at present the biggest effort has been for Bethell Hospice.

In 1975, Fines began selling cars on commission. He grew up on a farm in Caledon and said the connections he made helped him succeed from the get go.

"I knew I had been fortunate... my personal philosophy right from the

beginning was try to support the community," said Fines.

Martins explained the microchip shortage has been a challenge for all car dealerships. He said it was important to him and Fines that they provide a luxury vehicle for the raffle, specifically an SUV, as he said that's the most popular vehicle type right now.

They had a Lincoln Corsair in stock and it fit the bill.

When the winner of the vehicle is announced later this summer, Fines said there will be a celebration and a ceremonial handing over of keys.

"The thrill of seeing somebody win it and the thrill of hoping and witnessing them enjoy it, that's huge," said Fines.

Martins said he's looking forward to extending the relationship with the future winner beyond just handing over the keys. He said some people who have won previous car lotteries for Bethell that Fines helped with — in 2014, 2016 and 2017 — are still service customers at the dealership.

Stronach said the Lincoln Corsair is going to be driven around to all kinds of community events this summer for visibility, and people can enter the raffle online any time at bhfcarylottory.ca.

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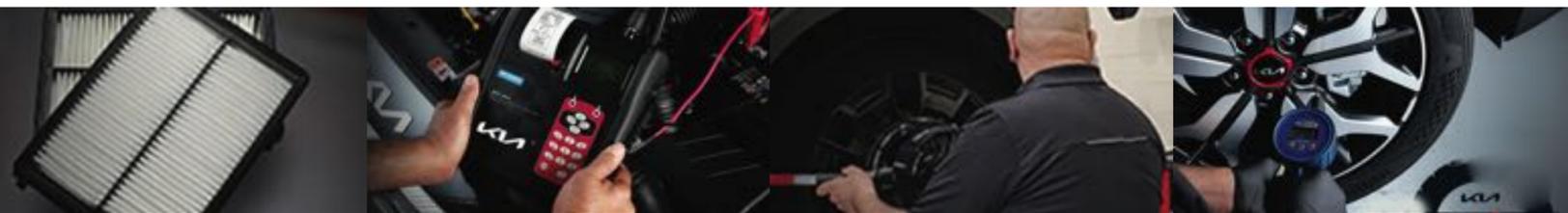
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WORKSITE DEATH INVESTIGATION

Members of the Caledon Detachment of the Ontario Provincial Police (OPP) are assisting with a death investigation at a worksite in the Town of Caledon.

"On June 1, 2022, shortly after 8:30 a.m., Caledon OPP responded to a report of an unresponsive male at a worksite on Abbotside Way, near Kennedy Road, in the Town of Caledon," say Police. "The initial investigation revealed that a male was hit by a heavy excavation truck. The male was pronounced deceased at the scene."

The deceased has been identified as Ernest Campoli, 62, of Woodbridge.

The Ontario Ministry of Labour (MOL) and the Federal Department of Labour were notified and are investigating. The Office of the Chief Coroner for Ontario and OPP Forensic Identification Unit (FIS) are assisting

with the investigation.

RECORD CHECKS MOVING ONLINE

The Ontario Provincial Police (OPP) is moving record checks online as of June 13, 2022. The new process will allow those living in OPP-policed communities to submit requests for police record checks at opp.ca/recordchecks.

The online application process will allow members of the public to apply quickly, easily and securely for:

- Criminal Record Check (CRC)
- Criminal Record and Judicial Matters Check (CRJMC)
- Vulnerable Sector Check (VSC)
- OPP Non-Parent Custody Check (LE213)

Payment will be collected electronically as part of the online application process, with

results delivered directly to the applicant through a secure portal link.

The fees for record checks remain unchanged:

- Record checks: \$41.00
- Fingerprints: \$90.00
- Volunteer checks: free

Additional information will be available for the public at opp.ca/recordchecks as of June 13, 2022.

"On average, the OPP completes 140,000 police record checks every year," said Deputy Commissioner Chris Harkins, Field Operations. "We are so pleased to launch the new online system, which will significantly streamline the application process for both our members and the public. Moving police record checks online allows the OPP to efficiently and effectively meet the needs of the communities we serve."

IMPAIRED DRIVING

Members of the Dufferin Detachment of the Ontario Provincial Police (OPP) have charged a person with impaired operation after a traffic complaint.

"On June 7, 2022, at approximately 9:00 p.m., Dufferin OPP received a traffic complaint of a possible impaired driver in the area of Riddell Road and Centennial Road in the Town of Orangeville," say Police. "A quick-acting Dufferin OPP officer was able to locate the vehicle and driver in the Town of Mono. The officer commenced an investigation into the traffic complaint, which led into an impaired operation investigation."

As a result of the investigation, Ken-

dra Neil, 28-year-old, from Mono has been charged with:

- Operation while impaired - alcohol and drugs
- Operation while impaired - blood alcohol concentration 80 plus

The accused is scheduled to appear before the Ontario Court of Justice in Orangeville, in August of 2022, to answer to the charges.

The charges have not been proven.

The accused's driver's licence was suspended for 90 days and their vehicle impounded for seven days.

"The Dufferin OPP would like to thank members of the public for communicating traffic complaints such as this. Your assistance is greatly appreciated and you contribute to saving lives by removing impaired drivers from our roads.

"The Dufferin OPP reminds motorists to plan ahead when consuming alcohol or drugs. Use a designated driver, cab, rideshare, public transit or stay overnight. Any amount of alcohol or drugs can impair your ability to make sound judgements. One bad decision could destroy or end your life, destroy or end the life of another person and leave countless people heartbroken.

"The Dufferin OPP is committed to public safety, delivering proactive and innovative policing in partnership with our communities. Officers value your contribution to building safe communities. If you have information about suspected unlawful activity, please contact the OPP at 1-888-310-1122 or Crime Stoppers to remain anonymous at 1-800-822-8477 (TIPS) or www.ontariocrimestoppers.ca"

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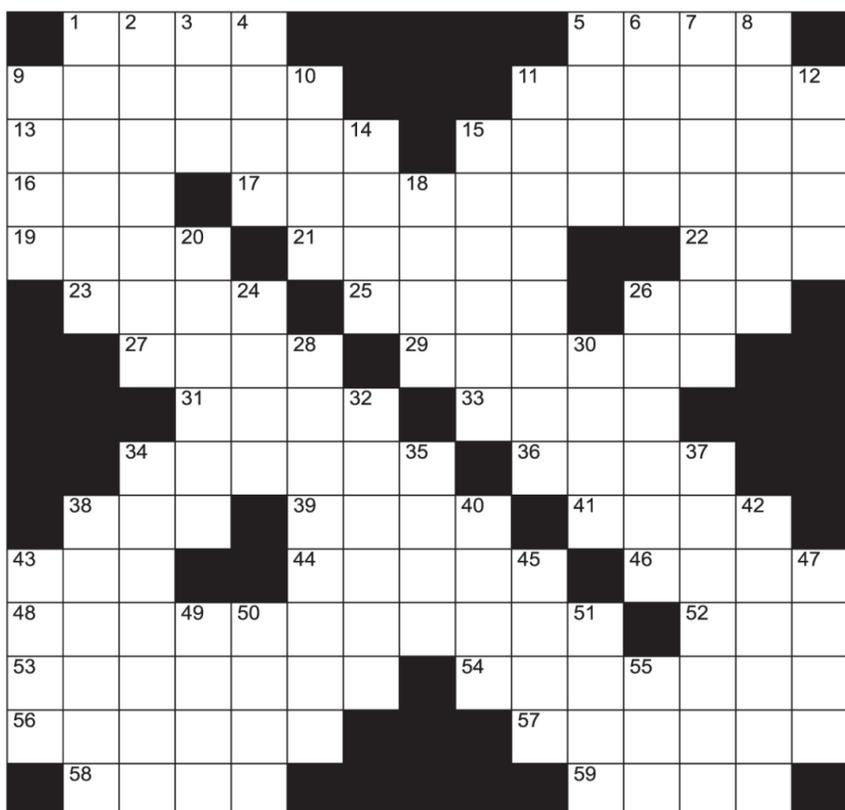
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- A way to save for retirement
- The Big Apple
- Intestinal pouches
- City in New Hampshire
- Giving a bad impression
- Samsung laptops
- Without (French)
- Scientist's tool (abbr.)
- System of one more computers
- Captures
- Authentic
- Female mammal's nipple
- Pandemonium
- Satisfy
- Arrived extinct
- Shipborne radar (abbr.)
- Network of nerves
- Monetary unit
- Showed old TV show
- They help you hear
- One who eliminates
- Congress' investigative arm
- Parties
- Most supernatural
- Takes illegally
- Breathes while asleep
- Sea eagles
- German surname

CLUES DOWN

- Looks at for a long time
- Solution for diseases
- Belonging to a thing
- Former Packers fullback
- Contemptible person
- One billionth of a second (abbr.)
- Helps
- Final section of the large intestine
- Invests in little enterprises
- Unbeliefs
- Susan and Tom are two
- Female sheep
- A poet writes it
- Affirmatives
- "Full House" actress Barber
- Traveled rapidly
- Long upholstered seat
- Set wages
- Peter Gabriel song
- Sides of a jacket
- More beautiful
- Actress Kate
- Furniture with open shelves
- Indicate
- The cost of a room
- Gets rid of something
- Impudence
- No No No
- Drunkards
- Middle eastern country
- High energy lasers (abbr.)
- Primary component of ribosomes
- An informal debt instrument

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



(Clockwise from Top Left) ABHS members Jason Schildroth, Alyson Monery, Heather Broadbent, Isabelle Bottoms, Derek Paterson, Valerie Mackie and Barb McKenzie helped people learn about Bolton's history at the Historical Society's booth on June 4. Councillors Annette Groves and Tony Rosa take part in the celebrations. Humberview Secondary School students performed music for the crowd in the Royal Courtyards parking lot.

PHOTOS BY ZACHARY ROMAN

Bolton's "village birthday party" draws crowds on a sunny Saturday

Community members filled the Royal Courtyards parking lot to join in the festivities

BY ZACHARY ROMAN

It was a happy birthday indeed for the Village of Bolton.

On June 4 at 10 a.m., celebrations for Bolton's bicentennial kicked off in the Royal Courtyards parking lot, by the intersection of King and Queen streets in Downtown Bolton.

Caledon's town crier, Andrew Welch, opened the day in his signature style.

There was then music played by Humberview, then St. Michael, secondary school music students. Live music was also performed by several individual community members, and members of the Caledon Concert Band, throughout the day.

Classic cars and the Caledon Cruisers were in attendance, as were multiple food trucks where people could get refreshments.

There was a childrens' play area which was busy with kids and their families playing games all day, and volunteers supervising them and joining in on the fun.

Several community groups had set up booths to promote their services and upcoming events, and local vendors had set up shop in the artisan market area to meet potential customers.

A giant 200th birthday cake that read "Happy birthday Bolton" was a centerpiece of the event and many partygoers were seen taking pictures with it. Historical walking tours were also held during the day.

Carole Whitehead, a member of the Albion Bolton Historical Society (ABHS), was one of the many people at the Historical Society's booth at the event. Their booth had informational handouts about George Bolton, Bolton's founder. The booth also had posters with information and photos about Bolton's past, and a collection of Indigenous artifacts.

Whitehead, like other ABHS members, was answering history questions from curious community members throughout the day.

Whitehead moved to Bolton when she was just four years old, and has lived in Bolton for 81 years since.

"It was a whole different lifestyle as kids... our lives revolved around the baseball diamond, the skating rink, the river. We walked everywhere, or bicycled if we were

rich enough to have bikes," said Whitehead.

She said the ABHS often finds newcomers to Bolton are quite interested in its history. She explained she's met people who live on Bolton's North Hill and commute on Highway 50 every day who didn't know there was a river in Bolton — despite crossing over the Queen Street bridge every day.

"That's the whole reason why the Village was here in the first place," said Whitehead with a laugh.

Bolton's area councillor, Tony Rosa, attended the June 4 celebrations and said he wanted to thank the Royal Courtyards property owners for allowing the event to be held in their parking lot. Rosa said the event was a great opportunity to engage with the community.

"You know, we're overlooking a group of kids having fun on a Saturday here, playing games, and this is something that we've missed," said Rosa. "The bicentennial... for me, it's turned into building more unity and community, that's really the focus of today. This happens only once every 200 years, right? So, we have to definitely take advantage of it."

He said the all-day celebration was a great idea so families could choose what time works for them to come to the event. Rosa also commended the idea of having a fun birthday party day on Saturday, and a formal commemoration of the bicentennial on Sunday.

"Today (June 4) is really about a birthday party... you think of people gathering, having fun playing games, sharing food, sharing entertainment. I think that that's really what this has turned into: a birthday party celebrating 200 incredible years of this Village," said Rosa.

Councillor Rosa also wanted to give a "huge shoutout" to ABHS members Valerie Mackie and Heather Broadbent. He said they, and the rest of the ABHS and Bicentennial Committee, poured their hearts and souls into the weekend's celebrations. He said they are real community leaders and that what they accomplished was very impressive.

"You could really tell that people were committed to executing this and bringing this to the community," said Rosa. "One beautiful thing they did... in collaboration with Valerie, we created some lesson plans and some slideshows that we shared with all the local schools. So, the students have been learning about the history of Bolton in their classrooms with their teachers... it's been an opportunity to have those meaningful conversations with young people."

Mackie was at the ABHS booth during the

June 4 celebration and remarked how fabulous the turnout for the day was. She said everyone was loving the giant Bolton birthday cake, and that having bands from the local secondary schools playing was exciting. She reported steady traffic at the ABHS booth and said people were genuinely enjoying having an opportunity to do something that wasn't commercial.

"People are stopping... just looking at the (historical) photos, because for many people, they haven't seen those pictures," said Mackie. A signup sheet to join the ABHS was at the booth, and it was slowly filling up with names.

Sarah Leslie, a member of the Bolton Community Crew who was responsible for

helping put the vendor market for the day together, as well as organizing the food trucks, said her involvement with the Community Crew helped her to reach out to potential vendors.

Leslie said the June 4 festivities were a great place for people to start learning about the "amazing history" of Bolton.

"I'm very happy with the turnout, the weather is perfect. There's a 'Kid Zone' going on in the back and the kids seem to be having a really good time," said Leslie.

The day's events wrapped up around 4 p.m., but Bolton's bicentennial would continue to be celebrated on Sunday, June 5, with a tribute to Village founder George Bolton and a subsequent plaque unveiling.

NOTICE OF PUBLIC INFORMATION CENTRE PROPOSED LANDSQUARED ON BEHALF OF ROGERS COMMUNICATIONS INC. 40M MONOPOLE TELECOMMUNICATION TOWER

PUBLIC INFORMATION CENTRE:

ANY PERSON may attend a Public Information Centre to be held on **June 29, 2022 from 6:00 pm to 8:00 pm** at the Caledon Centre for Recreation and Wellness, 14111 Regional Road 50, Bolton, ON.

SUBJECT:

Type: A 40m tall monopole telecommunications tower.

Location: 7560 Finnerty Side Road, Caledon, ON.

Facility: The facility will include a proposed fenced compound area with equipment cabinets.

Safety Code 6: All carriers placing their equipment on the tower must adhere to Health Canada's Safety Code 6 regarding radiofrequencies and maximum power input.

Site: The site will provide improved wireless voice and data services for the surrounding area.

APPLICANT CONTACT:

Further information may also be obtained through the following contact: LandSquared, Tracey Pillon-Abbs, 1375 North Service Road East, Unit 104, Oakville, ON, 226-340-1232, tracey@landsquared.com.

ISED CONTACT:

Innovation, Science and Economic Development Canada (ISED) is the governing body for installations of this type or telecommunication installation and can be contacted at: ISED, Toronto District Office, 151 Yonge Street, 4th Floor, Toronto, ON, M5C 2W7, 1-855-465-6307, ic.spectrumtoronto-spectretoronto.ic@canada.ca

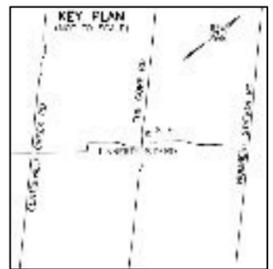
MUNICIPAL CONTACT:

Town of Caledon, Planning & Development, Elaine Leung, 6311 Old Church Road, Caledon, ON, L7C 1J6, 905-584-2272 x 4514, elaine.leung@caledon.ca.

WRITTEN SUBMISSION:

ANY PERSON may make a written submission to the individual listed as Applicant Contact by close of day **June 29, 2022** with respect to this matter. Please reference site **C6431** and **SPA 19-41T** in correspondence.

KEY MAP (NOT TO SCALE):



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- Tags not required.
- No maximum amount of acceptable garbage.

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- Weigh more than 20 kg (44 lbs).
- Be larger than 66 cm (26 in) wide and 90 cm (35 in) high.
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Tribute to George Bolton commemorates Bolton's bicentennial

Continued from FRONT

Welch said he thinks the people of Bolton have a strong connection to its history. "It's more than just a community history or geographical history. You can see from the people that were here, there's a family history here as well. And that's very important to people," said Welch.

Caledon Councillor Annette Groves agreed.

"It really is nice to see so many families that have been here... that's related to George Bolton," said Groves.

She said the Bicentennial Committee did an amazing job on the event and thanked them for their hard work.

Thompson spoke to the crowd, remarking as he took the podium that the sun always seems to shine when something special is happening in Caledon.

"Thank you to all the community champions that have all come together to make this weekend possible," he said. "Why are we here today? Settled in 1821, the Village of Bolton was a community full of promise. Early innovators such as George and James Bolton built the first water-powered gristmill along the banks of the Humber, establishing a local economy that was key to shaping this community. Today, more than 200 years later, Bolton is realizing this promise with our vibrant historic downtown, growing diverse population, engaged and proud citizens, (and) local businesses big and small. We mark this very special occasion; we commit to continue to honour our heritage and embrace the future."

After Thompson spoke, ABHS member Heather Broadbent talked about the significance of the Humber River. Broadbent was described by the event's emcee, Greg Sweetnam, as having an encyclopedic knowledge of Caledon, and as being a fixture of the Bolton community since 1969.

In fact, she was a founding member of the ABHS in 1974.

Broadbent said she really appreciated seeing all the smiling faces out celebrating Bolton's history. She explained the Humber River has been important to humans for far longer than any of those in attendance could remember. She said archaeological evidence proves Indigenous people were fishing in the Humber as early as 7,000

years ago, and that it also shows Indigenous people were living close to what's now Bolton 10,000 years ago or more.

The pipes and drums played while the crowd was asked to reflect on those facts, and a land acknowledgement was read by Broadbent afterwards.

Sweetnam said from where the crowd was gathered, they would have been able to hear the sounds of people working to clear land and build structures in Bolton's early days.

ABHS member Valerie Mackie took some time during the presentation to talk about George Bolton himself.

"What strikes me is his youth, [George was] 22 years old when he was persuaded by his older brother to venture into milling in Canada. A phenomenally young man, he was 25 by the time the mill was grinding grain... by 1830 there were fewer than 12 people in a one-kilometre radius of where we are now standing and sitting," said Mackie. "It must have been a lonely existence, and he must have thoroughly enjoyed visits from farmers when they came to visit him. What incredible resilience he must have had to work alone."

Sweetnam said Mackie is one of the hardest-working people he knows and that she was instrumental in Bolton's bicentennial being a success. Mackie has been a member of the ABHS since she moved to Bolton in 1984.

Jones took the microphone for a special presentation, first saying that hearing the Sandhill Pipes and Drums reminded her of how much she missed listening to live music.

She called up Broadbent, and ABHS member Isabelle Bottoms, to present them with a plaque on behalf of the citizens of Dufferin-Caledon.

"It is my pleasure to recognize Bolton on the occasion of your bicentennial celebration," said Jones. "From a small settlement founded by George Bolton... to a thriving modern town where we live, work, shop and play, the settlement... has developed, prospered, and continues to meet the needs of individuals and families who call Bolton home, 200 years in the making. I am proud to be part of this community and celebrate in its rich history"

Bottoms, who is related to the Bolton



Town Crier Andrew Welch helps lead the celebrations.

PHOTO BY ZACHARY ROMAN

family, shared stories of her youth before calling Mackie to the stage for a big thank you. "When I was asked to be co-chair along with Heather, and Heather agrees with me with this, both of us would love to say thank you to everybody who took part — and there were many. But there was one person in particular who kept us on track, kept everybody on track. And Valerie, it couldn't have been done without you. Thank you so much," said Bottoms.

When all the speakers were finished, all in attendance were invited to follow the Sandhill Pipes and Drums players down the Founders Park Path towards Queen Street, where a commemorative plaque detailing Bolton's history was unveiled by Mayor Thompson.

The unveiling completed a successful, weekend-long celebration of Bolton's 200th anniversary that was years in the making.

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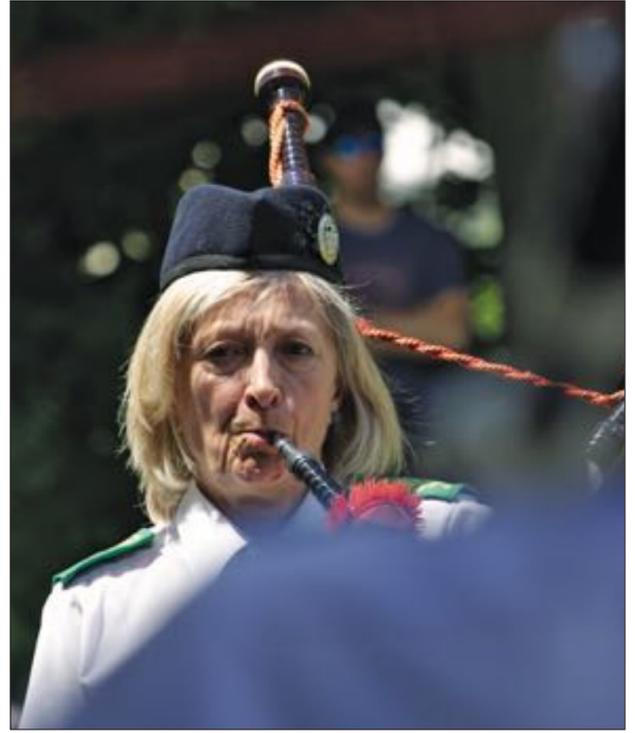
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Memories of Bolton 200 years in the making



The final Bicentennial event of the weekend was the unveiling of an informational plaque near Queen Street. The Sandhill Pipes and Drums played a big part in the June 5 Bicentennial ceremonies. Valerie Mackie was instrumental in the weekend's Bicentennial celebrations being a success. At Founders Park, MPP Sylvia Jones, Mayor Allan Thompson, and Councillor Christina Early inspect the plaque. **PHOTOS BY ZACHARY ROMAN**



News

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June is Recreation and Parks Month. Try various drop-in programs FREE. View the calendar of activities at caledon.ca/recprograms.



View the Summer Recreation Guide online

Registration is now open for residents. View the guide at caledon.ca/recprograms.



Celebrate Bike Month with new cycle routes

Caledon is celebrating Bike Month this year by adding 50 km of newly signed cycling routes to our cycling map, increasing the cycling route network in Caledon from 40 km in 2018 to 250 km in 2022.

Events are available to help support cycling as a fun recreational activity and sustainable form of travel.

The following webinars happening in June will highlight cycling to help raise awareness of cycling and safety.

FAMILY BIKING:
Ever wondered what child seat you should get for your bike? How about the recommended age before taking a baby for their first ride? Join our Family Biking webinar on June 8 to learn about riding with your little one. We'll walk you through common situations and answer any questions you may have.

June 8, 2022 | 7-8 p.m.
Register: bikemonth.ca/caledon

NAVIGATING THE ROAD:
Want to learn more about what's expected of you when riding your bike, walking or driving? Join us for our Navigating the Road webinar on June 14. Topics include: sharing road space, common misconceptions, parking, passing, and more.

June 14, 2022 | 7-8 p.m.
Register: bikemonth.ca/caledon

BRIAN LOCKHART
FROM THE SECOND ROW



Is Baffin Island really that big?

There is a map of the world on the wall of my home office.

I use it at various times when writing a story or doing research. It is the same map you probably had on the wall in your school classroom showing all the countries of the globe.

Canada is huge, with its northern Arctic islands stretching upward across the map.

Russia dominates the other side of the map, spreading so far east it turns up again on the west side of the map where the Bering Strait separates it from Alaska.

Greenland is a huge island in the middle of the North Atlantic – a massive island of ice and snow around the same size of the United States, yet is only has a population of around 56,000.

China is large, but seemingly not large enough to hold its entire population of around 1.4 billion people.

South America is down below and smaller and narrower than the other continent in the western hemisphere.

Africa is roughly the same size as South America, but appears to be the other half of a jigsaw puzzle as the two continents were apparently one, at one time in the past.

While you may use the map to find places on the globe, here's something to consider.

That map is not an accurate depiction of the Earth. In fact, it's actually very different that the real layout of the earth's land masses.

The map you saw in school, was most likely the version called the Mercator Projection. It is centuries old and has been used as the standard ever since it was created by Flemish Cartographer Gerardus Mercator.

The map is based on the lines of latitude and longitude. It was, and is, useful for navigation purposes when you are sailing a ship and trying to find a destination.

The problem with the map is it distorts land masses and inflates the size of land the farther you get away from equator.

The difficulty with creating a world map, is the fact that you are trying to place something that is a sphere, on a two-dimensional surface.

The result is a view of the world that is very distorted.

Remember the massive Canadian Arctic islands that are so impressive on the map? Turns out they are shown at more than four times

their real size, and the farther north you go, the bigger they appear.

That huge island, Greenland, can actually easily fit inside several of the northern African countries.

Russia isn't nearly as large as depicted on the map while China is actually quite a bit larger than shown.

Africa is much larger than the map shows and so is South America. Once you see the real size of the continents, you realize the entire US can fit inside the Sahara Desert.

There are other maps that have been created that more accurately show the layout of the continents, but they don't seem to be widespread.

Apparently the marine world still uses the map because it allows ships to plot a course of bearing as a straight segment and does not require course corrections once you are underway.

It makes you wonder how many other things we have been given as fact but do not really represent the truth of a situation.

I use the map at various times for different things like locating a capitol city or finding distances between locations. Although I used the map less frequently now than I did a few years ago.

Information from the internet is faster and more reliable.

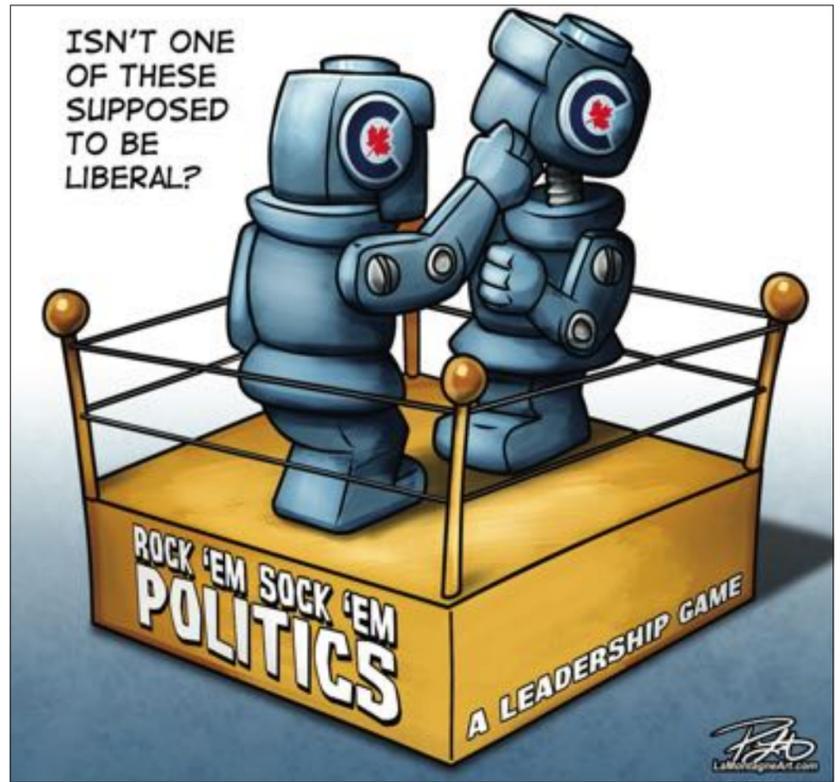
You can visit Google Earth and find a location in seconds and narrow things down to a single address if you need to.

I've used Google Earth to cruise down city streets in various parts of the world that I know I will never see in person. It's interesting to visit a suburban neighbourhood in Paris, London, or Lima.

I used Google Street view to go down the street and see the house where my grandfather was born in Northern Ireland.

I'm not sure if schools have updated their maps or not, or maybe they don't even have a map on the wall anymore because it's easier to look up whatever you need on whichever device you have on your desk.

Finding out how inaccurate our world map really has me looking for other things we were taught, but are either not right, or distorted to give a different view of the world around us.



BROCK WEIR
BROCK'S BANTER

Re-setting the electoral treadmill

The joy of picking up that pencil, pen, or Sharpie and marking a piece of paper might seem like a pretty mundane task, but for me, when it's an election ballot, it's a process that has never quite lost its lustre.

When I was a kid, I was lucky enough to have parents who were comfortable flouting the rules and allowing me into the voting booth to watch the ritual take place.

Although I don't recall ever being allowed to mark the ballot myself, they would usually tell me ahead of time who they were voting for, why they were voting for them, and why making the effort to go out and discharge their civic duty was important not only to them, not only to me and the future of my then-young generation, but also why it was important to the country, province, or town.

It engaged me in the political process and every now and then they would ask my opinion before the final X was drawn – sometimes my opinion was taken to heart, sometimes it was not, but it made my young self feel like I was making a real difference. Even though I wasn't marking the ballot myself, it instilled the idea that my voice was heard by the powers-that-be.

This feeling became ingrained in me to the extent that not exercising my civic duty is, unless in the most extreme of circumstances, basically unthinkable. And yet, for whatever reason, casting my ballot online or through the mail personally just doesn't hold the same appeal.

Don't get me wrong, I am all in favour of making sure the vote is as accessible as possible through any means deemed safe enough to ensure every ballot is properly counted, but there is a singular excitement for me in receiving a voter card in the mail, seeing where I need to go, making the effort to get there, and experiencing democracy in action while standing shoulder-to-shoulder with fellow voters as much as "post" pandemic common sense allows.

Whether the ballot is folded for you to pop it into an official-looking cardboard box or whether it's taken from you and gobbled up by an electronic tabulator is really immaterial; it's the energy in the room that excites.

Or, at least it did.

With my voter card in hand, I made my way to my polling place just before noon on Thursday. Having done my research on the various party platforms and, with the good fortune this job affords, talking personally to each of the candidates vying for my vote, I made my final decision little under a week before E-Day for the platform that best reflected my vision for the province as well as the candidate I felt best suited to get the job done.

Those two criteria don't always dovetail, mind you, but this time was a happy coincidence.

Greeted by election workers who were their usual friendly, energetic and enthusiastic selves, I handed over my voter card and ID and was directed to a random poll, entered the room... and saw not more than four other voters. The fizz of in-person voting seemed decidedly flat.

This was my normal polling station and at this time of day is ordinarily a hive of activity, so it was hard not to feel it would be an ill omen for election turnout. Ultimately, as we know, this proved to be the case.

Much has been written since last Friday morning about the election that was and the level in which voters were engaged – or not.

Some pundits have chalked it up to – at best? – a dissatisfaction with the men and woman who were hoping to be Ontario's Premier for the next four to five years or a simple feeling there was little choice to be had. Others have floated the idea that low voter turnout could be attributed to the lack of big election issues – as if healthcare, education, and the environment didn't offer voters enough food for thought. Worse is the theory that voters just weren't interested or, worst of all, of the opinion that their vote simply didn't matter.

But I would like to put another option on the table: election fatigue.

On the face of it, we aren't subjected to elections all that often. Sure, we had a Federal election in the dying days of last summer, we just put a Provincial election to bed, and we have a municipal election coming up this fall, but that's not a lot in the grand scheme of things.

What does make it feel like a lot, and even too much, is we're living in a day and age where it the next election always seems on the immediate horizon, even when it is not.

We're told that each and every trip to the polling station or the mailbox is the "most important" one in this or any other generation.

Our neighbours to the south, for instance, have been stuck in a never-ending election campaign since 2016. Each and every decision is looked at through the lens of how it will affect Democrats and Republicans alike whenever voters have their next turn at bat – and with their mid-term system, that turn is always right around the corner.

As such, very little of substance is able to get done for the greater good; it's all for short-term gain even in the face of potentially long-term pain.

The stakes, for better or worse, don't necessarily seem as artificially high at our municipal, provincial or federal levels, but we're hardly immune to it. We don't have to look very far to see border creep when it comes to our civic engagement, including just about every decision, however mundane, being transformed into a public policy pinata just to score political points here and there.

Here too we see all too often big decisions being looked through the lens of how will it impact the fortunes of a government, a party, or even its leader in a three-, four-, five-year window, rather for the broadly-painted greater good.

And this is not even considering the ongoing Federal Conservative leadership campaign or the upcoming quests to lead the Ontario NDPs and Liberals following last week's departures of Andrea Horwath and Steven Del Duca.

Here in Ontario, there was a welcome break from electioneering at the start of the global pandemic where, despite the trials and tribulations we were all experiencing, there was a glorious but brief time in our public discourse when political fortunes took a back seat to accomplishing what was necessary, regardless of how it played to the so-called base.

In my view, if we were afforded a politicking cool-off period between each ballot, the personal bandwidth of voters, and engagement in the process, just might be reinvigorated.

Our Readers Write

Electoral system needs to be re-thought

Just over 50% of those who voted in Dufferin Caledon have essentially no voice at Queen's Park for the next four years because of our electoral system of First-Past-the-Post (FPTP), winner-takes-all.

Sylvia Jones got elected to be our representative at Queen's Park with 49.7% of the popular vote. She will not represent the wishes of the 50.3% who voted for the other political parties.

Provincially, for the next four years, we will have a false majority Progressive Conservative government chosen by only 40.8% of eligible Ontarians who voted, giving them 67% of the seats and 100% of the power to push through their policies with no need to consider the input from the Liberals, NDP, and Green Party, who together got the vote of 53.5% of those who voted.

As well, there was 5.6% of voters who voted for an Independent, and other political parties.

Altogether, it adds up to 59.2% of Ontarians who assumed the responsibility of electing a government, essentially silenced for the next

four years. As well only 43% of eligible voters cast a ballot.

That is, 57% of eligible voters didn't bother to vote, many of whom felt their vote would not count or they have lost faith in our democratic process.

There is clearly a need to reconsider how we elect our political representatives, so that the Legislature is truly representative of the citizens of Ontario. We need an electoral system that would make every vote count, and that would do away with strategic voting and low voter participation because of discouragement or loss of faith in our democratic system.

We can begin with a Provincial Citizens' Assembly appointed to consider alternate electoral systems that would ensure the voting intentions of all Ontarians are represented at Queen's Park.

Representation is everyone's democratic right, not just for those who voted for the PCO.

FRANCA DE ANGELIS
DUFFERIN-CALEDON

Railway walking trail "shortsighted"

When I read that they are going to make the Orangeville to Brampton Railway a walking trail I thought this is how short sighted our politicians are.

If you start from Orangeville heading south you have an Olympia Sand & Gravel 500-acre pit beside the railway line.

I believe James Dick owns the property beside Olympia.

As you go further south you go beside the Lafarge pit.

CMB is going to have a huge quarry on the line where it crosses Charleston.

James Dick has a 400 acre gravel pit beside the old railway line that went to Fergus which could be a spur line.

Just think of the trucks this would keep off of our roads not to mention the greenhouse gases that would be prevented.

One gravel train could take the place of 100 plus gravel trucks with one locomotive.

The tracks are there, let's use them.

CASEY HOOGENDAM
CALEDON

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On The Topic Of Winners – Again

Reviewing last week’s column, written before the provincial election had even occurred, I’m reminded that my general theme revolved around winners and losers. Who would win the actual election? Who would be the real “winners” when the final results were tabulated and who might the losers be? Now that the dust has settled, to me the real loser is as clear as day and it’s democracy.

Plenty has already been written about the abysmal voter turnout and whether or not the massive PC majority win actually represents the majority “will of the people.” Most statisticians have pegged approximately 43% as the “real” number of voters who actually bothered to mark their ballot. Of that number, the percentage of actual voters who chose the Conservatives is pegged at about 18%. These numbers are terrible and we should be ashamed. Voter apathy is the enemy of democracy and the friend of the fringe. Apathy provides a platform to voices from both the far right and the far left to begin to fester and bubble up to the surface unchecked. Their claims have the appearance of legitimacy because without a strong, clear mandate provided by a majority of the voting public, such voices can legitimately point to election results and claim that the elected leaders don’t speak for them. It implies there is something broken about our system and both the left and the right might then use this as a platform for proving extremist politics are what us “sheep” really need.

Apathy also breeds contempt. Apathy is defined as “a lack of interest, enthusiasm or concern.” Perhaps people are simply tired? Tired of the pandemic and the flip-flopping public messaging about mask mandates. Perhaps its simply summertime and now that everything is open again we are embracing an opportunity to just get out “there” and live our lives. After all, we’ve been in somewhat of a holding pattern for over two years now so maybe we’re just all looking for a little fun? Many use the same old, tired excuse that “my vote won’t make a difference anyway.” It’s this kind of thinking that makes such a statement a self-fulfilling prophecy. So many of us apparently felt this way that I’m left wondering what the real outcome of the election might have been, had everyone (or at least better than HALF of eligible voters) actually gone out and voted.

Contempt is perhaps even worse. Amongst several definitions, it is generally considered “a disregard for something that should be taken into account.” Collectively, we’ve shown utter contempt for the privilege of voting in a free and fair election; a privilege that is ours because we live in a free and democratic country – something previous generations fought and died for. Is it possible that just two generations removed from a World War and with the current war on democracy in the Ukraine being fought, that we’ve somehow forgotten what is at risk? Voters in some nations head to the polls under armed escort. They line

up for hours under terrible conditions to exercise their right to vote. Here, close to 60% of us simply couldn’t be bothered and that makes democracy (and all that it represents) the real loser in this election.

I might also add that all those teachers, nurses and health care workers, our precious environment and families living at or below the poverty line are also likely losers too.

That’s because the drive to “get it done,” appears to be singularly focussed on building something that only appeals to drivers – most of whom might realize, at best, a potentially 30 second faster commute to and from their place of employment.

Despite some vocal opposition in the past, I am by no means blaming the victors for their win, nor do I blame (obviously) those who took the time to exercise not just their right to vote but who also, rightly, treated it as a responsibility too. Rather, I blame apathy and contempt completely.

Not enough of us care to do the work necessary for change to take place. So many people I have spoken to lately have no idea what the #413 actually means to their personal lives nor do they have any real concept of what’s at risk from an environmental perspective. They hear the sound bites “saving time on my commute” and that’s good enough. That’s if they are even listening to the right news channels! According to some Elections Ontario staff, some voters arriving to cast

their ballots first asked officials who to vote for! Some asked why they couldn’t see the names of the leaders of the four main political parties on the ballot? Still others asked, “Where are the colours? “I was told to vote blue, but I don’t know who that is,” was just one of many similar comments alleged to have been made. This speaks to a level of voter contempt that is... well, contemptible.

For a populace to show such a lack of concern and disregard that they are unable to even properly inform themselves about the electoral process, should frighten the life out of us. It’s bad enough not to vote but when those that do are so seriously misguided and uninformed, democracy is in serious trouble indeed.

Finally, it would be easy to suggest we get the government we deserve but so many disadvantaged amongst us deserve better. They deserve to be served by those who have our best interests at heart. They – we – all deserve a government that wants everyone to succeed, even those who don’t drive, who are disabled or who currently work as educators and health care professionals.

Perhaps it’s time to revisit how we vote and tabulate winners, the actual concept of democracy and how it is safely maintained. I know this much, it isn’t through apathy and contempt.

SHERALYN ROMAN TALK CALEDON



Boris Johnson: Dead Man Walking

“Cad.” “Scoundrel.” “Rotter.” The words that members of the British public used to describe Prime Minister Boris Johnson in the aftermath of last weekend’s failed attempt by parliamentary members of his own Conservative Party to remove him from office had a weirdly antique ring.

Nobody in England really talks like that anymore. But then, Johnson is a weirdly antique figure. He could be a scoundrel in one of Charles Dickens’ novels, or a comically inept cad in a P.G. Wodehouse story, or, at best, the fictional schoolboy Billy Bunter in the boys’ weekly paper *The Magnet* (1908-1940). But behind the facade of a well-intentioned but baffled toff is just a con man.

Johnson’s last-but-one predecessor as prime minister, David Cameron, once called him a “greased piglet” who “manages to slip through other people’s hands where mere mortals fail.”

He is always getting into trouble, but somehow he always gets away with it. Until now.

He lies reflexively, even when he doesn’t need to, and everybody in the country knows it. He is transparently self-interested, shamelessly entitled, and his

only notable accomplishment in almost three years in office has been to “get Brexit done.”

Except that it isn’t “done”; it’s falling apart again.

His relationship with the Conservative Party he leads has always been transactional. Most of his parliamentary colleagues dislike and distrust him, but they believed he could win elections for them because so many voters fell for Johnson’s shambling charm. They knowingly lapped up his lies, and gave him a majority of 80 seats in the last election.

But that’s all over now. The public has turned against him, the Labour Party has been leading the Conservatives in the opinion polls by around 10% since the end of 2021, and so he is no longer fulfilling his end of the deal that made him prime minister. If there were an election today, the Conservatives would lose by a landslide.

The Conservatives are famous for their ruthlessness in ditching leaders who cannot deliver, and true to form there was an attempt to dump Johnson last weekend. More than 15% of the party’s Members of Parliament demanded a secret ballot on his leadership, which automatically triggered Monday’s vote.

The final tally was 211 votes to keep Johnson as party leader (and therefore prime minister); 148 votes to drop him. That is not “an extremely good, positive, conclusive, decisive result,” as Johnson claimed. It is a defeat from which there is no coming back.

One reason is that a clear majority of the “backbenchers” (those not on the “payroll vote”) voted to change leaders. Now that they know their own numbers, they will be more confident and persistent, knowing that they just have to wait for some of the rats (or rather, ministers, junior ministers and parliamentary private secretaries) to desert the sinking ship.

The other reason is that the British public (including Conservative voters) has finally made up its mind about Johnson. The decisive factor was “Partygate”: the endless succession of boozy leaving parties, birthday parties, and “Thank God It’s Friday” parties that took place in Johnson’s house and offices at the height of COVID lockdowns in Britain.

There was a months-long drip-feed of leaks and fines, giving everyone ample time to contemplate

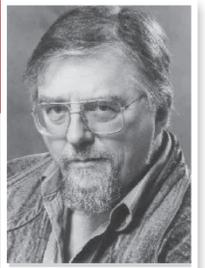
the gulf in behaviour between ordinary people who obeyed the rules even to the extent of not visiting family members dying in hospitals, and privileged political operators who thought they were above the rules.

It will prove fatal for Johnson’s prime ministership.

From now on he will face the same sort of guerrilla war that he himself used to bring down his predecessor, Theresa May. The rebels within his own party will combine with the opposition parties to thwart any deliberately provocative legislation that he tries to pass.

The Labour Party, of course, is praying that Johnson stays in office until the next scheduled election in 2024, or chooses to call an early election as a last-ditch gamble: that would virtually guarantee a Labour victory. However, the Conservatives are still not so befuddled as to let that happen. Johnson will be gone within the year

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Indigenous speaker series coming to Caledon Public Library

First speaker is Darin Wybenga of the Mississaugas of the Credit First Nation

BY ZACHARY ROMAN

Caledon residents will have the privilege of learning about Indigenous history and culture thanks to a new speaker series coming to the Caledon Public Library (CPL).

On June 1, CPL Communications and Community Development Manager Mary Maw announced the Library had received a grant from the Brampton and Caledon Community Foundation for the series.

She said it will put Indigenous speakers, artisans, Elders, knowledge holders, lecturers and authors in the spotlight.

Maw explained in her announcement that the series has been developed as a means of advancing and implementing meaningful discussion with the community surrounding reconciliation.

The Canadian Federation of Library Associations has called public libraries to action on reconciliation, and the speaker series is one way the CPL is responding.

“Our 2021-2024 Strategic Plan goal of ‘celebrating culture and inclusion’ directs CPL to develop and grow our programs to reflect Caledon’s diversity, increase opportunities for cultural activities, and grow our partnerships with cultural organizations,” said CPL’s CEO and Chief

Librarian Colleen Lipp. “CPL firmly believes this series will support the Caledon community’s need and desire for artistic, cultural, and educational events and programs.”

Jim Boyd, President and CEO of the Brampton and Caledon Community Foundation, said the Foundation is pleased to be supporting the CPL in their new initiative.

“We wish the Caledon Public Library and their guest speakers much success in bringing these stories to life for us to understand, respect and appreciate,” said Boyd.

The speaker series’ first event is coming soon; it will be held on Tuesday, June 14 at 7 p.m. While the speaker is presenting virtually, attendees are welcome to attend the Southfields Village branch of the CPL to watch and listen on a big screen that will be set up there.

The speaker that evening will be Darin Wybenga, the Traditional Knowledge and Land Use Coordinator of the Mississaugas of the Credit First Nation.

Maw explained he will be speaking about the history of Indigenous people in Peel Region, as well as the importance of land acknowledgements.

Maw said the CPL is proud to help the Caledon community learn and discover as members of the Indigenous community share their knowledge, experience, and culture.

She explained other events under consideration to be included in the new speaker series are: Learning about Indigenous Treaties; Dreamcatcher Making and Teaching; a Beading workshop; Grandmother’s Voices; and an Indigenous language workshop.

Maw said to check CPL’s website and social media accounts to stay updated on future events.



Caledon author Julie Cass

CONTRIBUTED PHOTO

Inglewood author wants to help people overcome personal limitations

BY ZACHARY ROMAN

A sticky note that reads “I am an author” is on Julie Cass’ computer screen to this day.

It’s one of the ways Cass, an entrepreneur who founded business and life coaching group The Positive Change, followed her own advice to help overcome personal limitations to write her first book.

“It was a huge vulnerability... I had to get over my own limiting beliefs to even be able to write the book and then to actually work with a publisher and get published,” said Cass. “It was definitely not something I would have thought years ago I would have done, and I had to change my own mental programming around that... it was kind of

a huge thing for me to mentally embrace before I (could) actually physically do it.”

Cass has written articles for news publications before, and even contributed to a collaborative book with 19 other women called Life, Love and Lemonade. Her new book, Me First, is her first solo writing project — and, with it, she hopes to change people’s lives for the better.

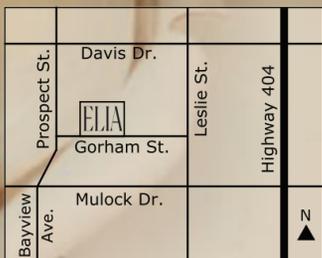
“The whole point of the book is to give people kind of an empowerment tool, to be able to make those adjustments and changes and really start to live a dream-filled life,” said Cass. She explained people don’t give themselves enough credit when it comes to understanding how powerful they are in being able to create a beautiful life.

Continued on Page A11

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Continued from Page A10

“Me First” author Julie Cass is owner of ThePositive Change Group

The second half of Cass’ book focuses on breaking down the process of how thoughts create so much of a person’s life, and how they can change their thoughts if they don’t like them.

It’s a complex topic, but Cass said she included visuals and broke it down in a really simple way.

“The book is also filled with guided meditations and journal prompts and resources... there’s all different kinds of prompts there on how to actually practice some of the theories and strategies I talk about,” said Cass.

The book is called Me First be-

cause it’s all about developing a deep self-love, said Cass, adding some people might assume it’s selfish at first. In fact, Cass explained, it’s the exact opposite, as she said when a person is truly happy with themselves they can have a much bigger positive impact on the lives of others around them.

She said putting everyone else first is sustainable in the short-term, but in the long run a person might end up not feeling happy themselves or like they accomplished their dreams.

The bulk of Cass’ book was written in the Summer of 2021, with edits taking place afterwards.

She said she co-published the

book with a company called YTG media in May, and that they were great to work with.

The book will be available at Forster’s Book Garden in Bolton and at BookLore in Orangeville.

Cass, a resident of Inglewood for 16 years, said it’s important to support local bookstores — especially after the devastating COVID-19 pandemic.

“I think bookstores are just such an important piece... we take my daughter to the bookstore (and) she goes, ‘Mom, this is my happy place’... It’s nice to be around books, right? And you’re never going to get that experience purchasing something online,” said Cass.

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Mayfield Mavericks defend OFSAA gold medal in wild ending

BY ROBERT BELARDI

There was only five minutes left on the clock, and the Mayfield Mavericks blanketed any doubts in their minds.

With possession of the ball, the girls left it all out on the line. Down 11-6 against a very strong Uxbridge team, a try would tie it all up.

"We kept grinding away and we kept getting closer to the goal line and closer to the goal line," head coach of the Mavericks, John Tutty, described.

"I guess with about 30 seconds to go, a girl named Lily VandenHoek, who happens to be in Grade Nine, scores a try and ties it up."

After a try, when attempting a conversion, the ball must be placed at the spot where the try was scored. This kick was lined up just

fifteen yards out from the sideline, making it between a 35-40-yard kick.

Orly Ferris stepped up to take the kick and nailed it right in between the posts.

Up by two, the referee told the girls' last play. The Mavericks got possession of the ball and ran out of bounds, forcing the referee to blow the final whistle.

It was all over and the Mavericks, successfully defended the OFSAA medal the girls won in 2019.

"The Mayfield Mavericks would show tremendous determination, focus, and composure to win their games – none of them easy and all with myriad challenges. They persevered through the heat, through the demand on their bodies, the stress and fatigue, to do what they had set out to do remarkably only a few months prior, to win OFSAA," Tutty said.

It was a tough and grueling tournament. The Mavericks opened OFSAA with a 12-5 win over KCI. In their next game, the girls smashed Parkside 43-0.

Skipping over to the semi-finals, the girls shut-out Glebe 12-0, setting up a very tough final against Uxbridge.

According to Tutty, Uxbridge outsized his team; however, the athleticism from his group, proved to be the difference.

"Coaches (Dave) Wiwchar, (Pamela) Ireland, (Arta) Theo, (John) Tutty and (Rhys) Manning are so proud of what all the girls, regardless of their role on the team, accomplished this year in spite of everything stacked against them. They are looking forward to working with all those girls coming back next year and would like to send our best wishes to those graduating players," Tutty said.

A big congratulations goes out to the coaches and to all of the Mayfield Mavericks team, including: Jiya Badhan, Selah Bagoczky, Tess Baird, Clare Bamford, Maeve Barnard, Hannah Bell, Harman Bhattha, Bella Bistriteanu, Josie Bonsu, Eknoor Boparai, Adelle Byrski, Brooklynn Corbett, Chloe Creighton, Kylie Czar, Olivia Dibua, Olivia Duke, Brittany Ennema, Orly Ferris, Jada Fowler, Jade Franklin, Samantha Gordon, Victoria Guile, Harleen Hunjan, Aya Husaini, Ginger and Rosalea Meek, Makayla Murray, Sarina Nasello, Ally Noonan, Maira Opel, Evelyn Pacheco, Jane Paterson, Charlotte Rees, Kealey Sarjeant, Jade Scott, Gurnoor Sekhon, Natasha Stephens, Kennedi Stevenson, Sofie Turner, Lily and Mia VandenHoek, Jessica Vella and Linniah Williams on their gold medal triumph!

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Simon Whitfield (in the orange vest) pictured here with his paddle boarding class last Friday.

PHOTO BY ROBERT BELARDI

BY ROBERT BELARDI

If you ever see a bunch of cars parked on blades of grass on the right-hand side of the road while driving north on Hurontario Street, it isn't a conservation area. Rather, it's a beautiful quarry, with beach volleyball courts, paddle boating lessons and even swimming lessons.

It's one of the most unique places in Caledon and it is the only place that offers these services to the general public.

The catch? Well, if you were thinking there is one, it could just be the simple fact that this run by individuals who have Olympic expertise.

At the C3 James Dick Quarry last Friday, former Olympic gold medallist in triathlon Simon Whitfield was present teaching paddle boarding lessons. Whitfield, who currently lives out in Victoria, B.C., began his triathlon journey right here in Caledon.

"C3 is the non-profit, Caledon based that started 27 years ago to help people like Simon Whitfield raise funds, buy equipment, get coaching etc.... I happened to meet Simon when he was 12, 35 years ago amazingly, and 13 years later, he won the

gold medal at the Sydney Olympics," said former Olympic coach Barrie Shepley.

"He came out for a week just to be a cool dude. He's blown away. He was swimming here 21 years ago when there was a piece of dirt and no other resources."

The quarry has become so much more and Shepley, wants Caledon residents to know about it.

This summer, C3 has introduced beach volleyball at their facility for newcomers, recreational players and competitive players. Paddle boarding lessons will be taking place for those seeking extensive cardio, paddle boarding yoga will be available and swimming lessons are also provided at the quarry.

With many Ironman athletes hung up all over the outside wall of the trailer at the quarry, there is a beautiful energy to the area that tells you you're in good hands.

And it's a completely safe space to bring your family. C3 requires you to become a member in order to use their facilities.

For former Olympians such as Whitfield, coming back to the place where it all began isn't just about teaching residents how to paddle boat. Whitfield, loves con-

necting with people and hearing their stories, and in his return to C3, that's been the best part about it.

"I just like connecting with people much like we all do. I like hearing stories. Someone today was sharing their experience about paddling out west, another person was talking about their experience, paddling in a lake in northern Ontario," Whitfield said.

"While I might come in and share my story, I like hearing other people's stories. I like that. It's the human side of it all that we're all just trying to figure it out. We come together to these venues and I just enjoy the connection of it all."

For those interested in learning more about C3's services, you can head to www.c3online.ca/. You may also register on the site there as well.

Shepley said he wants to continue to offer everything he can to the community and would love to know any feedback from patrons, in order to give more.



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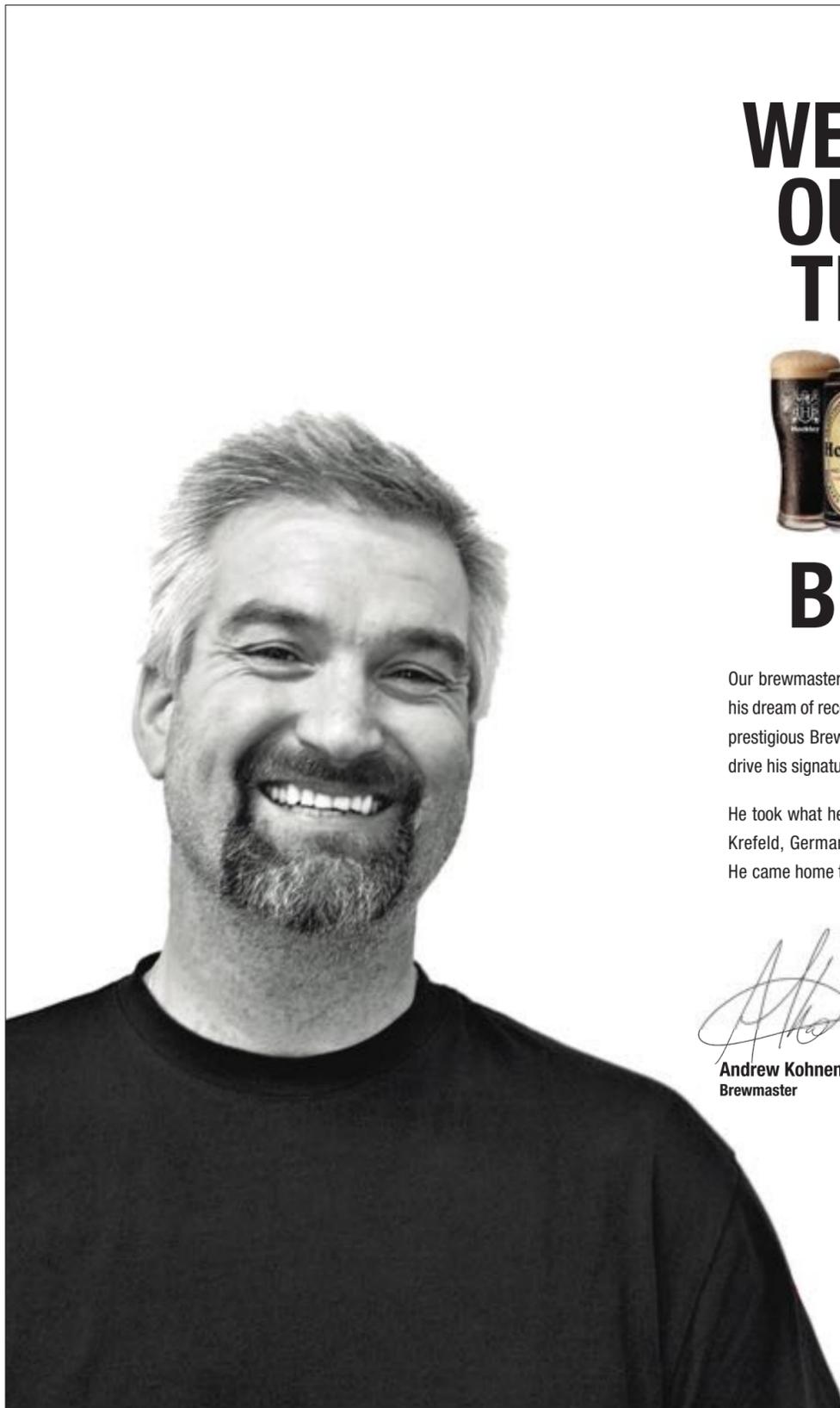
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JUNGWIRTH, Walter

Suddenly on Friday, May 27, 2022 at the age of 85. Beloved husband of Jennie Jungwirth. Dear father of Michael Jungwirth and Rosemarie Hilliard (Ken). Cherished opa of Hanna (Cameron) and Jacob. Remembered by Joan and Jeff (Reneé) Hilliard. Predeceased by his sister Brigitta. Walter will also be greatly missed by other relatives and many friends. Visitation will be held at the *Dods & McNair Funeral Home, Chapel & Reception Centre*, 21 First St., Orangeville on Friday, June 3, 2022 from 6:00 - 8:00 p.m. Funeral Service will be held in the Chapel on Saturday, June 4, 2022 at 11:00 a.m. Interment to follow reception at St. John's Cemetery, 7th Line Mono. Memorial donations to the Alzheimer Society Dufferin would be appreciated by the family. A tree will be planted in memory of Walter in the Dods & McNair Memorial Forest at the Island Lake Conservation Area, Orangeville. Condolences may be offered to the family at www.dodsandmcnair.com



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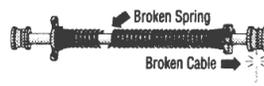
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Council considers moving Official Plan finalization to 2023

BY ZACHARY ROMAN

Due to feedback from the community, the Town of Caledon is considering moving the final adoption of its Official Plan to 2023.

The idea, which was brought forward at Council's June 8 Planning and Development Committee meeting, would be so that the Town can take extra steps in its Official Plan review.

"We acted on the community feedback we received of Caledon creating a plan with its own identity. This move to 2023 will allow Caledon to direct its Official Plan to ensure a 'Made in Caledon' plan is adopted," said Mayor Allan Thompson in a media release following the meeting.

"With the Region of Peel's 2051 Official Plan yet to be approved by the Province, this move will enable Caledon to gather more information, advocate and direct our future Official Plan."

At Council's upcoming June 28 meeting, a final decision on the topic is expected to be made. Caledon's chief administrative officer Carey Herd said in a statement the extra time would be used to engage with the community more on complex rural, agricultural, and natural environment policies.

"In addition, staff will continue to further incorporate policies that prepare the Town for the significant population and employment growth that we know is coming," said Herd.

According to Town Staff, additional time would allow the Town to do the following: undertake additional public and agency consultation, provide Caledon's growth concept to the provincial government, and make the Official Plan a more user-friendly document for the public.

"The Town of Caledon began its Official Plan review in early 2018. The Official Plan strives to maintain a high quality of life for residents and sets out the expectations for future community and employment areas, transportation and municipal services, and use of land," said the Town. "Provincial

and Regional requirements have identified Caledon as a place for growth. Our Official Plan will guide how we do that in an inclusive way, while balancing land that is protected."

Important changes being proposed by

Town Staff include updating design guidelines for new development, encouraging mixed use and complete neighbourhoods, and working towards net-zero emissions by 2050. Also being proposed is further engagement with Indigenous communi-

ties, updating the Town's master transportation plan, and measures to protect Caledon's natural environment.

Caledon's draft Official Plan and more information about it can be found on haveyoursaycaledon.ca

Town of Caledon celebrates Seniors Month with free events

Strawberry social, afternoon in the garden among upcoming offerings

BY ZACHARY ROMAN

June is Seniors' Month, and the Town of Caledon wants to make it a special one.

The Town's age-friendly Caledon coordinator, Katie Sawyers, took time on June 8 to chat with the Citizen about the variety of events and offerings the Town has to mark the occasion.

One event has already happened, explained Sawyers, and it was a lot of fun. The event was a watercolour painting workshop hosted by the Peel Art Gallery, Museum and Archives. Held on June 7 in Inglewood, it allowed residents over the age of 55 to experiment and learn about art in the watercolour medium for free — all materials included.

"Working with our community in Caledon, we understood that we needed to have some fun engaging things to help with the morale of everybody in our community," said Sawyers.

One such thing coming up is the Strawberry Social being held at the Caledon Seniors Centre in Bolton on June 17. Sawyers explained the Centre is taking the lead on the event and that she'll be there in support to celebrate the strawberry season and have a fun afternoon. The event runs from 2 to 4 p.m. and takeout

or delivery options are available for those not yet comfortable gathering.

Those interested are encouraged to register on the Town's website, caledon.ca/adult55, or by calling 905-951-6114.

The next scheduled event is the Afternoon in the Garden hosted by the Caledon Public Library on June 22. Running from 1 to 4 p.m., the event will be held at the Southfields Village branch of the library in its reading garden.

From 1 to 1:15 p.m. there will be a welcome and music by Cindy Krishendeholl. From 1:15 to 2:45, there will be guest speakers focusing on the therapeutic and mental health benefits of gardening. The speakers are Kerry Furneaux and Taya Kehler from The Riverwood Conservancy.

Until the event finishes at 4 p.m., residents can socialize and find out more about services offered for Caledon's 55+ community. Registration is again available at caledon.ca/adult55.

Rounding out the month's selection of events is a Zentangle Art Session on June 28 at 2 p.m. at the Caledon Public Library's Margaret Dunn Valleywood branch. The instructor will be Yvonne Westover, who has been practicing art for over 40 years, has a degree in Visual

Art, and is a Certified Zentangle Teacher. Registration for the event begins online on June 13.

"Yvonne's no fuss and supportive go with the flow way of teaching allows for each participant to gain confidence in their own creative practice," said the Town on the event.

Ongoing throughout June are free, drop-in fitness classes. One has passed, but four are still available, and they'll be held at the Southfields Community Centre on the following dates and times: Zumba on June 13 at 9:30 a.m.; Forever Fit on June 22 at 9 a.m.; Chair Yoga on June 23 at 2:30 p.m.; and Bone Builder on June 29 at 9 a.m.

The Town's Tea and Talk event originally scheduled for June 15 has been cancelled.

The Town has created "swag bags" for seniors' month, which feature a variety of useful items and are still available. Interested parties are asked to call 3-1-1 to find out more. Last but not least, as part of Seniors' Month, the Town has selected its annual senior of the year. More details will be released later, but the Senior of the Year is set to be celebrated at Caledon's Town Hall in Caledon East before Caledon Council's June 28 meeting.

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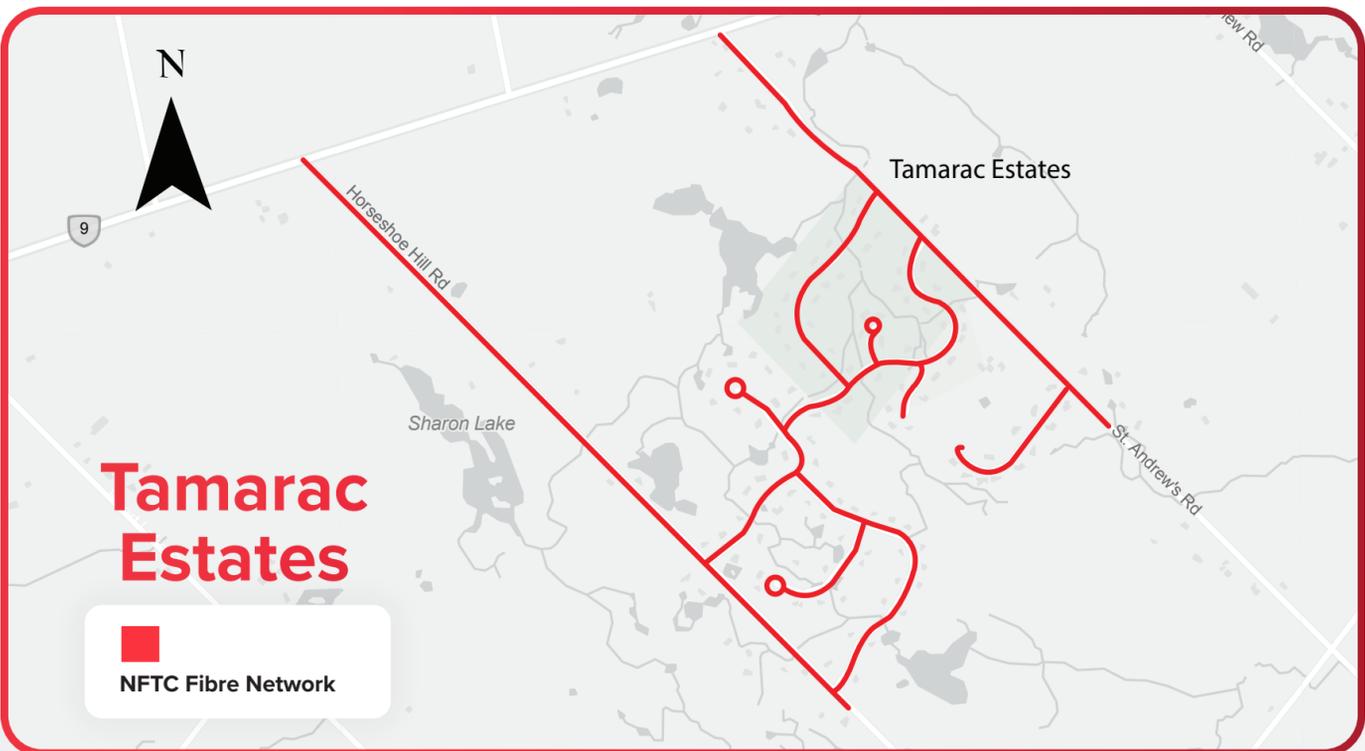
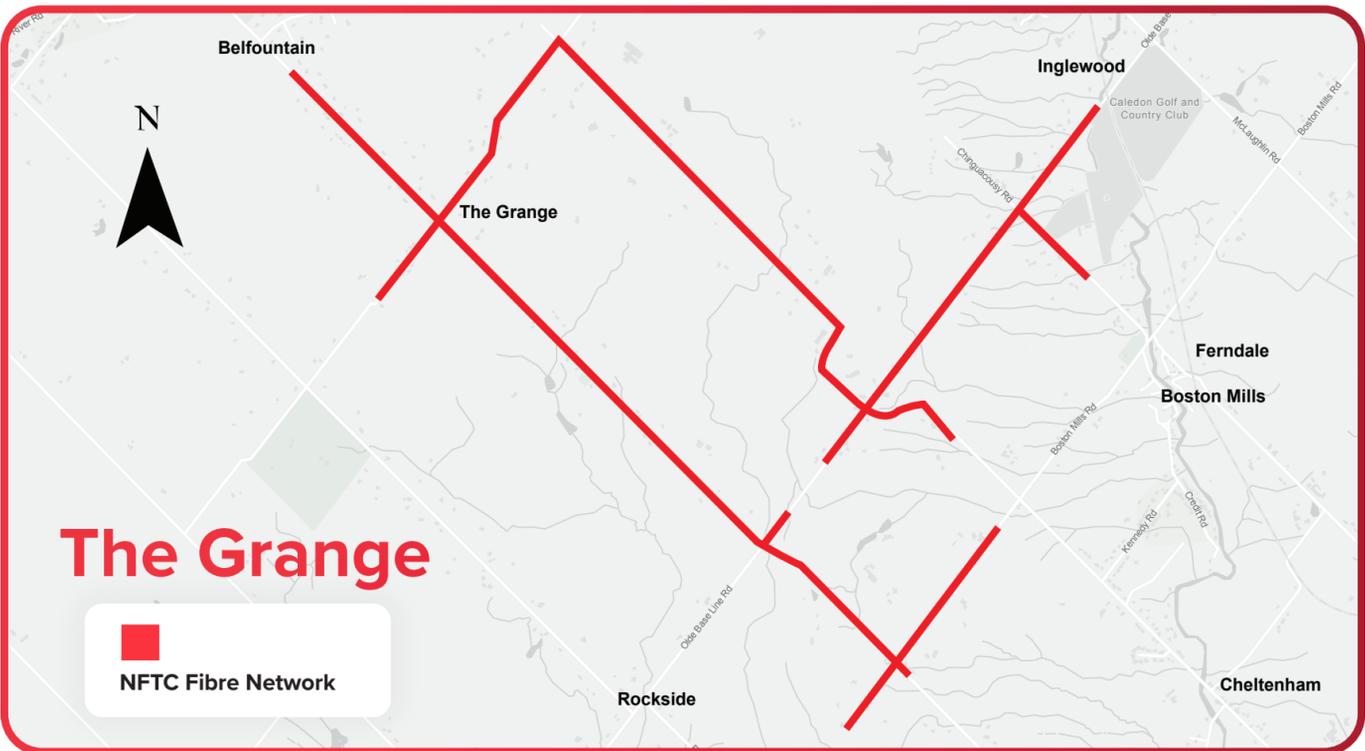
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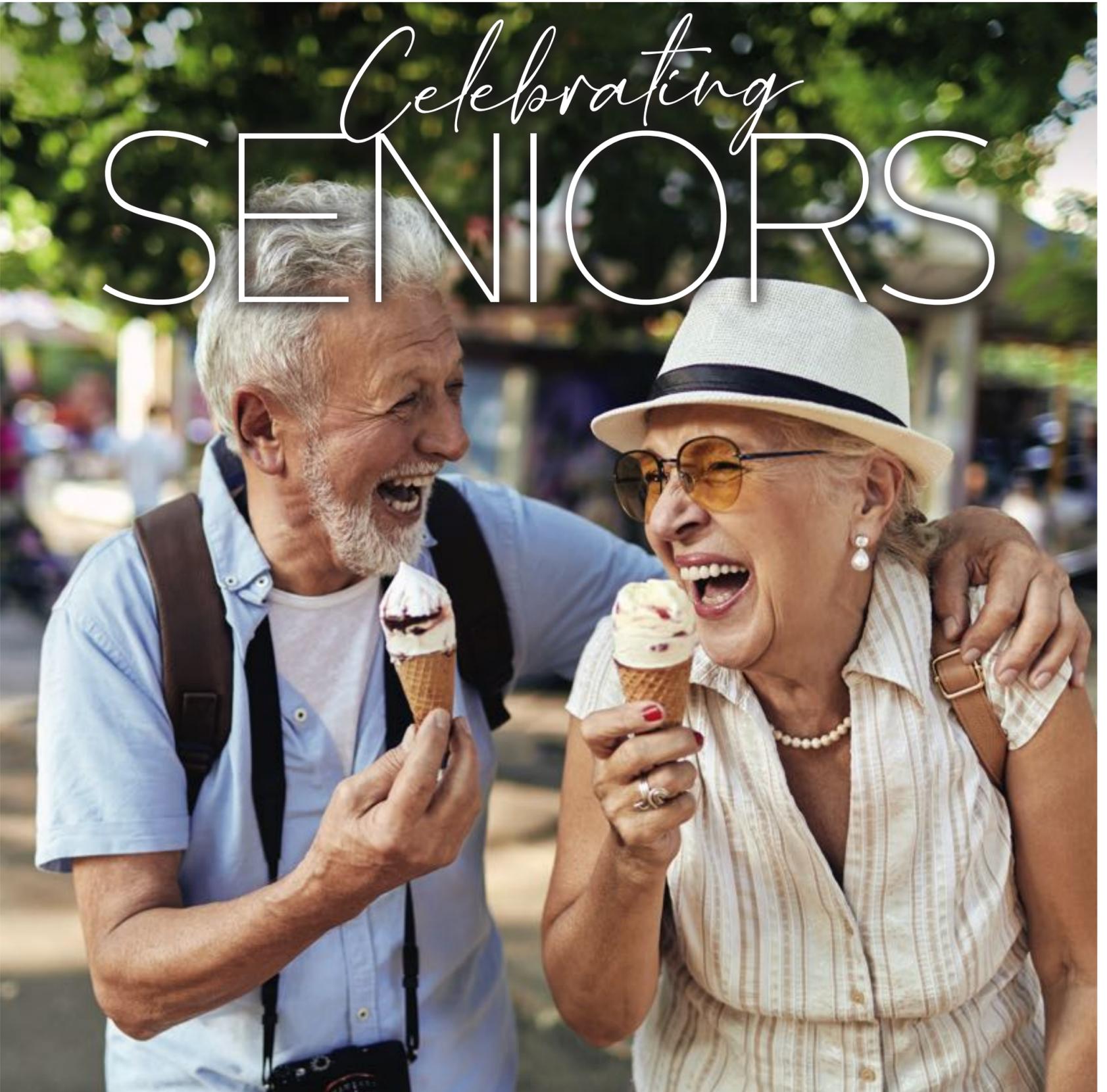
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Summer fun for active seniors

Seniors may have more time for leisure and recreation than working adults, and the summer months provide ample opportunities to get active.

After months of chilly temperatures, seniors in various parts of the country may be eager to get outdoors and enjoy some fun in the sun.

There are plenty of ways for active seniors to meet this exercise goal and have some fun along the way. The following are some good starting points.

Join or start a walking club.

Walking is a great way to stay in shape and work the mind as well. View new sights along the way by changing the route each time you go. Walking with friends can pass the time and provide the motivation to keep going.

Catch a sporting event.

Attending a sporting event can be an entertaining way to spend several hours, and that includes amateur and recreational sports. Catch a grandchild's swim meet or a baseball game for an action-packed way to connect with loved ones and get out

Take a fishing charter.

Casting a rod from a dock or pier is perfectly acceptable, but securing a spot on a fishing charter is a great way to spend hours out on the water enjoying the scenery and the sport of fishing. Plus, there's the added benefit of enjoying the fruits of your labours by cooking the day's catch for dinner once you arrive home.

Be a tourist.

Many cities and towns have their own tourism boards and showcase interesting spots that have historical significance or appeal to other interests. Be a tourist for the day even in an area with which you are familiar. Hop on a trolley or sightseeing bus to view the town as an outsider.

Spend time swimming.

Swimming is a low-impact activity that can work the body in many different ways. Devote time to doing a few laps in the pool. Or make a day of going to a lake or another body of water to wade out and enjoy some strokes in nature. Stick to swimming areas that are monitored by lifeguards for optimal safety.

Tend to a garden.

Gardening is a great form of light exercise that can produce rewarding results. If you don't have a garden or enough space for one at home, many neighbourhoods have community gardens in which you can secure a plot.

Visit a fair or farmer's market.

The warm weather months are a peak time for outdoor activities, including various community fairs and farmer's markets. Chances are you can find a farmers market nearby most days of the week, but especially on the weekend. A town market or state fair is a great way to get out and walk, play games of chance or enjoy some live entertainment. Check your community calendar for local events.



Active seniors can embrace long, warm summer days to enjoy plenty of time away from home.

June is Seniors Month

Stay Safe, Active and Connected

To celebrate our "Age-Friendly" community, we are hosting a variety of FREE events, activities and programs for our residents. Check out what's on at caledon.ca/adult55 and join the celebration!





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Seniors embrace pickleball as a way to stay active

By: Brian Lockhart

It is a fast-growing sport that is seeing clubs and courts pop up around the country and it is spreading around the world as well.

Pickleball is a relatively new sport that combines aspects of tennis, badminton, and ping-pong and can be played indoors or on courts outside.

The sport had a rather humble beginning back in 1965. Three fathers joined together to create a new game for their kids who were bored with their usual summer activities.

The men put their heads together and created a game that was relatively easy to play, but a lot of fun at the same time.

While the original game was played with hand-made equipment, others saw it and decided to play. The sport first started catching on locally. Over the past decade it has spread across the continent as equipment is now manufactured and a set of rules has been put into place.

The sport can be very competitive and there are now regional and national championship tournaments.

"Pickleball is played on a court that is 20 x 40 feet," explained Alex McComb, who's a member of a local pickleball group that plays at the Lions Sports Park in Orangeville. "There's a line around seven feet from the net that is called 'the kitchen.' You can only step across that line to retrieve a ball that has bounced in the kitchen. You have to allow for two bounces, then the third shot you can start hitting in the air."

Although you play on a court with a net similar

to tennis or badminton, the equipment and rules are different.

Pickleball isn't a racquet sport – you use a hard paddle to hit and place the ball. Originally made from wood, the paddles are now primarily made of lightweight composite materials. The ball is light and filled with holes like a wiffle ball in golf so you won't be able to slam it hard across the court. Many seniors have found pickleball to be a perfect solution for staying active and having some fun at the same time.

Pickleball doesn't have quite the same physical demands as tennis or badminton, although it is still a very active sport.

Many seniors enjoy the fact that although you have to move quickly to get into position to hit the ball, it doesn't come over the net at a blistering pace. It does require agility and coordination to be able to successfully return the ball over the net. It doesn't take long to get the feel for the paddle and learn to play. The rules are straightforward and can be learned on your first visit to a pickleball court.

Although many seniors have taken up the sport, it is also popular among many young people. You can play singles or doubles on the court.

While many highly competitive people enjoy the sport, it is played at a recreational level just about everywhere.

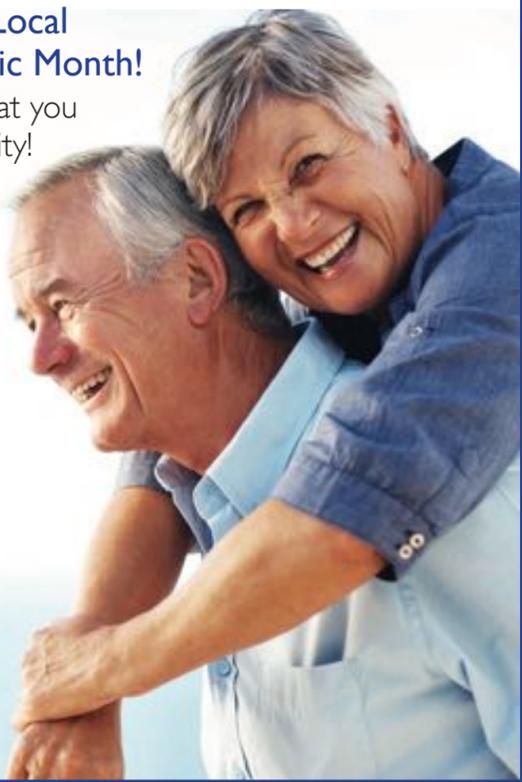
Pickleball is a social activity that keeps you active, and the best thing about it is the fact that is a fun sport to play.

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Outdoor activities that are perfect for seniors

The great outdoors beckons people of all ages. Fresh air can be hard to resist and the benefits of spending time outdoors are so numerous that it behooves anyone, including seniors, to answer the call of nature.

Such experiences can reduce stress and help lower heart rates, potentially decreasing individuals' risk for cardiovascular disease. In addition, the Forest Service notes that spending time outside in green spaces has been linked to a lower risk of depression.

Seniors who are retired or even aging empty nesters who are still in the workforce can make great use of their free time by venturing into the great outdoors. The following are a handful of senior-friendly outdoor activities that provide a great reason to get off the couch and take in all that Mother Nature has to offer.

Hiking: Hiking provides a great workout and an ideal opportunity to spend time in an idyllic setting. Hiking helps individuals build stronger muscles and bones, improves their sense of balance, has a positive effect on heart health, and can decrease the risk of certain respiratory problems. Hiking is an especially attractive outdoor activity for seniors, as many parks feature trails with varying degrees of difficulty, ensuring there's a trail for seniors whether they're seasoned or novice hikers.

Water aerobics: The Centers for Disease Control and Prevention notes that water-based exercises can be especially helpful for individuals with chronic diseases, a category many seniors fall into. The CDC notes that one study published in the journal *Arthritis & Rheumatology* found that improves the use of joints affected by arthritis without worsening symptoms. Swimming can lead to improved health for people with diabetes and heart disease. Seniors can reap these benefits by going for a dip in their own backyard pools or a local body of water, such as a lake or ocean. Many swim clubs also offer discounted memberships to seniors, making these another great and affordable way to reap the benefits of swimming.

Fishing: Of course, not all outdoor activities need to make seniors huff and puff. Fishing provides a great reason to get outdoors, and many individuals devoted to fishing report feeling less stressed after a day spent casting for their favourite fish. Individuals who consume what they catch also can benefit by improving their diets, as the American Heart Association notes that consuming certain types of fish have been linked to a lower risk for heart disease and obesity.

Volunteering: Local environmental groups often sponsor cleanups at parks and waterfront attractions like beaches and lakes. Volunteering with such organizations is a great way to get outside and give back, and working with like-minded individuals can be a great way for seniors to meet new people. In addition, a national study sponsored by the Corporation for National and Community Service in 2019 found that 88 percent of Senior Corps volunteers who initially reported a lack of companionship reported a decrease in feelings of isolation after volunteering.

The opportunities for seniors to enjoy the great outdoors are endless. Taking advantage of such chances can benefit seniors in myriad ways.

Improve vision with these items

Sight is a precious gift that enables a person to enjoy the world in a unique way. Yet many people are born with complete or partial vision loss, while other's vision slowly dissipates over time.

Macular conditions include age-related macular degeneration (AMD), which leads to a loss of both central vision and the ability to see fine details. The National Eye Institute says AMD happens when aging causes damage to the macula, or the part of the eye that controls sharp, straight-ahead vision. The macula is part of the retina, which is light-sensitive tissue at the back of the eye.

Johns Hopkins Medicine says people rarely go blind from AMD, but it can result in significant loss of central vision. Learning to cope with these vision changes can take time, but there are certain products called low vision aids that can help offset vision loss.

Magnifiers: Magnifiers use lenses or cameras to make objects appear bigger. They can help with detailed tasks, such as threading a needle or finding buttons on a remote control. There are even video magnifiers that have rechargeable batteries and can be taken to restaurants to read menus.

Low vision glasses: These are not your typical eyeglasses. Low vision glasses are head-mounted, hands-free wearable technology that offers CCTV and text-to-speech capabilities in a product about the size of sunglasses. NuEyes is a popular brand. Glasses magnify anything a person looks at.

Large-print items: There are a variety of products designed for those with low vision. These include wall clocks with large, bold numbers for easy viewing. Enlarged television remote controls and large-print books or digital reader settings help people with AMD maintain some normalcy.

Colour-contrast aids: Color or contrast can be used to make items easier to see and use. For example, the Keys U Can See Keyboard has black letters and numbers on a striking yellow keyboard to greatly improve visibility.

Talking products: From watches to clocks to bathroom scales, voice-equipped products give users information via audio.

In addition to these aids, eye doctors can recommend other products and treatments to help mitigate the vision loss that occurs from AMD or other eye illnesses.

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How to stay mentally sharp after retirement

If asked to describe how they envision retirement, many professionals might reference travel, time spent with grandchildren and various recreational pursuits.

Few, if any, would mention cognitive decline. However, cognitive decline poses a significant threat to aging men and women, especially during retirement. Researchers have long since recognized that certain cognitive abilities begin to decline with advanced age, even among healthy elderly individuals. However, despite that decline, the Centers for Disease Control and Prevention notes that dementias like Alzheimer's disease are not an inevitable part of aging. In fact, the CDC estimates that as many as 40 percent of dementia cases may be prevented or delayed. In addition, the CDC reports that it's not uncommon for routine memory, skills and knowledge to stabilize or even improve as the brain ages.

That's good news for retirees who want to spend their post-work life pursuing their passions and hobbies. Individuals also can embrace some strategies to stay mentally sharp in retirement.

Consider delaying retirement.

Even if early retirement is a dream, it might be better to work a little longer than you had planned. A 2021 study published in the journal SSM - Population Health found that postponed retirement is beneficial

to cognitive function for all genders, races/ethnicities, educational levels, and professional statuses. The study reported that individuals who waited until age 67 to retire experienced less cognitive decline than those who retired before turning 67.

Make exercise part of your retirement routine.

A lack of structure may seem enticing to individuals who have spent decades working. However, many retirees find that little structure loses its appeal quickly after calling it quits. When creating a new routine in retirement, including regular exercise. According to the Mayo Clinic, studies indicate that physically active people are less likely to experience a decline in their mental function. So daily exercise not only gives retirees something to do but also benefits their brains.

Enroll in an adult education course.

A 2014 study published in the journal JAMA Neurology examined the association between lifetime intellectual enrichment and cognitive decline in the older population. The study's authors found that higher levels of late-life cognitive activity were associated with higher levels of cognition. The study's authors concluded that lifetime intellectual enrichment might delay the onset of cognitive impairment. Retirees can look into adult learning programs at local colleges and universities to see if anything piques their interest.

Retirement can be everything professionals hope it will be, especially for those who make a concerted effort to maintain optimal cognitive function after they call it a career.

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Hearing loss a source of reduced well-being in partners and spouses

Frustration, embarrassment, distress. No matter what adjectives you use to describe the feelings around hearing loss – whether yours or someone close to you – the common factor in each is a level of stress. Research has found the stress of hearing loss impacts the health of not only the person with hearing loss but their closest family members. Especially their spouse or partner. An American study followed couples for five years. For couples where one person was experiencing untreated hearing loss, there was a greater likelihood of reduced physical, psychological and social well-being in the partners or spouses. “Hearing is how we connect with people,” explained Kathleen Tiede, co-CEO of Hear Well Be Well Hearing Clinics. “When that connection is lessened or broken,

both people in the relationship are bound to be affected.” Hear Well Be Well Hearing Clinics (hearwellbewell.ca) have been serving Ontario residents with hearing loss and those looking for hearing testing for over 35 years in mid-size, small and rural communities. In the American study, couples who were socially active together felt the changes forged by hearing loss more acutely than couples who led more independent lives. When someone with hearing loss can no longer hear conversations clearly, they may start to avoid social situations which, in turn, can isolate their partner or spouse, not only themselves. “For the person with hearing loss, some effects can be reduced self-esteem, depression and loneliness,” added

John Tiede, the other CEO of Hear Well Be Well Hearing Clinics, “The isolation hearing loss can cause sort of holds people captive. When the person with hearing loss stops enjoying their social life, it affects their partner or spouse more than they may realize at the time.” Many studies over the last 50 years have supported the importance of social and emotional connection in the lives of older adults. Hearing loss reduces a person’s ability to participate effectively in social events and can create frustration and conflict in family relationships. Undiagnosed hearing loss may appear to family members as disinterest and annoyance; it can create levels of frustration from all members of the family but most particularly the spouse or partner. In a British study following couples in which one per-

son had hearing loss, several of the couples who participated expressed that the untreated hearing loss was the reason for the breakup of their marriage. “At Hear Well Be Well, hearing tests are free so people can at least know what they’re dealing with,” said Mrs. Tiede. “As a family run business, we have a special appreciation for the importance of addressing hearing loss to keep family relationships as happy and functional as possible. People who resist getting their hearing tested are not only damaging themselves but they’re hurting those they care about.”





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		7	1	5				
		1			4		3	
	3		9			5		
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Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

7	1	2	8	4	3	6	9	5
6	3	7	2	1	9	5	6	4
3	8	1	2	6	9	5	4	7
8	2	5	4	1	3	6	7	9
1	7	4	5	8	6	3	2	9
8	3	6	9	7	2	5	4	1
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6	5	8	2	3	7	1	9	4

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Lighten up meals with savory salads

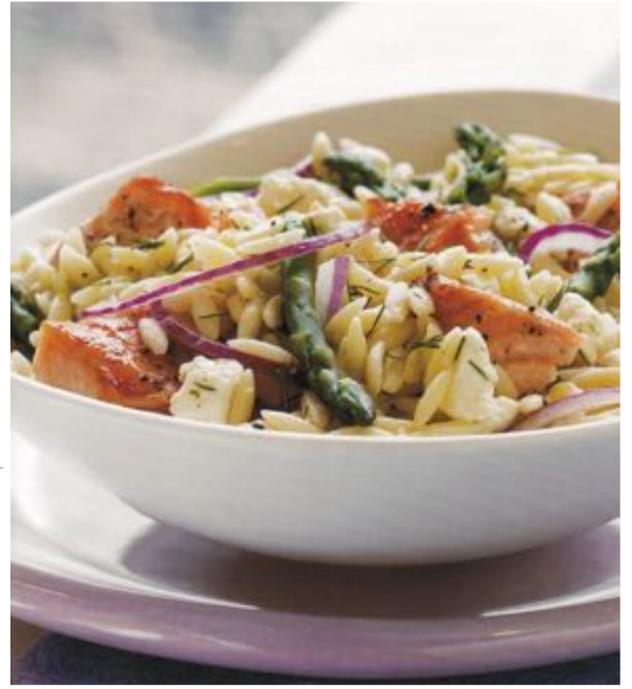
Some occasions call for a light dish, and such occasions tend to be more common in warm weather. Gone are the days of heavy, stick-to-your-ribs meals, and in their places are fresh, light and easy meals.

Salad is more than just lettuce and other greens, and that's notable in this recipe for "Salmon, Asparagus and Orzo Salad With Lemon-Dill Vinaigrette," courtesy of "Cooking Light Dinner's Ready" (Oxmoor House) by the Cooking Light Kitchens.

Salmon, Asparagus and Orzo Salad With Lemon-Dill Vinaigrette 6 servings

- | | |
|---|--|
| 6 cups water | 1/4 teaspoon salt |
| 1 pound asparagus, trimmed and cut into 3-inch pieces | 1/4 teaspoon freshly ground black pepper |
| 1 cup uncooked orzo | 1/4 cup thinly sliced red onion |
| 1 (11/4-pound) skinless salmon fillet | 1/3 cup Lemon-Dill Vinaigrette |

1. Preheat broiler.
2. Bring water to a boil in a large saucepan. Add asparagus; cook 3 minutes, or until crisp-tender. Remove asparagus from water with tongs or a slotted spoon, reserving water in a pan. Plunge asparagus into ice water; drain the ice water and set asparagus aside.
3. Return reserved water to a boil. Add orzo, and cook according to package directions, omitting salt and fat.
4. While orzo cooks, sprinkle fillet evenly with salt and pepper. Place fish on a foil-lined broiler pan coated with cooking spray. Broil 5 minutes, or until desired degree of doneness. Using 2 forks, break fish into large chunks. Combine fish, orzo, asparagus, onion, and Lemon-Dill Vinaigrette in a large bowl; toss gently to coat.



Lemon-Dill Vinaigrette Yields 1/3 cup

- | | |
|------------------------------------|--|
| 1/3 cup crumbled feta cheese | 1/4 teaspoon salt |
| 1 tablespoon chopped fresh dill | 1/4 teaspoon freshly ground black pepper |
| 3 tablespoons fresh lemon juice | |
| 2 teaspoons extra-virgin olive oil | |

Combine all ingredients in a small bowl, stirring well with a whisk.

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Healthy eating options for seniors

Let food be thy medicine is a quote attributed to Hippocrates, the ancient scholar considered to be the father of modern medicine. The saying relates to the notion that what people put in their bodies can heal and/or prevent certain conditions

For seniors with medicine cabinets full of over-the-counter and prescription medications, the idea of relying predominantly on food to promote optimal health may be tempting, and various foods can be particularly useful to the 50-and-over demographic.

According to the World Health Organization, poor diet is a major contributor to many of the diseases that affect older people. Poor diet has been connected to the development of diabetes, and degenerative diseases such as osteoporosis also may be linked to the foods one eats. The National Council for Aging

Care says micronutrient deficiency is often a problem among the aging due to factors like lack of variety in diet and reduced food intake. Eating a variety of foods can provide all of the nutrients people need to stay healthy as they get older. Certain foods may be particularly helpful.

Brain-friendly foods: Foods such as avocado, leafy vegetables, sunflower seeds, blueberries, and salmon are good sources of vitamin E, antioxidants, omega-3 fatty acids, and other nutrients that may help ward off dementia like Alzheimer's disease, advises Sonas Home Health Care.

Anti-inflammatory foods: Foods rich in omega-3 fatty acids may help prevent inflammation that can cause cancer and rheumatoid arthritis. Aging.com says foods that are high in omega-3 fatty acids, like salmon, should be consumed at least twice per week.

Fruits and vegetables: Fresh, canned or frozen produce tend to be high in micronutrients, including a variety of important vitamins that are essential for all components of health. The Academy of Nutrition and Dietetics advises eating dark green vegetables, such as

leafy greens or broccoli, and orange vegetables, such as carrots and sweet potatoes.

Energy-boosters: Choose whole grains that can provide sustained energy by way of healthy carbohydrates over processed grains.

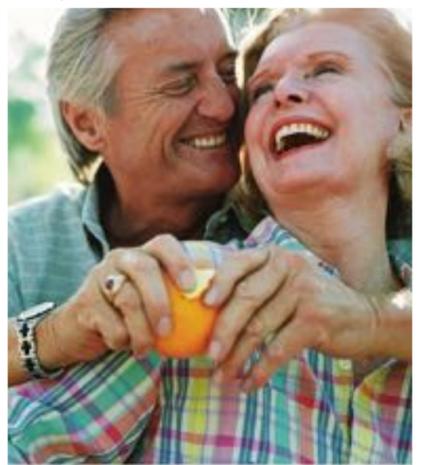
Bone-friendly foods: Calcium-rich foods, such as milk, yogurt and cheese, can prevent calcium from being leached from the bones, which contributes to conditions like osteoporosis.

Digestive system-friendly foods: The digestive system slows down as the body ages, as the walls of the gastrointestinal tract thicken and digestive contractions that push waste along may slow down and become fewer. Foods rich in fibre can promote proper digestion by moving food through the digestive tract more easily. High-fibre foods also may help naturally reduce blood cholesterol levels.

High-iron foods: Without enough iron in the body, a person may feel tired and lethargic from reduced production of hemoglobin, which carries oxygen in the blood from the lungs to the rest of the body. A lack

of oxygen in body tissues from anemia can be serious, says the National Council for Aging Care. Tofu, spinach, lentils, pumpkin seeds, and fortified bread and cereals are high in iron.

Smart food choices can help seniors live long and healthy lives.




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