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FREE Thursday, June 13, 2024 Volume 44, Issue 25



REVVING UP FOR FAMILY FUN — Tucker Hardy, pictured here with nephew Lincoln Holmes, came away with some hardware over the weekend at the Caledon Fair's Demolition Derby. For highlights on this year's event, see Page A8.

PHOTO BY LISA GRAHAM

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Town set to adopt Active Transportation Master Plan following Council debate

BY ZACHARY ROMAN
LOCAL JOURNALISM
INITIATIVE REPORTER

Caledon will soon have a new policy framework for active transportation facilities and programs.

At Caledon Council's June 4 General Committee meeting, Councillors unanimously endorsed Caledon's new Active Transportation Master Plan (ATMP).

The plan has been in the works for two years,

and has involved consultation with residents, community groups, conservation authorities, and other municipalities and levels of government.

The ATMP includes recommendations for over 400 kilometres of new active transportation facilities and more than 40 new policy and programming initiatives.

"ATMP framework and directions will make Caledon a leader in active transportation by providing all residents opportunities for a high quality of life and active living by ensuring that

cycling and walking are convenient, comfortable, and sustainable modes of transportation for all ages, abilities and trip purposes; and, that all villages and urban centres are connected through a balanced network of on-road, on-boulevard and off-road safe facilities," reads a report on the ATMP submitted by Sabrina Davidson, a coordinator in Caledon's engineering, public works and transportation department.

Three people attended the June 4 meeting to delegate on the topic of the ATMP.

Continued on Page A12

Wishing all the Dads out there a very **HAPPY FATHER'S DAY** Weekend!

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Bolton Dog Park users concerned with state of park

BY ZACHARY ROMAN
LOCAL JOURNALISM
INITIATIVE REPORTER

Some Caledon residents aren't happy with the current state of the Bolton Leash-Free Dog Park.

Miranda Biggs, a member of the dog park committee, said she and others have concerns with broken fencing and a lack of maintenance at the park.

"We've had issues with dogs getting through and running out... they're not contained within this park," she said. "There's no maintenance happening here... my point is we shouldn't have to go to them to get garbage picked up, to get them to mow the lawn."

In the spring, Biggs said, a truck came into the park to collect garbage and got stuck, leaving large ruts and tire tracks. She said another truck had to come in and pull it out, and the area is now temporarily fenced off and has become overgrown.

Continued on Page A13

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Protest against proposed blasting quarry draws large crowd

Forks of the Credit Preservation Group holds protest at proposed quarry site

BY ZACHARY ROMAN
LOCAL JOURNALISM
INITIATIVE REPORTER

A large group of people gathered to protest a proposed blasting quarry in Caledon last Saturday.

On June 8, the Forks of the Credit Preservation Group (FCPG) held a protest against a proposed blasting quarry it says will have devastating impacts on the environment and local residents.

The protest began in the hamlet of Catract, where people gathered to listen to



A June 8 protest against a proposed "mega-quarry" in Caledon was well attended.

PHOTOS BY ZACHARY ROMAN

speeches and get signs and t-shirts. Demonstrators then marched to the intersection of Main Street and Charleston Sideroad to make their message known to passing traffic.

CBM Aggregates (a division of St. Marys Cement Canada), whose parent company is Brazilian conglomerate Votorantim Cimentos, wants to build an approximately 800-acre below-water table blasting quarry south of Alton.

FCPG president David Sylvester said the fight against the quarry has been going on for over three years and it will likely continue for another three years.

"For CBM aggregates, to some extent, it's a battle of attrition and that's their style, they're hoping that we will give up and go home," said Sylvester. "But I can assure you folks, we are not going to be doing that."

The FCPG's rally was held as part of a larger day of action hosted by the Reform Gravel Mining Coalition, which mobilized people across Ontario to demand a moratorium on all new aggregate approvals.

Sylvester said he is thankful for all the volunteers who have helped in the fight

against the proposed blasting quarry, and for everyone that came out to the protest.

"Thank you for being here. It's the numbers that count, and we're all here to make the world a better place," said Sylvester.

Green Party of Ontario leader Mike Schreiner attended the June 8 protest.

"It's vitally important to stand up to protect water, people and communities," said Schreiner. "This mega quarry is absolutely unnecessary; we have plenty of aggregate right now in Ontario... I'm opposed to new and expanded quarry applications until we have a transparent study of how much aggregate we actually need in Ontario."

Schreiner said seeing so many people out at the protest was great, and that it showed just how much people care about their community and the environment.

"We have to fix the Aggregate Resources Act to put people, communities and the environment first," said Schreiner. "... I'm absolutely committed to working across party lines to strengthen the rules to protect farmland and protect the health and well-being of communities and our water."

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Tisho's Music Academy to be taken over by founders' children



Mary and Tisho Balinov are retiring after 25 years of running Tisho's Music Academy together. Their children Kristian and Diana will be taking over the business. PHOTO BY ZACHARY ROMAN

Tisho and Mary Balinov are retiring after 25 years running Bolton business

BY ZACHARY ROMAN
LOCAL JOURNALISM
INITIATIVE REPORTER

Every great song needs a great ending. After 25 years, a Bolton couple are stepping away from their business. Tisho and Mary Balinov, who founded Tisho's Music Academy, are retiring. Their business, which started out in their basement with a single, dilapidated piano they got for free and rebuilt, will be taken over by their children Kristian and Diana, who they said are more than ready for the task. Mary said in September of 1998, she and

Tisho bought their first home in Bolton. They fixed up a room in their basement, found a piano that was being given away, and started Tisho's Music Academy. Tisho has Master's Degrees in music and has always been a teacher at the academy, while Mary has a sharp business acumen and has always run the business side of the academy. The couple soon found demand for music lessons in Bolton was high, and they needed to move the business out of their basement. With two young children at home, having their living room as a waiting room wasn't cutting it anymore. Tisho's Music Academy moved to the Courtyards in Bolton, hired more teachers, and experienced a period of great growth. Tisho's Music Academy finally settled at its current location on McEwan Drive, where it continues to serve the community. Mary and Tisho said they always be-

lieved the quality of the teachers they hired was extremely important. Mary and Tisho's children, Kristian and Diana, grew up surrounded by music. This led Kristian to pursue music education, and he went on to graduate with honours from the Metalworks Institute. Diana fell in love with dance and did it competitively for 15 years, even joining Team Canada for the world championships. "They were both destined to become artistic," said Mary. Kristian is following in his father's footsteps, and he teaches multiple instruments. He's also a master music producer and runs a professional recording studio at the academy. Diana is following in her mother's footsteps, and is taking over the business side of things, keeping the same keen eye on customer service excellence her mom always had.

Diana also does a lot of classes for individuals with disabilities at the academy. The non-profit Meaghan's Music Room, which was co-founded by Mary, runs out of Tisho's Music Academy. It provides subsidized music and dance education for individuals with disabilities. Mary said she and Tisho know their children are 100 per cent ready to take on their business, and they'll be standing by them as they do so. "We're happy they made the choice they did... now that we see the two of them stepping in, we're so proud. They're so ready and focused," said Mary. Tisho said it was the right time to step down and let the next generation lead the way. "They're excited, they're knowledgeable, and we trust them," said Tisho.

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THEFT INVESTIGATION



Officers from the Caledon Detachment of the Ontario Provincial Police (OPP) are currently investigating a theft and are requesting the public's assistance in identifying a person of interest.

"On June 2, 2024, the victim attempted to sell items posted through an online classified site," say Police. "They met to facilitate the exchange. The items were forcefully taken, and the suspect fled the scene. No injuries were sustained as a result of this incident."

Investigators are currently attempting to identify the male pictured here.

If you know this individual, please contact Caledon OPP at 1-888-310-1122. You can also provide information anonymously by contacting Peel Crime Stoppers at 1-800-222-TIPS (8477) or online at www.peelcrimestoppers.ca. When you contact Crime Stoppers, you stay anonymous, and you never have to testify.

This is a good opportunity to remind the community that Caledon OPP launched Project Safe Trade in October 2023, say Police.

WHAT IS PROJECT SAFE TRADE?

Online classified and auction sites are often used as tools to sell stolen property to unknowing victims and can present a safety threat. To increase public safety and reduce crime, the Caledon OPP is inviting members of the public to use our detachment parking lot to facilitate property transactions arranged online.

HOW CAN THE COMMUNITY HELP?

We need community partners; citizens and

neighbors; agencies and police to mobilize for community safety and well-being. Collaborative approaches reduce harm and victimization with the goal of developing long term sustainable solutions.

HOW CAN PROJECT SAFE TRADE HELP?

Creating a "community safe zone" in police detachment parking lots is about moving online marketplace transactions away from secluded parking lots or private residences and bringing them into public places.

SAFE TRADE CHECKLIST

- Meet in a busy public place;
- Meet in person to inspect the product;
- Bring a trusted friend or family member along as a witness;
- Bring a cell phone in case you need to call for help;
- If you must go alone, tell a friend or family member when and where you are meeting someone;
- Keep transactions to daylight hours;
- Don't invite a stranger into your home. It allows them access to the layout of your house, gives them information regarding alarm systems/dogs and provides a chance to see any valuables you may have;
- Never tell your schedule to a stranger. They do not need to know when you will not be home;
- Don't erase any e-mails, texts or voicemails between yourself and the seller or buyer;
- Keep things local. Never mail a cheque or wire money to sellers;
- Do not give out personal or banking information (social insurance number, back account number, etc.).

WHAT IS THE ROLE OF THE POLICE?

Under normal circumstances, there will be no police intervention. Officers will not mediate private transactions, will not provide documentation and will not be a witness to a transaction. However, should one of the parties request an officer, one will respond.

Officers will only intervene if the transaction becomes a bylaw, provincial or criminal matter.

- OPP will be unable to assist in negotiating civil property transactions;
- OPP won't guarantee the quality or authenticity of items purchased online;
- OPP members cannot use the Police computer system to run model numbers, serial numbers, etc. of items that are part of a private exchange. Citizens are encouraged to use the Canadian Police Information Centre's online database to search serial numbers of items they are looking to purchase at www.cpic-cipc.ca.

FAIL TO REMAIN INVESTIGATION

Officers from the Caledon Detachment of the Ontario Provincial Police (OPP) are currently investigating a failed to remain collision on Coleraine Drive.

"On June 8, 2024, just after 3:00 a.m., Caledon OPP responded to a collision on Coleraine Drive involving a pedestrian and a white transport truck," say Police. "The pedestrian was transported by land to a Toronto-area trauma centre where injuries were determined to be serious but not life-threatening. The vehicle failed to remain."

Coleraine Drive between Parr Boulevard and George Bolton Parkway was closed for several hours while the OPP Technical Collision Investigators and Reconstructionists assisted with the investigation.

Anyone who may have witnessed the collision or has dashcam footage is asked to contact Caledon OPP at 905-584-2241 or 1-888-310-1122. You can also provide information anonymously by contacting Peel Crime Stoppers at 1-800-222-TIPS (8477) or online at www.peelcrimestoppers.ca. When you contact Crime Stoppers, you stay

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If you are affected by this incident or witnessed the collision and wish to speak to victim services, Caledon/Dufferin Victim Services can be reached at 905-951-3838.

IMPAIRED CHARGES

Officers from the Caledon Detachment of the Ontario Provincial Police (OPP) have charged a driver with impaired operation following a traffic stop.

"On June 1, 2024, just before 7:00 a.m., an officer was patrolling on Kennedy Road, near Twistleton Street, in the Town of Caledon," say Police. "The manner in which the vehicle was being operated led to a traffic stop. During the investigation, grounds were formed that the driver's ability to operation a motor vehicle was impaired by alcohol and was subsequently arrested."

Maxwell Wanjiru, 23, of North York, was charged with:

- Operation while impaired - blood alcohol concentration (80 plus);
- Driving motor vehicle with open container of liquor;
- Drive vehicle with cannabis readily available.

The accused is scheduled to attend the Ontario Court of Justice in Orangeville on June 20, 2024, to answer to the charges.

The charges have not been proven.

If you plan on drinking or consuming drugs, plan to not drive. Instead, arrange for a designated driver, take a taxi or public transit, or come up with another plan that takes impaired driving out of the picture. If you suspect that someone is driving while impaired by alcohol or drugs, it is important to call 9-1-1 to report it.

You can also provide information anonymously by contacting Peel Crime Stoppers at 1-800-222-TIPS (8477) or online at www.peelcrimestoppers.ca. When you contact Crime Stoppers, you stay anonymous, and you never have to testify.

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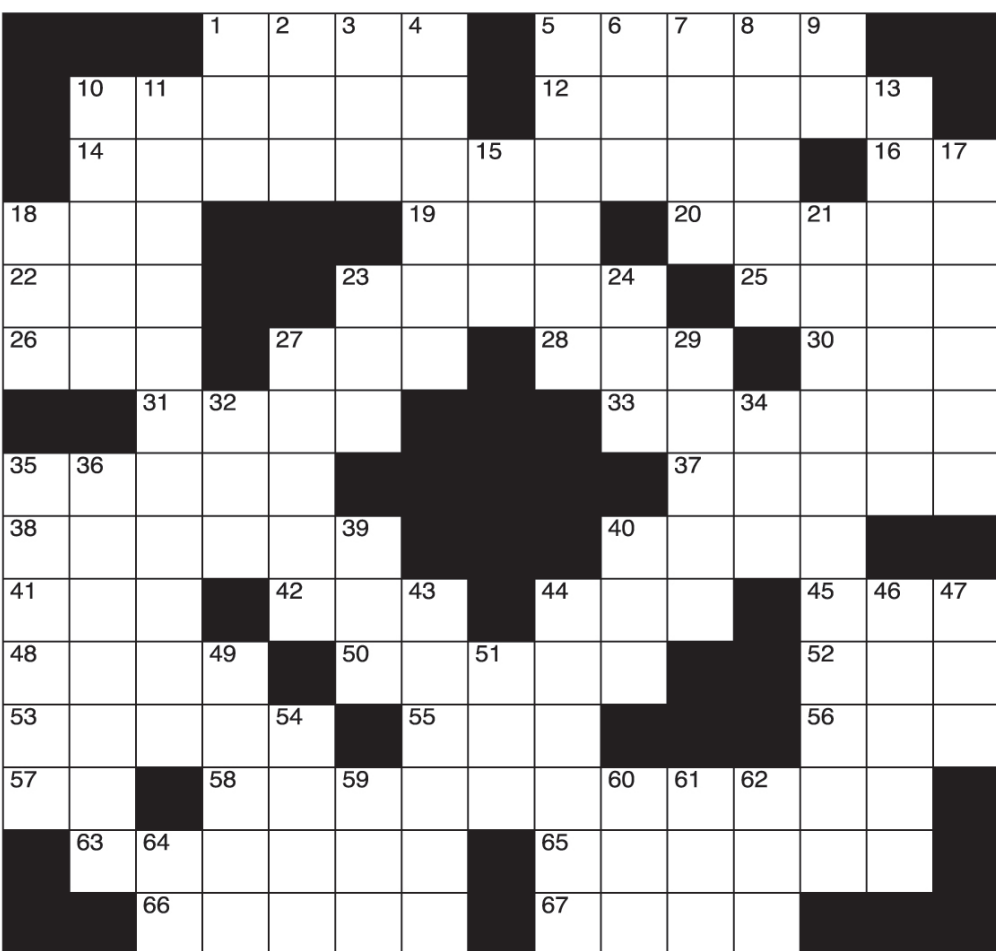
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- Very long periods of time (Brit.)
- Schoolboard accessory
- Rods
- One who renews
- Sculpted body part
- Chatter incessantly
- ___ King Cole, musician
- Plates on a turtle's shell
- University of Utah athlete
- The world of the dead
- Singer Redding
- Former Yankee great Mattingly
- Prefix indicating wrongly
- Unhappy
- Anger
- Dark brown or black

- Restaurants have a lot of them
- Made a mistake
- Damp
- Type of gasoline
- Actor LeBlanc
- Perform in a play
- One's mother
- Prohibit
- Swiss river
- Part of a banana
- Indian hand clash cymbals
- Relative biological effectiveness (abbr.)
- Agave
- Noted journalist Tarbell
- Computer firm
- Type of record
- Bacterium that can cause infection
- Sheaths enclosing the spinal cord
- A narrow opening (as in a rock wall)
- Pattern
- Very eager to see

CLUES DOWN

- Witch
- Utilize
- Writing utensil
- Places to perform
- Subsides
- Consume
- Athleisure clothing brand
- California town
- Atomic #50
- The Muse of lyric and love poetry
- Creates anew
- Humorous commentaries
- Cool!
- Most ignoble
- Soggy dirt
- Designed to be useful
- Hebrew unit of liquid capacity
- High schoolers' test
- One-time internet accessory
- City in India
- Furniture
- You have likely chatted with one
- Pass or go by
- Proof of purchase
- A digital tape recording of sound
- More (Spanish)
- Disfigured
- White (Spanish)
- Building occupied by monks
- Georgia rock band
- Device that generates intense beam of light
- State of agitation
- Make by braiding
- Local area network
- Unit of work or energy
- Indigenous person of Thailand
- Liquefied natural gas
- Distance to top

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



The Fera family stopped to check out one of Caledon Fire's trucks on June 8.

PHOTO BY ZACHARY ROMAN

Hike for Bethell Hospice raises over \$245,000

BY ZACHARY ROMAN
LOCAL JOURNALISM
INITIATIVE REPORTER

The Hike for Bethell Hospice was once again a massive fundraising success.

On May 5, well over 400 hikers gathered at the Lloyd Wilson Centennial Arena in Inglewood for the hike, which is held annually during National Hospice Palliative Care Week. Between hikers, the donors that supported them, and hike sponsors, over \$245,000 was raised for the Bethell Hospice Foundation as a result of the hike.

This total was shared in a June 5 media release from Kelly Stronach, Bethell Hospice Foundation senior manager of marketing and communications. She said the foundation is truly humbled by the support of hikers, sponsors, donors, volunteers, and student participants.

"The community has been incredibly supportive, and we are very appreciative," said Stronach.

Some of the highlights of this year's hike included a memory board of heart stickers dedicated to hikers' loved ones; a barbeque lunch prepared by the Rotary Club of Palgrave; an art station where hikers could design vellum butterflies; and a planting station where participants could plant a wildflower in memory of a loved one.

The hike itself was five kilometres in length and saw hikers walk the Caledon Trailway.

In recent years, Caledon's public elementary schools have been getting involved with the Hike for Bethell Hospice, hosting their own hikes.

"Through the efforts of 5,400 students, parents, and staff, the student hike raised an amazing \$22,000," said Stronach, adding that Bethell Hospice is proud to offer children and youth grief counselling services and music and art therapy for children.

Adrian Horwood and Bonnie Klaassen, co-chairs of the Bethell Hospice Foundation, delivered a speech at the hike together.

"Each of you here today is aware of how vital the services of Bethell Hospice are to our community," they said. "Many of you have experienced those feelings firsthand, and each of you has cared enough to come forward today, to ensure that Bethell Hospice services will be here for the next families in need. Thank you so much for your belief in the importance of Bethell Hospice in our community."

All services at Bethell Hospice are free, and in order to keep them free, the Bethell Hospice Foundation must raise \$1.7 million each year. Bethell Hospice is the only hospice residence serving Caledon, Brampton and Dufferin County.

Stronach said she wanted to thank the 2024 hike's platinum sponsors: Access Storage, Benson Steel Limited, Brampton Funeral Home and Cemetery, Brampton Rotary Club, Egan Funeral Home, Fines Ford Lincoln, Meadowvale Cemetery, Cremation and Funeral Centres, and the Town of Caledon.

The hike also had numerous gold, silver, bronze and route sponsors.

The Bethell Hospice Foundation is encouraging those interested in getting involved with next year's hike to mark their calendars: May 4, 2025 will be the 15th Hike for Bethell Hospice.

Touch-A-Truck event supports Caledon Parent-Child Centre

Fines Ford Lincoln sponsored event at Albion Bolton Community Centre

BY ZACHARY ROMAN
LOCAL JOURNALISM
INITIATIVE REPORTER

Caledon children and their families had a great time exploring all kinds of trucks and machines last Saturday.

On June 8, Fines Ford Lincoln teamed up with the Caledon Parent-Child Centre (CPCC) to host Touch-A-Truck in the parking lot of the Albion Bolton Community Centre.

The event was a fundraiser for CPCC and saw trucks and machines of all kinds fill the parking lot.

Children were able to climb into the many vehicles and learn how they work from the drivers themselves.

Lisa Chin, a development officer with the CPCC, said she was so happy to have the event return to Caledon after a break caused by the pandemic.

"We've been asking local companies to come with their trucks and

allow kids of all ages to get up close and personal to the vehicles," said Chin. "And we're promoting the Caledon Parent-Child Centre and all the free programs we offer to Caledon families that have children from zero to six."

Chin said there was a great response from local businesses and municipal partners for the event. There were fire trucks, concrete pumpers, street cleaners, limos, garbage trucks, and many more vehicles at the event. Plus, there was great weather.

"We're super excited that the sun is shining today," said Chin. "We've been chomping at the bit to bring Touch-A-Truck back... we're super thankful to all our supporters, especially Fines Ford Lincoln, and all of our Touch-A-Truck volunteers... local Bolton businesses have been super supportive so we're really thankful."

Chin said past participants and new participants alike were excited to have Touch-A-Truck back.

She shared that some of the new participants included Brampton Transit, which brought a bus to promote its new line in Bolton, and UPS, which now has a facility in Caledon.

Carlos Martins, General Manager of Fines Ford Lincoln, said he was so happy with the turnout for the event.

He said as Fines Ford Lincoln is a family-run business, it's great to be able to give back and host events where families are able to have fun together.



Kirendee, and sons Aiven and Milen, in the UPS truck at Touch-A-Truck Caledon.

PHOTO BY ZACHARY ROMAN

PUBLIC NOTICE

Notice of The Passing of Development Charges By-Laws by The Town of Caledon

TAKE NOTICE that the Council of the Town of Caledon passed Development Charge By-laws No. 2024-042 and 2024-043 on the 21st day of May, 2024, under Section 2 of the Development Charges Act, 1997.

AND TAKE NOTICE that any person or organization may appeal to the Ontario Land Tribunal under Section 14 of the Act, in respect of the Development Charges By-law, by filing with the Clerk of the Town of Caledon on or before Tuesday, July 2nd, 2024, a notice of appeal setting out the objection to the By-law and the reasons supporting the objection. Appeals filed with the Office of the Clerk at 6311 Old Church Rd Caledon ON L7C 1J6, will be accepted on or before Tuesday, July 2nd, 2024. A provincial processing fee will be payable to the Town of Caledon Clerk's Office with the appeal application. The appellant is advised to contact the Ontario Land Tribunal to access required forms and applicable Provincial fees.

The charges in the aforementioned by-laws will apply to all new residential and non-residential development, subject to certain terms, conditions and limited exemptions as identified therein. Schedule 1 below set out the development charge rates applicable throughout the geographic boundary of the Town of Caledon and therefore a map has not been provided. Development charges are imposed on the development of all lands located within the geographic boundary of the Town of Caledon including Fire Protection, Parks & Recreation, Library, By-law Enforcement, Development-Related Studies, and Services Related to a Highway: Operations and Roads & Related.

Schedule 1 – Residential and Non-Residential Development Charge Rates under By-law 2024-042 & 2024-043

	Residential Charge by Unit Type					Non-Residential Charge per m ²
	Singles & Semis	Apartments (>70m ²)	Small Units (70m ² or less)	Other Residential Dwellings	Special Care / Special Needs Unit	
Total Municipal Wide Services (excl. Roads)	\$31,382	\$21,576	\$12,663	\$28,450	\$8,624	\$34.87
Services Related to a Highway: Roads & Related	\$26,464	\$18,195	\$10,678	\$23,992	\$7,272	\$75.46
Total All Services	\$57,846	\$39,771	\$23,341	\$52,442	\$15,896	\$110.33

Note: 1 square metre = 10.761 square feet.

The development charges imposed under the By-laws come into effect on the 30th day of May, 2024. Copies of the complete Development Charge By-laws are available for examination during regular business hours (weekdays from 8:00 a.m. to 4:30 p.m.) in the offices of the municipality located at, and on the website at www.caledon.ca.

For further information, please contact the Clerk's Office at 905-584-2272.

Dated at the Town of Caledon, 23 May, 2024

Robert Cummings
Town of Caledon
6311 Old Church Rd Caledon ON L7C 1J6



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Caledon to form new Illegal Land Use Task Force

Ward 3 Councillor
Doug Maskell and Ward 5
Councillor Tony Rosa
appointed to task force

BY ZACHARY ROMAN
LOCAL JOURNALISM
INITIATIVE REPORTER

Caledon will soon have a new task force to deal with illegal land use.

Caledon first implemented an illegal land use task force in 2021, but is now implementing a new governance model and new terms of reference for a new illegal land use task force.

This month, a call will go out to the

community seeking residents to join the task force. In September, the Town will appoint community representatives to sit on the task force.

At Caledon Council's June 4 General Committee meeting, Ward 3 Councillor Doug Maskell and Ward 5 Councillor Tony Rosa were appointed to participate in the new illegal land use task force.

At the meeting, Councillors unanimously voted in favour of implementing the new task force.

Accompanying the recommendation to implement a new illegal land use task force was a staff report from Joel Assaly, a Municipal Law Enforcement analyst for the Town of Caledon.

The report noted Caledon has seen a concerning rise in illegal parking and storage of tractor-trailers and other commercial vehicles. Since the first task force was implemented, Town staff have investigat-

ed well over 200 truck depots, completed 61 prosecutions, and are still working on many more active files.

However, staff have experienced many challenges, according to Assaly's report.

"Despite enforcement efforts, the illegal expansion of truck depots and other forms of illegal land uses persist, exacerbating the problem," reads the report. "Violations such as fill importation occur even when by-law officers are present on-site, indicating a blatant disregard for regulations... existing fine amounts are insufficient to deter illegal activities, as they are viewed merely as a 'cost of doing business' by offenders."

The report also notes legal proceedings can be lengthy and that there are delays in court. Even more issues are detailed in the report.

"Some properties change ownership after receiving violation notices, com-

plicating enforcement efforts and allowing offenders to evade accountability..." it reads. "It is often challenging to track down property owners, particularly when they are corporations or located outside of Ontario, delaying the service of summonses... operations are sometimes owned by corporations, with no clear individual in charge, further complicating enforcement efforts and accountability measures."

To help address these challenges, one of the main goals of the new illegal land use task force will be to identify interagency collaboration opportunities and advocate to higher levels of government.

The task force will liaise with the OPP, Region of Peel, conservation authorities, and more.

The new task force will begin meeting this fall, and provide its first update to Caledon Council in the first quarter of 2025.

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OPEN FOR BUSINESS – Caledon Mayor Annette Groves and Karan Kang are pictured at the ribbon cutting for Kang's business, Venus & Vixen Studios, on May 31. The business offers an array of services, including laser hair removal, waxing, Botox and fillers, permanent makeup, lash extensions, and skin care treatments like facials, chemical peels, dermaplaning, micro-needling and vampire facials.
CONTRIBUTED PHOTO

Public Notice



ENVIRONMENTAL ASSESSMENT STUDY

NOTICE OF STUDY COMMENCEMENT AND PUBLIC INFORMATION CENTRE #1 ADDITIONAL GROUNDWATER SUPPLY FOR THE INGLEWOOD GROUNDWATER-BASED DRINKING WATER SYSTEM

Background:

Peel Region owns and operates the Inglewood Drinking Water System, a groundwater-based system, supplying drinking water to the Village of Inglewood in the Town of Caledon. The system is currently supplied by two (2) municipal groundwater production wells, Inglewood Well #3 and Inglewood Well #4.

Class EA Study Process

A Class Environmental Assessment (Class EA) study is being initiated to plan for supply capacity and redundancy increase through addition of a new municipal production well to meet the long-term water needs of the serviced area.

Two (2) candidate sites, shown in the adjacent map as Site K (Forks of the Credit Road & McLaughlin Road) and Site 6 (Highway 10 & The Grange Side Road), have been identified as potential areas to develop a new municipal well. Additional groundwater exploration is underway in the southern areas of Inglewood.

The Class EA study is being conducted according to the requirements of a Schedule 'C' project of the Municipal Class Environmental Assessment document (February 2024). The purpose of the study is to evaluate and identify the preferred solution to increase the supply capacity and redundancy in the Inglewood DWS and the associated infrastructure improvements.

Public Information Centre (PIC)

Public consultation is critical to the success of the study. We welcome your comments, and we will provide opportunities for your input throughout the study. Two (2) Public Information Centres (PICs) will be held in association with this study. The first PIC session is scheduled for:

Date: June 20, 2024

Time: 5 to 7 p.m.

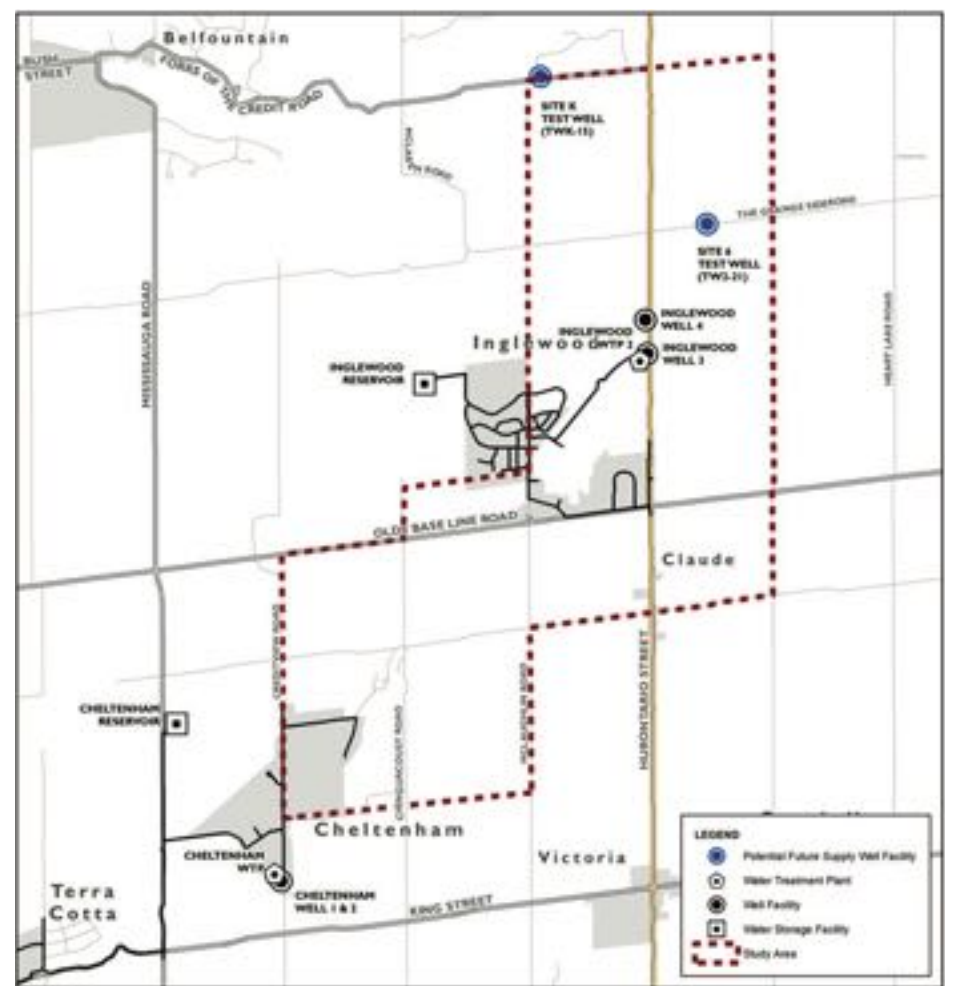
Location: Inglewood Community Centre - Community Room, 15825 McLaughlin Rd, Caledon

The purpose of the first PIC is to introduce the project, the preliminary results of activities completed to-date, to solicit feedback on the information presented, and to respond to questions. Staff members from the Region of Peel and the consulting team, CIMA+, will be available to provide details on the project and discuss your comments.

Please contact either of the project team members below if you have questions or comments, wish to obtain more information on the project, or would like to be included on the Project Contact List.

Erin Ihnat
Region of Peel
Erin.ihnat@peelregion.ca

Sandra Rodriguez
CIMA+
sandra.rodriguez@cima.ca



If you require any accommodations for a disability to attend and participate in meetings or events, please let us know in advance so that arrangements can be made in a timely manner. Please contact the Accessibility Advisory Coordinator through email at: aac@peelregion.ca

This notice was first issued on June 13, 2024.

With the exception of personal information, all comments will become part of the public record of the study. The study is being conducted according to the requirements of the Municipal Class Environmental Assessment, which is a planning process approved under Ontario's Environmental Assessment Act.

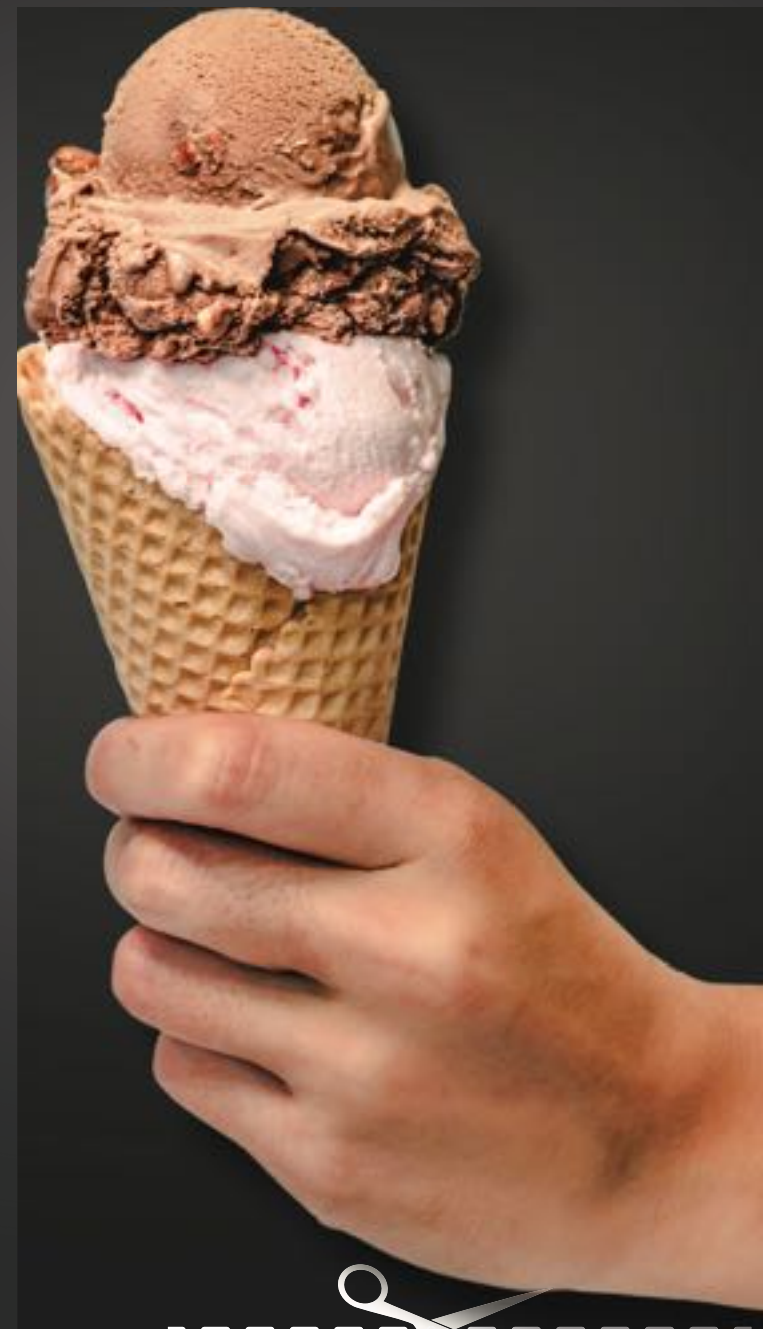
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Katie Koebel,
Audiologist & Senior
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The cutting of the ribbon marked the official opening of the Caledon Fair. This year the honours went to Steve Benson, CEO and Chairman of the Board of Benson Steel (second from left), and Barrie Shepley of the C3 Canadian Cross Training Club. Looking on is Nikki Intranuovo, the 2023/2024 Caledon Fair Ambassador (far left) and Destiny Johnson, the 2023/2024 Junior Caledon Fair Ambassador.
PHOTO BY ANNE THOMPSON

Agricultural Society offered weekend of fun at Caledon Fair



(ABOVE) At the conclusion of the Fair's opening ceremonies, former mayor Allan Thompson auctioned off prize-winning baked goods, preserves and pickles. \$991 was raised and will be split between the Bethell Hospice Foundation and Multiple Sclerosis Foundation.
PHOTO BY ANNE THOMPSON

(LEFT) Cindy Knie is pictured with her prize winning preserves at the Caledon Fair.
PHOTO BY LISA GRAHAM

(BELOW) Ward 1 Councillor Lynn Kiernan and Ward 2 Councillor Dave Sheen helped kick off festivities at the Caledon Fairgrounds.
PHOTO BY ANNE THOMPSON



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 or emailing admin@caledoncitizen.com 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 6:00-6:30 followed by a meeting. The initial annual fee incl. a bi-monthly magazine and starter kit is \$59, and monthly dues are \$20. Today is the best day to make changes to your lifestyle! If you have weight to lose and/or want to improve your health, we can help! We promote healthy eating and support the efforts of all our members, and your first meeting is free. Come join us. For more information call Marion at 905-857-5191 or see www.tops.org. Online memberships are also available.

Caledon Church of Canada. Every Sunday morning @ 10 am. Monday prayer meeting @ 7 pm. Resources: Prayer counselling, Baby/child dedication, Visit the sick, Wedding Services, Food bank and more! For all your pastoral services: 647-891-9400 • caledoncoc@gmail.com Location: 34 Nixon Rd., Bolton

Trunk Sale/Garage Sale/Bake Sale Saturday June 15th, 2024 9 am – 1 pm
Prospective Vendors – Contact Larry Proctor - \$25/table
[The proctorslarry@gmail.com](mailto:proctorslarry@gmail.com)
Caledon East United Church
6046 Old Church Rd.

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.

Caledon Concert Band presents: Asian Inspirations: Anime, Video Games and Fold Music
Caledon Hills Fellowship Baptist Church 16595 Airport Rd., Caledon East Sunday June 23rd, 2024 at 2 pm
Tickets available at the door. \$20 for adults. \$15 for high school students/seniors. Children are free.
See our Facebook page, Instagram or website for more details.
www.Caledonconcertband.ca

King Nursing Home residents enjoying new Java Club program

Program provides space for residents to build friendships and have deep discussions

BY ZACHARY ROMAN
LOCAL JOURNALISM
INITIATIVE REPORTER

A Bolton nursing home has implemented a new program for its residents. Thanks to a New Horizons for Seniors grant, King Nursing Home has started a “Java Club” for its residents. It began in March and will continue for a duration of one year. The club meets weekly, and there are three themes for the club: music, memory, and social.

King Nursing Home, a private long-term care home with 62 residents located in Downtown Bolton, has three floors and there are club meetings held on each floor.

Julie Tran, King Nursing Home’s Director of Resident and Family Relations, explained Java Club meetings usually feature eight to 10 residents and are a great way for people to get to know each other more in an intimate setting. Refreshments are provided at each meeting.

Tran said there’s been a lot of research that shows isolation and loneliness caused by the COVID-19 pandemic has had lasting impacts. She said programs like Java Club reduce social isolation and help people create meaningful connections.

“We focus on the residents that are most vulnerable... we target residents who are in their rooms more and try to get them to come out,” said Tran.

Since Java Club is a more intimate program compared to big group programs, Tran said people who normally might not be social have been much more inclined to join. She said it’s been a great benefit for them.

“This is somewhere they can get in touch with their emotions and be able to share stories in a more personal way,” said Tran. “If you’re in a big group, sometimes people are shy and they don’t want to bring out their life story.”

Tran shared that each Java Club meeting has a theme to encourage discussion from residents.

“Everyone here seems to love it... it’s nice because you get to see residents empathize with each other,” said Tran. She said people have been opening up about difficult topics like grief and loneliness that they’d normally keep inside.

“They’re giving each other motivational affirmations... the club is becoming a real community and it’s really nice to see people speaking about their feelings,” said Tran. “Research shows that building connections between senior to senior is impactful.”

Tran said she hopes the Java Club will bring awareness to the importance of senior wellness and inspire others to support programs like it.

“We believe that sharing these stories will not only highlight the positive impact of the program but also encourage others to prioritize the well-being of their loved ones and support initiatives that promote senior wellness,” said Tran.



King Nursing Home residents have been enjoying a recently-implemented program called Java Club. PHOTO BY ZACHARY ROMAN

FINALLY, YOU CAN GET RELIEF FROM TINNITUS

Tinnitus (pronounced tin-ni-tus or tin-night-us) is defined as a sensation of sound in your ears, sometimes in your head. Each person with Tinnitus has a different sound experience; for most it is described as a ‘ringing’ sound, but many patients also report a ‘shooshing’, ‘buzzing’, ‘wooshing’ sound – similar to the sounds inside a conch shell. Too many people dismiss the ringing, when in fact this sound essentially represents an internal alarm alerting you that something is not as it should be. Whether the Tinnitus is constant, only noticeable in a quiet room or at night, pulsating or seems to have certain triggers (i.e. exercise or caffeine), it is important that the root cause of the problem be determined and a proper treatment plan be put in place with your Doctor of Audiology. It is currently estimated that nearly 50,000,000 American adults live with Tinnitus. Tinnitus is simply described as the experience of hearing a sound in your ears, sometimes in your head. Tinnitus is also experienced by approximately 80% of people living with hearing loss. Some people only notice their Tinnitus in a quiet room, whereas many others experience the sound all day long – and it can interfere with daily life. In some people, the sound can cause depression, anxiety and affect concentration. The Doctor of Audiology is able to dig deeper into the symptoms, recognize the individual’s Tinnitus triggers and have a full understanding of the patient’s hearing profile and results of a complete audiological evaluation that includes cognitive screening.



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Danielle Farrell
Public Education Coordinator
Alzheimer Society Peel



Ripley McIntosh
Programs & Partnerships Coordinator
Alzheimer Society Peel

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AGENDA

September 25th, 2024

10:00am - 1:30pm

Event Location:

Hilton Garden Inn
Toronto/Brampton

2648 Steeles Avenue East
Brampton, ON L6S 6J9

BROCK WEIR
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Respect in a changing landscape

Before I came back to journalism, my early career took an unexpected turn.

But, come to think of it, it really wasn't all that unexpected.

I went to school in our nation's capital, so it shouldn't have been all that much of a surprise that my first "real" job was in the political realm. It was Ottawa, after all, and most people I encountered were either politicians, bureaucrats or their staffers – or "recovering" politicians, bureaucrats and staffers. Or the people who cover both: journalists.

Why I initially went in the opposite direction of what I was studying to do was pure happenstance, but I'm glad the fates had other ideas in mind before gently nudging me back in the path of my chosen profession.

It gave me insight as to how both sides of the proverbial coin operated.

Before walking through the corridors of Parliament, I hadn't a full appreciation of the ins and outs of government, the time it took to come to a reasonable solution – or resolution – on even the most mundane of matters, or how much showmanship went into Question Period, one of our country's most notable and longest-running repertoire company of political theatre.

Sometimes, a familiar quote from English economist Walter Bagehot would pop into my head when certain ideas, conceptions and myths were well and truly busted: "If you begin to poke about it, you cannot reverence it...its mystery is life. We must not daylight upon magic."

Bagehot was speaking about the concept of royalty, but I don't think it's too far off the mark to apply it to our various seats and levels of government as well.

The experience did indeed cast daylight upon what I conceived to be a certain brand of magic – for better or worse – but as irreverent as I consider myself to be, where appropriate, the respect I had for the systems and offices that were in place were, in many cases, bolstered.

While that respect had rarely wavered – and I do admit to one or two instances where I've felt that one might need to adjust respect for certain office in conjunction with the respect for the office-holder has for said office – in recent years its often felt that we have to continually adjust to what people often describe as "the political game."

Social media, for instance, has changed the way politicians communicate with the people they represent, or hope to represent – again, for better or worse.

Door-knocking, always a perennial favourite for politicians established and aspiring, continues to be pushed front and centre as the bread and butter of any campaign or engagement exercise, and rightly so.

As are ads, flyers, brochures and other forms of analogue communication where a campaign plank or a promise delivered can be summed up with some eye-catching graphics, and a few pithy slogans designed to stick in the minds of the consumer; "Build the homes. Fix the budget. Stop the crime" are vague slogans that I think most people would agree with, regardless of where they fall on the political spectrum ("Axe the tax" is a different beast all together, but that's a subject for another column) but the devil is always in the details – and the deliverables.

Yet, some traditions, whether spoken or unspoken, have been shoved to the back, both a "tell" of respect for the electorate.

First, the unspoken agreement that if one shows up to exercise their constitutional right

to vote, the government that is elected will serve the term they have been hired to carry out – not, as the rumours coming out of Queen's Park would suggest, tossing the will of the people out the door and calling another election for the sake of political expediency.

The other is the continued fall-out-of-fashion of the humble political debate.

In the United States, both men looking for another four-year term as President appear to be using the idea of a debate as a means to play a slow-moving game of Chicken. Things aren't quite as bad here, but they're rapidly headed in the same direction.

Several years ago, we, as a paper, organized a debate for candidates seeking a higher level of office beyond the Council table.

In this particular instance, the candidates for the major parties showed up – but, with one candidate, one got the impression that it was a great imposition, despite the fact that more than 200 residents showed up to hear what they have to say.

"I could be out door-knocking right now," one heard them say before the start of the session, which was held on a Saturday or Sunday afternoon to give people who couldn't otherwise attend an early evening debate, such as commuters, a chance to hear what the applicants for one of the most important jobs in the community have to say and how they answer very real questions that might be on their own minds.

Now, the people of Mississauga have a new Mayor after a contentious campaign to replace Bonnie Crombie, who has set her sights on higher office at Queen's Park.

The main contender through much of the race, and the ultimate victor, is long-time Council member Carolyn Parrish, who came into the field with several years as a Federal Member of Parliament under her belt.

As the campaign wore on, Parrish has faced criticism for refusing most campaign debates on the basis of "personal threats" she's received along the way.

"We are respectfully declining all debates," said the Parrish campaign on social media. "Our campaign will continue to focus on a positive, productive approach, engaging directly with Mississauga residents. Carolyn is eager to continue meeting with individuals and groups in the short time that remains until election day."

The campaign did not comment on the nature of the threats.

The fraught nature of our political landscape now cannot be understated.

Threats against our public officials are very real, sometimes organized, and need to be dealt with accordingly and, as such, they are changing the traditional "rules of engagement."

But those who are losing in this shifting landscape are the voters – well, specifically, the genuinely engaged voters who take their ballots seriously and do their utmost to vote on election day or in advance polls.

They should be respected enough to be given the chance to see candidates debate each other face to face, express the issues that matter to them, and see how they will react in the heat of the moment – after all, voters must select one of these individuals to do that very thing.

They should also be respected enough to follow through on the commitment they've made with the people who have elected them to carry out the mandate assigned to them in the expected timeframe.



Missing my dad on Father's Day

by Mark Pavilons



Dear Dad;

Boy, has a lot happened since you departed in 1998.

Twenty-six years, 9,490 days. Untold events and memories.

I remember the year well, because that's the year our first-born, Lexie, came into the world.

Luckily, you were able to hold her in your care-worn arms a few times. And then, never again.

I often catch myself turning around, feeling a hand on my shoulders. Could it be you, or just my imagination? Can you ask the Big Guy if it's permitted to drop me a line, or send me a signal from time to time?

I hope there is a way for you, mom and Angela to catch a glimpse of us down here on occasion as events unfold. I heard, that the love you have inside, you take it with you as you transcend.

That's comforting.

Down here, the work continues, and sometimes it feels like I'm wading through waist-deep water, desperately trying to reach the shore.

More often lately, I think of simple, less stressful times. Despite being an average family, my early life was pretty decent. I took almost everything for granted.

I still remember that fateful summer evening when you pulled me close to your chest and uttered a final piece of advice: "You have a beautiful family. Take care of them."

I have tried, almost daily, to fulfill that directive. Let me tell you about them, and how far we have all come.

Your oldest granddaughter is now 26, a beautiful, young woman, a force to be reckoned with. She's currently taking her Master's Degree, while working for the summer as an intern with a government agency. This one will go places, let me tell you.

In fact, she's already been half-way around the world. With a heart of gold, and a tenacity to match, this one has been on several humanitarian missions – visiting African countries twice! She's seen the world's poorest souls and summoned her own inner strength to make a difference.

That, she will, I have no doubt. I can see the edges of your mouth curl up in a proud smile. I'll pass it on to her.

She will never get to hear your laugh or hold your hand. She has missed out on something quite special. Again, it's something I took for granted, but now makes me long for that touch, just one more time.

I try to share stories about you and pass on tidbits and things you taught me. But those 9,490 days have blurred some of them out, and made my memory falter.

But some of these nuggets do surface from time

to time, and I celebrate silently, in my own mind and heart.

Do you remember her? Maybe you took some of her warmth with you, and kept it close, embedded deep within your eternal soul.

Dad, I'm happy to say your only grandson, Liam, has turned into quite the strapping young man.

He arrived in 2001 and I'm sure you would have been over the moon at the sight of him. He was quite the handful as a child, and has grown into an intelligent, thoughtful young man.

I worry about him almost every day. If I had the power, I would give him just a morsel of your inner strength, the same strength that kept you alive and brought you to Canada after the war. He would have cherished talking with you, even playing a game of chess or two. Undoubtedly you would have been great pals and spent your days on long walks in the woods or country lanes.

You would have added a certain je ne sais quois to the Pavilons mix, this cocktail of generations.

I can no longer toss him up on my shoulders, as you once did to me. Funny what we remember.

You jostled and jiggled with me atop that special perch, moving back and forth in the hallway as mom made dinner. I can still hear my giggles, echoing in the distant past, drawing fainter and fainter.

Your third grandchild, Kyleigh, is now 18, a beautiful young woman.

She loves animals and cares about people. She's quite witty and seldom backs down from an argument. Through this along, she's destined to go far.

I can't help but feel at a loss. I think had you and mom stayed a bit longer, just a few more precious years, they would have benefited in some way.

I know in my heart that you would have loved all three of these angels with every fiber of your being.

We all lost when your time was up.

They will never skip stones on the river or make a walking stick out of a tree branch.

I look at them and feel sad. Sad because those past 9,490 days have gone so quickly without you. Granted, you would be 105 today.

I am now a bit of a grumpy, old man. It's my own fault and yet I can't really recall how I got here and how I ended up in this state.

I've had some health issues in the past year, something I know you are familiar with. My fate is largely in the hands of medical professionals and God himself.

I'm starting to get a handle on this fatherhood thing – it only took me 26 years to begin to understand all the nuances. There is much more to come, I'm sure.

It would have been so nice to share a dual Father's Day with you – two generations gathering to celebrate the warmth and love that surrounds them.

For me, it's a bit bitter-sweet to be sure.

I don't feel I deserve the attention, and yet, I know we'd shower you with affection if that empty seat at the table had you in it.

If you have any minor miracles to share, now would be a good time.

But I get it, you'd have to ask the powers that be.

Hey dad, I'm sorry for the things left unsaid, and those things you fought in your head.

I get it now.

Your Son,
Mark

Submit your **LETTERS TO THE EDITOR**

Caledon Citizen
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Need the answer?

A couple of years ago I decided to put up new ceiling lights in the kitchen.

I replaced the old ugly builder's lights with snazzy, flush-mounted LED lights. They looked good.

Replacing a light fixture is a simple job. Usually it's two wires and a couple of screws.

If you turn off the electricity before you start, it's even easier.

Except this time, when I turned the power back on, one of the lights stayed lit, even when I flipped the switch.

Having a perpetually lit kitchen probably wouldn't be a good thing.

I took down the light and took another look at the situation. I rewired, and tried it again.

Sure enough, the one light stayed on. There are two ceiling mounted lights, and two switches with one face plate and one junction box so the lights were wired together.

The one light had three wires, which I assumed where in-coming, out-going, and a ground.

I tried everything I could think of, but nothing worked.

I decided to check the modern version of the

Home Electrician How To book, and looked up a site for electrical problems on the internet.

Sure enough, there was a site for just such dilemmas.

I took a photo of the wires dangling from the light fixture, and posted the problem.

A couple of hours later, someone replied with the solution. I tried it, and it worked.

Lesson learned – pay attention to details. I unscrewed the wires without taking note of the third wire and where it should be attached.

At one time, just about every household had a set of encyclopedias. Kids needed them for school work. They were great books and many people took pride in lining up A to Z in the family bookcase.

The days of the encyclopedia salesman are long gone. Having a set of encyclopedias is like having an old upright piano - you can't give them away.

That's the same for automotive repair books, do it yourself handyman books, and a whole host of others people just don't buy any more.

YouTube has an incredible amount of information.

If you need to find out how to install a new

Johnson Rod on your car, YouTube will probably have several demonstration videos on how to do it.

There have been many times I needed help in doing a household type chore, and entered the information into the YouTube search, and sure enough, there will be an instructional video on the subject. And that includes even the smallest things.

When I bought my vehicle, I tried to open the hood to refill the windshield washer fluid for the first time. After popping the hood from the inside of the car, I was reaching around under the hood for the hood release.

I couldn't find it. I turned to YouTube and entered, "how to release the hood on a Ford Escape."

Sure enough, there were several videos showing how it's done. It turns out the Ford Motor Company decided to deviate from the normal hood release and sort of hid it off one side.

Several mechanics realized this could cause problems and took the time to do a video showing the procedure for something as simple as opening the hood of a vehicle.

Furnace not working? There's a YouTube video for that. Need plumbing or drywall help? There

are videos that show you how to do it.

Need help with a computer program? There are plenty of videos that show every aspect of every computer program and what you can do with them and how to solve problems.

Several times I've considered buying a product but wasn't sure which brand or model would be best for me.

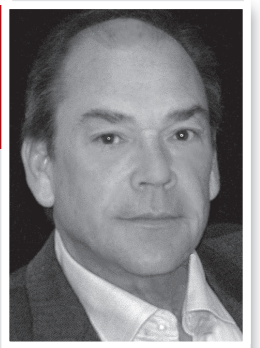
YouTube to the rescue. There is a product review from someone who already owns it, on just about every consumer good.

I don't even need sheet music to play a song anymore. All the music, and I mean pretty much everything, has charts, chords, notes, lyrics, and how to play videos on-line.

We are in an information age like no other time in human history.

It's no longer an excuse to say, "I don't know" when asked a question.

If there is a question, there's an answer at your fingertips.



BRIAN LOCKHART
FROM THE SECOND ROW

If Only

If only we lived in a world where who you loved didn't make you feel unsafe, unwelcome or, as in the case in some countries, unlawful. Falling in love is hard enough and when two people do find love, why on earth should it matter to anyone else with whom they found it? June is Pride month and there is no better time than now to ask ourselves what would it look like in the world if all love was accepted and celebrated? If only.

While still a Justice Minister in 1967, Pierre Elliot Trudeau proposed to decriminalize homosexuality and became widely known for quoting: "there's no place for the state in the bedrooms of the nation." No place indeed. Yet here we are some 50+ years later still defending the rights of the 2SLGBTQ+ community to fall in love, marry, heck even raise a family. You know, just like any human being might like to do someday. Pride month exists because even though Trudeau's Omnibus Bill was passed two years before the Stonewall Riots in New York, very little changed here at home in the bill's immediate aftermath. Sadly, some might argue, in the minds of many, very little has changed even now.

Pride month exists as a direct acknowledgement of, and an uprising against, the ongoing discrimi-

nation and harassment faced by members of the gay community that culminated in those aforementioned Stonewall Riots of 1969. Today, Pride Month continues as a celebration of acceptance; a recognition of equality, and as an educational tool reminding us of both the contributions, and the history of the 2SLGBTQ+ community. Perhaps most importantly, however, Pride Month presents us with an opportunity to continue raising awareness about how damaging homophobia was, and still can be, both here at home, and in many countries around the world.

In any relationship, loving someone calls for us to ignore the little idiosyncrasies. Loving someone sometimes requires us to suspend harsh criticism, to work on our communication with one another, and to foster acceptance instead. Loving someone is occasionally about forgiveness, and loving someone is about safety – the sense that someone else has your back and will provide a safe place for you to land when you topple and celebrate when you succeed. Sometimes, loving someone is just a warm hug or a caring hand placed on your own as you chat about your day. It's about our humanity. If only we lived in a world where everything required of us to truly

love someone was equally applied to how we encourage and celebrate each and every other human being's right to find that kind of love for themselves.

If only we lived in a world where the more than 60 countries who still criminalize homosexuality didn't exist, or in a world that would bring enlightenment to 12 of those same countries who can still legally impose the death penalty as punishment against those found guilty of private, consensual, same-sex activity. Yes, the death penalty! It is appalling to me that such state-sanctioned hatred exists. Perhaps even worse is that this hatred is often fuelled by various interpretations of some members of many of the world's major religions. These are people who, despite their faith's emphasis on loving one another in recognition of our deeper understanding of the unity of all mankind, continue to single out members of the 2SLGBTQ+ community for simply loving another human being.

Pride Month exists as a reminder to be "proud of who you are no matter who you love." It's an opportunity to celebrate. In Caledon, rain didn't dampen the festivities of a June 2 Pride family picnic hosted by IDEA Caledon, Caledon Pride and supported by a number of community agencies and businesses.

SHERALYN ROMAN
TALK CALEDON



Taking place soon is a Queers and Beers event scheduled for June 20 and happening at GoodLot.

Allies can show their support by attending these and similar events in Caledon or around the GTA. Allies can also show support by placing a Pride flag (or two!) outside your home or business, or by donating to an organization that supports the 2SLGBTQ+ community. You can choose to be an ally in both your words and your deeds. If you have a platform and a following (and with social media, who doesn't these days) use it to spread joy and positivity not hate, fear and judgement. If only we lived in a world where the simple act of loving someone, and being in love, mattered more than who the person we loved was. We're getting there, but with the rising tide of right-wing ideologies in some corners of the world, including just south of our borders, it's incumbent upon all of us to stand up, protect and be proud - whether as an ally, or a member of the 2SLGBTQ+ community. #LoveisLove.

Macron's Strategy

Even before the final results were in from all of the 27 European Union countries that voted in the EU elections last weekend, President Emmanuel Macron had called national elections in France for the end of this month. What does he know that other European leaders don't?

He didn't have to do it. His own term as president runs until 2027, and he knows that the men and women who just gave his Renaissance Party only 15% of their votes in the EU elections are the very same people who will vote for a new National Assembly in France in three weeks' time. Macron's party will lose again.

Losing the elections for the European Parliament is not a big deal, because it has little real power. The original intention back in 1957 was that it should grow into something more impressive, but the member states have zealously guarded their sovereignty and big EU decisions are still really made by negotiations among the member states.

What the EU elections provide is a useful snapshot of how people would vote in a national election held right now. The message from this month's EU poll is that the far-right nationalist parties are going to eat almost everybody else's

lunch. That is already a done deal in the Netherlands, Hungary and Slovakia. Italy's Prime Minister Giorgia Meloni is also part of this group (although she is less extreme than the others), and both Austria and Germany may find it hard to exclude their own neo-fascists from coalition governments after the elections due this year (Austria) and next (Germany).

It's France where the risk of a hard right takeover is most acute. Marine Le Pen, the leader of the National Rally, has been creeping closer to the presidency in each of the last three elections (2012, 2017, 2022), ending up with 41% of the vote running against Macron in the last one.

Le Pen has "de-demonised" her party, changing its name from the fascist-sounding National Front, banning public displays of its traditional racism and anti-semitism, and soft-pedaling her pro-Russian views since the invasion of Ukraine – and opinion polls say that she is now the most popular politician in France.

In the EU elections on Sunday, Le Pen's National Rally got 32% of the French votes, more than twice as many as Macron's Renaissance. If these results are duplicated in the parliamentary

election Macron has now called in France, Le Pen will then be able to make a coalition with smaller far-right parties in the National Assembly and form a government.

Macron would remain president and control defence and foreign affairs until 2027, but Le Pen's government would control most domestic matters. On hearing the results of the EU vote, she immediately said that her party was "ready to exercise power, ready to put an end to mass immigration." So, once again: why did Macron call a vote now?

He is not some hapless chancer like soon-to-be-ex-British Prime Minister Rishi Sunak, who called an election he is bound to lose just to end the misery and get back to his spiritual home in California. Macron is a French patriot who thinks long term and always has a strategy.

The success of the far right in the EU election was a disaster foretold, and Macron will have decided on his response weeks ago. He is deliberately giving Le Pen's National Rally their chance at power three years early (now, not 2027), in the hope that they will make a complete mess of it and lose power again in just a few years.

Making a virtue of necessity, you might say, but he's right. Nobody in the National Rally has

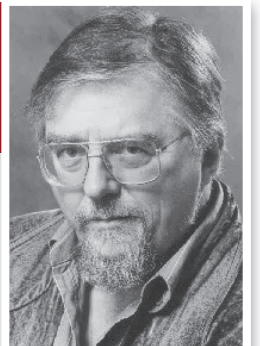
any experience of running a government, and the coalition of extreme-right parties Le Pen will have to assemble will be full of jostling egos and downright crazies. Give them enough rope, and maybe they'll hang themselves.

Macron must realise that a great crisis over mass migration to Europe is coming in the near future, driven by out-of-control global warming. Temperatures in Greece, southern Italy and southern Spain are already hitting 40°C – but that's nothing compared to temperatures reaching up to 50°C in India, Pakistan, and the greater Middle East.

There will be literally millions of climate refugees trying to get into Europe, and the borders will slam shut. Like it or not, that's a given, but it should not be accompanied by a war on those who have already made their legal homes in Europe.

The far right is unlikely to make that distinction, so it would be better if they were in power now and out of power again by the time the real crisis hits. Or maybe I'm crediting Macron with greater foresight than he actually has.

GWYNNE DYER
OUR WORLD TODAY



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Council unanimously endorsed plan at June 4 meeting

Continued from FRONT

The first was Jerry Gorman, a Bolton resident and member of Caledon's Active Transportation Task Force (ATTF). He explained he supports the new ATMP and joined the ATTF to advocate for policies

that support pedestrians.

"It is well known that walking is the most accessible form of exercise available for improving and maintaining good health," said Gorman.

He said when implemented, recommendations from the new ATMP will put pe-

destrians on the map. Gorman noted there are many opportunities to create new paths in Caledon, both in and out of built-up areas. Another area Gorman spoke on was signage.

"Years ago, I brought the need for wayfinding signage to the attention of Town staff, but was told that it would have to wait for an active transportation study. I'm glad to say that wayfinding signage has been addressed in section five of this report," said Gorman.

He went on to suggest the Town could expand on its "Visit Caledon" website to share information about new trails as they're implemented through the ATMP.

Regional Councillor Mario Russo said he appreciates Gorman's advocacy and that pedestrians will not be forgotten.

"That pedestrian connection, as you've indicated, is an asset to our community and your voice has not gone unnoticed," he said.

Mayor Annette Groves agreed with Gorman's point that walking is one of the best exercises for body and mind.

"Not only does it keep your heart healthy, it keeps your mind healthy. I think it's a great way to be outdoors," said Groves. "Thank you for your many years of advocacy for our trail system."

David Laing, a Brampton resident and founder of Bike Brampton, was next to delegate.

"Bike Brampton is a group of people who believe that communities should be offering safe and accessible transportation options that are healthier and more affordable for individuals, better for the community, and environmentally and economically sustainable," said Laing.

Laing said he was in support of the ATMP and that he's used Caledon's roads and trail systems extensively for cycling. He came to the June 4 meeting to advocate for the needs of utilitarian cyclists — those who cycle for transportation, rather than just recreation.

He said Caledon should be interested in promoting utilitarian cycling because every trip taken by bike instead of car reduces pollution, improves physical and mental health, lowers individual and societal economic costs, and reduces the need to build more roads.

Laing said utilitarian cyclists need safety and connectivity that's created through high-quality infrastructure.

"Anything that can be done to let the cyclists know that they are welcome and appreciated is important," said Laing. "Surface quality, wayfinding signage, year-round maintenance, lighting for nighttime use..."

Laing said research indicates installing bike lanes on a road improves safety for all road users by 30 to 50 per cent. He said data is important to convince naysayers that building cycling infrastructure is good for all.

Laing said Caledon's ATMP does a good job of balancing recreational and utilitarian needs. He said the plan could be improved by adding measures to ensure near-term actions are taken and making monitoring and evaluation more specific.

Another member of Caledon's ATTF, Wayne Noble, was next to delegate on the ATMP. He said some of his main priorities are trail connections and equity for trail users.

"We all know there's going to be a lot of growth coming there. So, we have to plan for that growth. There are going to be a lot of people that are going to be walking to work, walking to the grocery store, riding their bike to work," said Noble.

Groves and Regional Councillor Christina Early said Noble has been Caledon's biggest cycling advocate for many years and thanked him for his efforts.

Caledon's new ATMP will come to Caledon Council's June 25 meeting where it will be recommended for final approval.

Edward Jones



Rob Payne
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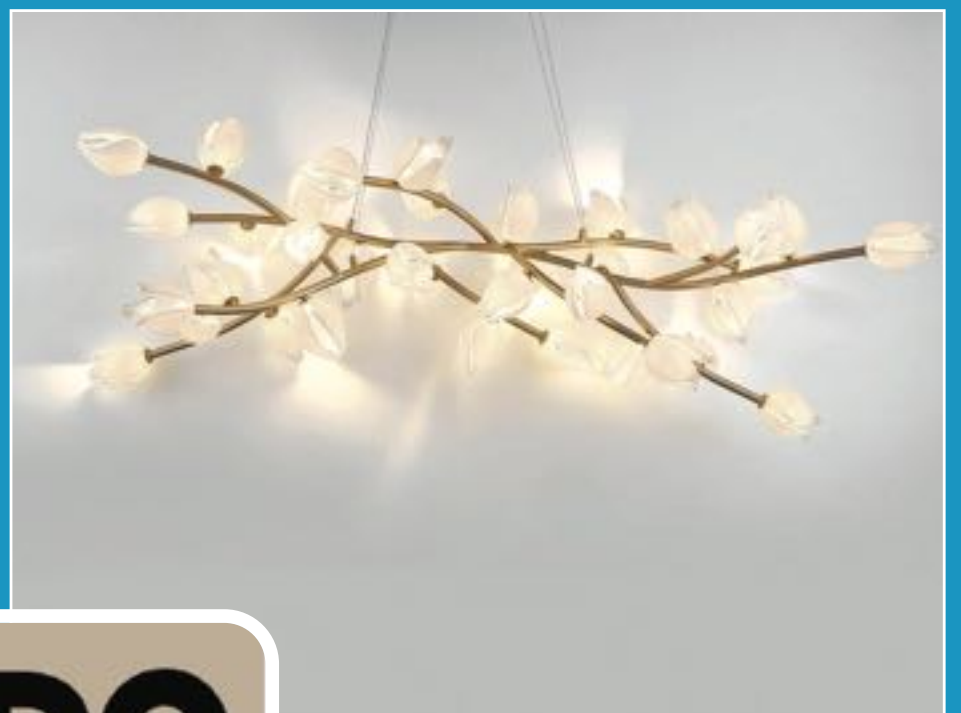
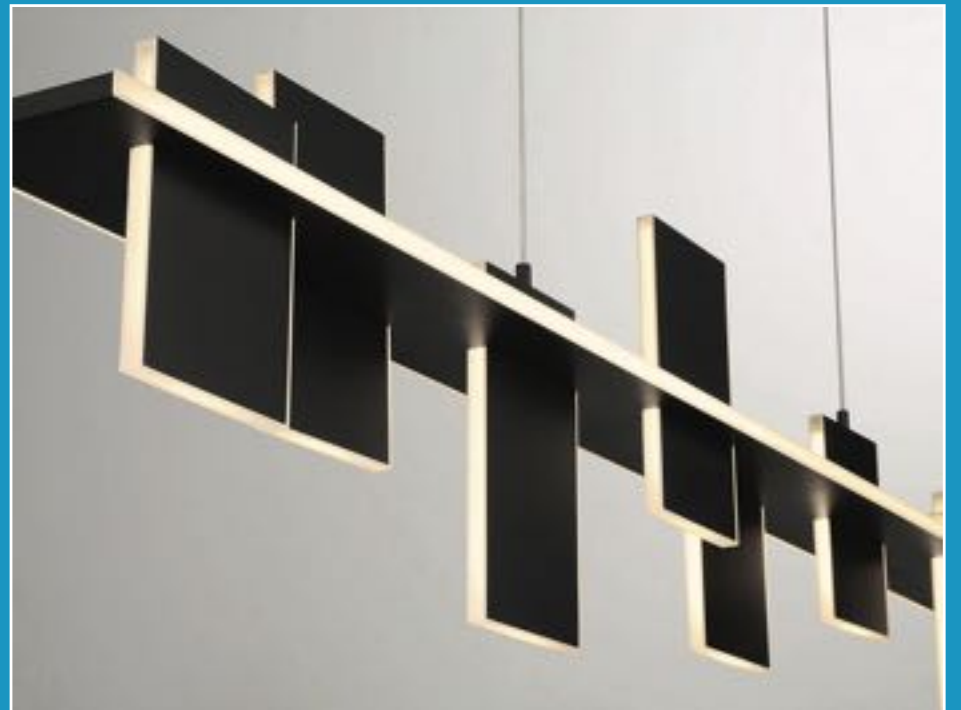
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Damaged fencing in the Bolton Leash-Free Dog Park, as seen on June 6. PHOTO BY ZACHARY ROMAN

Town says improvements to dog park are coming

Continued from FRONT

Biggs said, in general, she's concerned with how high grass has been allowed to grow in the park, as ticks like tall grass. She said it also makes it hard for people to find dog poop and pick it up.

In past years, Biggs said maintenance of the Bolton Leash-Free Dog Park was much better and she'd like to see a return to form from the Town.

"A lot of people just won't come to this park anymore... (other) people come here because they love this park, but they've been commenting about how it's not a nice park now," said Biggs.

Biggs said in the past the Town has told her new fencing is not in the budget for the park, and she's unhappy with the temporary fencing being used in some areas.

Michael Hoy, Caledon's Manager of Parks and Natural Heritage, said the Bolton Dog Park has experienced high levels of rain this spring, and that the temporarily fenced-off area will remain as is until drier weather allows turf restoration to proceed.

"Town staff conduct routine maintenance work within the Bolton Dog Park including but not limited to, bi-monthly

grass cutting and waste collection on a weekly basis," said Hoy in an email to the Citizen.

Hoy said Caledon is "currently working on plans" to complete improvements to the dog park. Phase One of these improvements is for the western half of the park and will include new fencing, separated small and large dog areas, a shade structure with seating, an updated water station and an accessible pathway.

Phase Two will include improvements for the eastern half of the park such as new fencing on the edge of the stormwater pond there, a shade structure, and grading works to improve drainage.

"Pending (Toronto and Region Conservation Authority) permit approval, the Town will start Phase 1 of the Bolton Dog Park improvements this fall," said Hoy.

Hoy said Caledon plans to improve the stormwater management pond directly adjacent to the Bolton Leash-Free Dog Park in 2025 alongside Phase Two of the park improvements.

Biggs said work has been pushed back in the past and she doesn't want to see any work get pushed back again. She wants improvements to the park completed as soon as possible.



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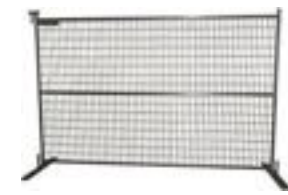
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TOWN OF CALEDON

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MUNICIPAL CLASS ENVIRONMENTAL ASSESSMENT STUDY STRUCTURE IMPROVEMENTS TO PATTERSON SIDE ROAD BRIDGES AND DUFFY'S LANE BRIDGE

The Study
 As part of the Town of Caledon's Asset Management Strategy, improvements are being considered for bridges and culverts. This is due to the wear and tear on existing infrastructure and to plan for future increased traffic use. The Town has initiated a Schedule 'B' Municipal Class Environmental Assessment (October 2000, as amended in 2007, 2011, 2015 and 2019) to consider options for improvements to two (2) bridge structures located on Patterson Side Road (Bridge no (1) - ID B22162016 and Bridge no (2) – ID B22164017) and one (1) bridge structure located on Duffy's Lane (ID - B22072010).

Patterson Side Road Bridge (1)
 For improvements to the existing 2 lane, T-beam reinforced cast-in-place structure constructed in 1950 and located approximately 0.1 km West of Duffy's Lane over the Humber River.

Patterson Side Road Bridge (2)
 For improvements to the existing 2 lane, rigid frame, vertical leg reinforced cast-in-place structure constructed in 1950 and located approximately 0.03 km East of Duffy's Lane over the Humber River.

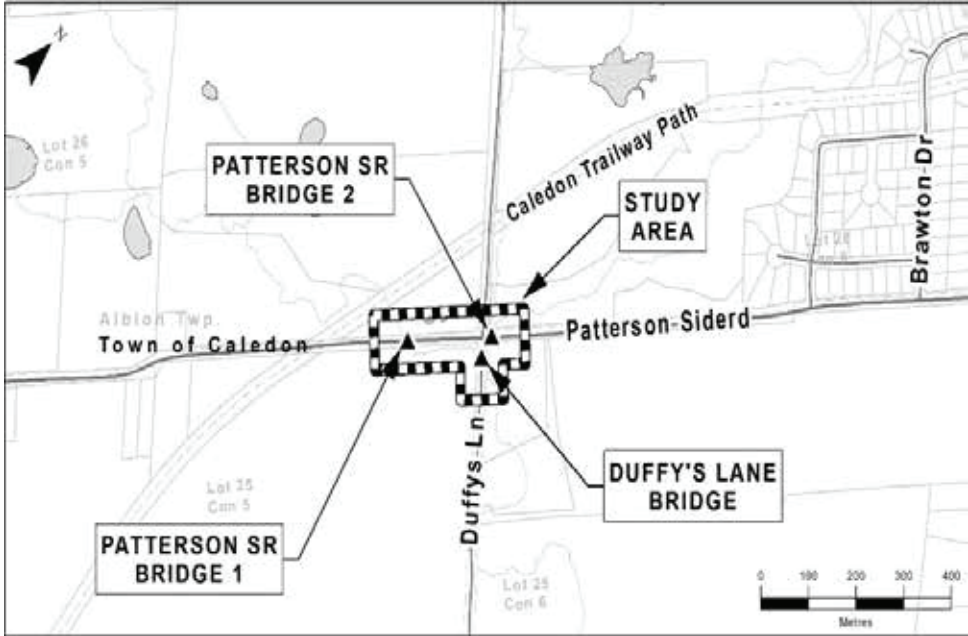
Duffy's Lane Bridge
 For feasibility investigation to determine future management of the existing structure. The bridge is located approximately 0.03 km South of Patterson Side Road over the Humber River. The approximate location of the project is shown on the map.

Patterson Side Road Bridge (1) and Bridge (2):
 Design Alternative Solution 4 - replace the structures, was the Preferred Solution for both Patterson Side Road bridges. The preferred solution for Bridge (1) involves replacement of the full structure with a 16.25 m span bridge. This solution includes the ability to improve the alignment with the watercourse and widen the structure to meet the desired road platform width. The Preferred Solution for Bridge (2) involves the replacement of the full structure with a 14 m span bridge. The new structure can be constructed to the desired platform width and call allow for improved sight distance to meet the 60 km/h design speed.

Duffy's Lane Bridge:
 The evaluation determined that preferred solution for Duffy's Lane Bridge was Design Alternative Solution 4B – replace structure-vehicular bridge (single lane, modular). The preferred solution 4B includes a 1-lane, 2-way bridge structure with a 4.15 m (+/-) wide driving platform as a prefabricated girder-type structure. The new structure would allow for a larger span and new bridge abutments and would allow for future road profile improvements.

Project File Report
 A Project File Report (PFR) has been prepared to document the planning and decision-making process for this study. By this Notice, the PFR is being placed on the public record for a 30-day review period from June 13 2024, to July 12, 2024. The PFR is available for review through the Town of Caledon website at: https://ic12.esolg.ca/11187116_TownofCaledon/en/news/public-notice-patterson-duffy-s-lane-bridge-environmental-assessment.aspx

If you have any questions, comments or concerns regarding this study, please contact one of the Project Team members below by **July 12, 2024:**



Preferred Alternative Solution
 Through consultation with Agencies, Members of the Public, and Indigenous Communities, the preferred solution for the structural bridge improvements are as follows:

Comments submitted to the Town of Caledon for the purpose of providing feedback regarding this Municipal Class Environmental Assessment are collected under the authority of the Environmental Assessment Act. Information will be collected in accordance with the Freedom of Information and Protection of Privacy Act. As this information is collected for the purpose of a public record, the protection of personal information provided in the Freedom of Information and Protection of Privacy Act (FIPPA) does not apply (s.37). Personal information you submit will become part of a public record that is available to the general public unless you request that your personal information remain confidential. With the exception of personal information, all comments will become part of the public record. Questions relating to the collection, use and disclosure of this information may be addressed to George Golding, P.Eng., Senior Project Manager, Engineering Services at 905.584.2272 ext. 4523 or george.golding@caledon.ca.
 This notice was first issued on June 13 and June 20, 2024.

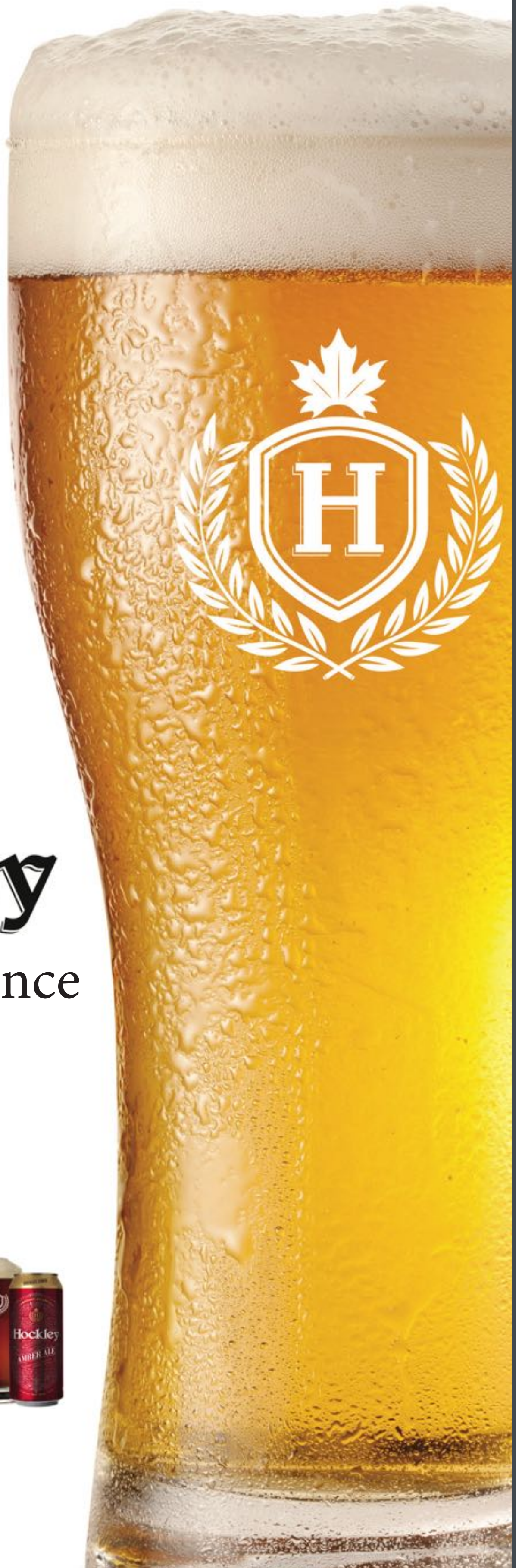
Town of Caledon
 George Golding, P.Eng.
 Senior Project Manager, Engineering Services
 Tel: 905.584.2272 ext. 4523
 E-mail: george.golding@caledon.ca

R.J Burnside & Associates Ltd.
 Andrew Dawson, P.Eng.
 Consultant Project Manager
 Tel: 705.797.4310
 E-mail: andrew.dawson@rjburnside.com

In addition, a request may be made to the Ministry of Environment, Conservation and Parks for an order requiring a higher level of study, or that conditions may be imposed, only on the grounds that the requested order may prevent, mitigate or remedy adverse impacts on constitutionally protected Aboriginal and treaty rights. Request on other grounds will not be considered. Requests should include the requesters contact information and full name for the ministry. Please visit the ministry's website for more information on requests for orders under section 16 of the Environmental Assessment Act at: <https://www.ontario.ca/page/class-environmental-assessments-section-16-order>
 Requests should specify what kind of order is being requested, how an order may prevent, mitigate or remedy those potential adverse impacts, and any information in support of the statements in the request. The request should be sent in writing or by email to the project contacts noted above and the following:

Minister of the Environment, Conservation and Parks
 77 Bay Street, 5th Floor
 Toronto, ON M7A 2J3
 Minister.meqp@ontario.ca

Director, Environmental Assessment Branch
 Ministry of Environment, Conservation and Parks
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How seniors can overcome a lack of motivation to exercise

Exercise has its fair share of devotees and millions of others who recognize its value but still struggle to include workouts in their daily routines. Motivation can be a significant hurdle when it comes to exercise, and recent studies are a testament to that difficulty.

IN A 2021 SURVEY from the global fitness brand Orangetheory® Fitness and Kelton Global, 43 percent of respondents indicated they suffered from a lack of motivation to exercise. Lack of motivation can affect people of all ages, including seniors. However, seniors may be uniquely positioned to overcome their lack of motivation to exercise, particularly if they're retired and have time on their hands. Seniors who aspire to exercise more frequently can consider these strategies if motivation becomes an issue.

EXERCISE AWAY FROM HOME

During the early days of the COVID-19 pandemic, a phenomenon that has been characterized as "basement burnout" developed. That referred to the lack of enthusiasm to exercise at home when

gyms and other fitness facilities were forced to close as a public safety measure. Home workouts can become monotonous since most people do not have enough room at home to house the same array of equipment that's available at their local gym. Seniors can overcome monotonous workouts by purchasing a gym membership at a local facility. Many clubs offer discounted rates to seniors and some even offer senior-specific fitness classes like yoga and Pilates.

EMPLOY THE BUDDY SYSTEM

Seniors also can enlist friends and family members to join them when they exercise. Encourage neighbours or friends to come along to the gym for a favoured fitness class, or invite friends and family on hiking excursions or daily walks. The National

Institute on Aging notes that turning exercise into a social activity is a great way for seniors to maintain their motivation to exercise.

TRACK YOUR PROGRESS AND CELEBRATE YOUR SUCCESSES

The NIA touts the benefits of tracking progress when trying to stay motivated to exercise. As exercise efforts pay increasing dividends, seniors may find it's no longer hard to stay motivated. Success can be measured in various ways. Some might aspire to produce healthier blood test results at the doctor's office, while others may hope to lose a few pounds. However you define success, celebrate when you achieve your fitness goals. Rewards such as a spa day, a night out at the theatre or a weekend getaway can provide all the motivation you need to stay the course.

BE FLEXIBLE WITH YOUR ROUTINE

Mobility issues and other physical limitations may affect seniors. But such issues need not prevent aging men and women from exercising, even if it does mean they won't be able to hit the gym four or five days per week. Mix up your routine so you can still exercise even if physical limitations make traditional workout routines more challenging. Go for nature walks on days when your body needs a break from strength training, and check the forecast at the start of each week so you can rearrange your routine if Mother Nature makes outdoor exercise impossible on certain days.

Many people find it hard to stay motivated to exercise. Seniors can try a few strategies to ensure they stay the course with their fitness routines.




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How to tell if you have arthritis in your hands and fingers

If you're feeling aches and pains in your hands, it might not just be fatigue. Different kinds of arthritis affect the hands and fingers differently. In all cases, the pain can burn, ache or feel sharp and restrict your range of motion, making daily tasks more difficult. Your hands and fingers may also feel stiff, especially in the morning. Discover the telltale signs of arthritis and how to tackle it head-on.

SIGNS OF ARTHRITIS IN THE HANDS AND FINGERS

Osteoarthritis: swelling and twisting of joints at the bottom of the thumb, the middle knuckles and the knuckles closest to the fingertips

Rheumatoid arthritis: pain, swelling and inflammation in the knuckles closest to the palm of the hand as well as the wrist

Psoriatic arthritis: swelling in the entire finger or across multiple fingers

If you're experiencing signs or symptoms of arthritis, speak with your health-care provider and get diagnosed promptly. Your health-care provider may perform a variety of tests and exams to assess your symptoms and rule out other forms of hand or finger pain, such as carpal tunnel syndrome.

HOW TO PROTECT YOUR JOINTS:

- Take breaks to avoid holding your hands in the same position for long periods of time
- Spread out fine-motor tasks over several days instead of one
- Use both hands to perform tasks and lessen pressure on a single hand
- Slide objects across a counter or table instead of gripping or lifting them
- Use assistive devices and kitchen tools that are easy to grip
- Opt for large handles on toothbrushes, writing utensils and other household items
- Replace doorknobs and taps with lever-style handles
- Prop up a book or tablet to read rather than holding it

It's also possible to strengthen your hands and fingers by doing "range of motion" exercises, which can be found online through Arthritis Society Canada. Try applying mineral oil to your hands, putting on a large pair of rubber dish gloves and immersing your hands in a pan of hot water while you go through the exercises for five minutes or so.

If self-care strategies aren't enough to deal with pain from arthritis in your hands and fingers, talk to your health-care provider about other options, such as prescription medications, therapies or surgical options.

Check your symptoms and learn how you can manage joint pain at arthritis.ca/symptomchecker.

www.newscanada.com

THE LEADING CAUSE OF ADMISSION TO LONG TERM CARE AND HOW TO PREVENT IT

The news coverage about the devastation hitting long-term care facilities nationwide has been unsettling for our country. It is clear that change is needed. People are more afraid than ever to have long-term care be their last stop. How do we prevent a future headed in this direction is a natural question for many.

Equally unsettling to learn, is that incontinence is the number one reason women are admitted to long-term care. Let that sink in for a moment. It's not our brains or our hearts. The main reason is bladder leaks. What begins as a small nuisance with sneezing, coughing or laughing only becomes worse as we age. Do you find yourself struggling to get out these days due to the lack of available washrooms and your frequent urge to go? You are not alone, and sadly this too only becomes worse as we age. Do you wake up frequently to use the washroom and worry you might leak on the way? You are not alone.

Are you ready for some good news? No

matter your age or state of bladder leaks and urgency issues, it's not too late to take action. By strengthening your pelvic floor muscles with breakthrough medical technology you can take action to maintain your independence and active lifestyle. The key is action. Every woman and man should take the health of their pelvic floor muscles seriously. These invisible muscles can be the difference between staying active or losing your independence.

UROSPOT (which means Urology Spot) treats bladder leaks and urgency in a way that's revolutionary, pain-free and noninvasive. That means your clothes never come off. The efficacy and safety of the technology at UROSPOT have been approved by Health Canada and the FDA. The technology allows users to remain fully clothed while sitting on a device that looks like a futuristic chair. The technology effectively produces 11,000 perfect kegel exercises (also known as pelvic floor muscle training) in under 30 minutes. It's like outsourcing

your kegels and restoring the strong pelvic floor you used to have. Treatment is effective for both women and men (especially men who have suffered from prostate cancer). It's not uncommon to see tears of joy from the hundreds of women and men that UROSPOT has helped.

"I feel like I've gained 20 years back on my life" was a recent quote from a very happy client.

UROSPOT's Medical Director and OBGYN Dr. Laura Sovran says, "There have been so many struggles for women that we just accept as being part of nature, and this results in many struggling in silence. We need to recognize that having a leaking bladder is not a normal part of being a woman, although it is common. UROSPOT offers a non-invasive solution to help regain strength and function in the pelvic floor". Take action. Prevent a future in long-term care and gain back the freedom you deserve. Consultations are always complimentary.



Cross your knees when you sneeze?

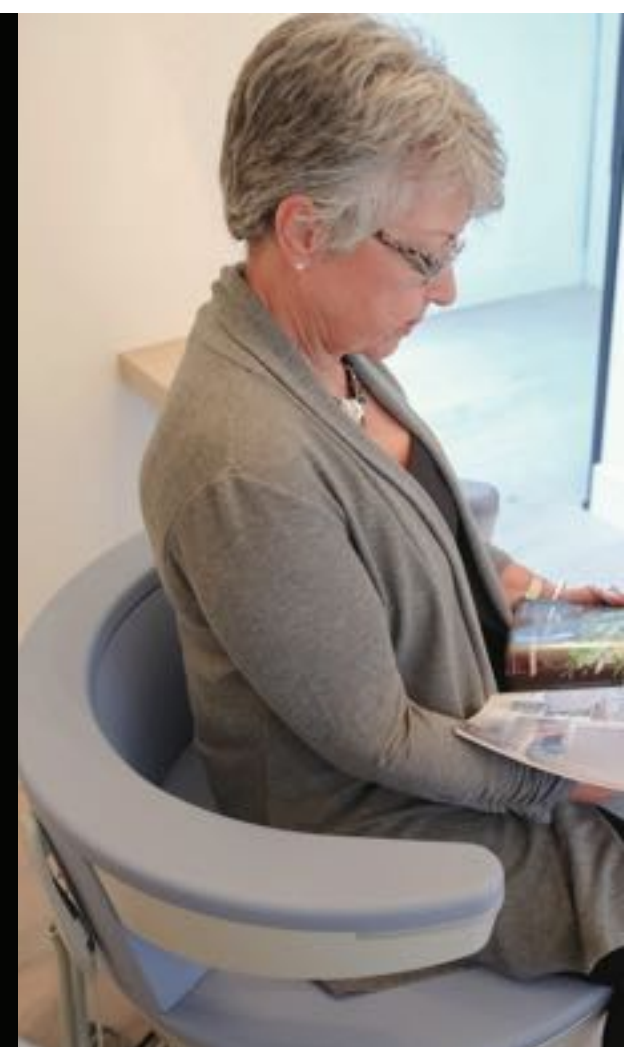
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5 tips to beat arthritis fatigue this summer

(NC) We only get a few months of warm weather in Canada. So, as temperatures rise, you may want to get outside and enjoy every moment. But when you have a chronic condition such as arthritis, extreme fatigue – the feeling of needing to rest even before you start an activity – can quickly cast a shadow on a bright summer day.

(NC) WE ONLY GET A FEW MONTHS of warm weather in Canada. So, as temperatures rise, you may want to get outside and enjoy every moment. But when you have a chronic condition such as arthritis, extreme fatigue – the feeling of needing to rest even before you start an activity – can quickly cast a shadow on a bright summer day.

Here are five tips to overcome arthritis fatigue so you can make the most of the summer.

FEED YOUR ENERGY

Skipping a meal is common when experiencing pain or fatigue. But this only worsens the issue by causing hormone fluctuations, which increase stress and exhaustion. To help you stay energized and nourished, prep meals when you have energy, and keep fruits, vegetables and ready-to-eat meals on hand to prevent spikes and crashes in blood sugar.

BUST A MOVE

It's normal to feel unmotivated to exercise when our energy is low, but when you boost cardiovascular activity, your organs receive oxygen and nutrients, triggering endorphins, which will help raise your energy levels and reduce fatigue. If you struggle with arthritis, stick to moderate, low-impact exercises, such as walking, swimming or cycling.

GET ENOUGH SLEEP

Catching enough Zs is vital in preventing arthritis-related fatigue. If pain due to arthritis flare-ups is coming between you and a good night's rest, try taking a hot bath, using a heat-

ing pad, doing a gentle yoga sequence or following a guided meditation to relax into sleep and soothe your muscles and joints.

STAY HYDRATED

Many people overestimate how much water they drink and wait until they are thirsty. Keeping a reusable water bottle handy, tracking your daily water intake and setting a hydration goal can make you more aware of your water consumption and prevent fatigue and dehydration, which can be especially dangerous during the summer months.

TAKE CARE OF YOUR MENTAL HEALTH

Our thoughts and emotions impact our physical health and vice versa, so it's no wonder that people with arthritis are twice as likely to report mood disorders like anxiety and depression. Engaging in activities that support your mental well-being can reduce fatigue and boost overall health.

Find more wellness tips from Arthritis Society Canada at arthritis.ca/living-well.

www.newscanada.com

Seniors can boost energy with the right foods

A **NUTRITIOUS DIET** is a key component of a healthy lifestyle. For seniors, the right diet can be a key part of treating any number of health issues. In fact, changing one's diet may be something seniors can consider if they are feeling sluggish.

Food can be a helpful ally for seniors dealing with fatigue and low energy. WebMD says eating a balanced diet is one of the ways to improve low energy levels, and that a balanced diet should include certain foods that are natural energy boosters.

WHOLE GRAINS: Switching refined grains for whole grains is a good way to boost energy. These grains are full of complex carbohydrates that help boost metabolism and provide energy. They'll also work longer in the body than the more refined options. Swap out "white" products like breads and rice for whole wheat or brown rice.

LEAN PROTEIN SOURCES: While protein does not give the same quick energy boost as a high carbohydrate meal, it will help fuel the body and keep a person feeling full longer. According to Discovery Senior Living, protein helps increase concentration levels, produces stronger muscles and helps maintain optimal blood sugar levels. Chicken, tuna and legumes are some notable protein sources.

NUTS: Most nuts are a complete package that provides healthy fats, proteins and amino acids that are good for the body. The fibre and carbohydrates in nuts digest more slowly and help provide a steady supply of energy throughout the day. Replace croutons in salads with nuts, or sprinkle some nuts on oatmeal at breakfast.

FRUITS AND VEGETABLES: Berries, sweet potatoes, dark, leafy greens, and other produce are low-calorie, low-sugar options for snacks and sides that boost health. They're full of fibre and antioxidants that can ward off illness, and they can provide an energy boost as well. Berries and vegetables can be added to smoothies or salads.

The right foods can help seniors restore energy levels and promote overall health.

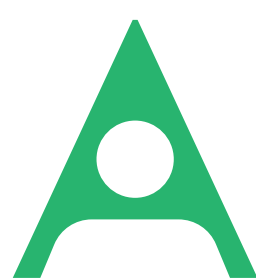
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What seniors can do to safeguard their mental health

No one is immune to issues that can adversely affect their mental health, including men and women nearing retirement age and those who are already retired.

Though the term “golden years” suggests life in retirement is one sunny day after another, many individuals 60 and older are dealing with mental health issues.

According to the World Health Organization, approximately 15 percent of the world’s adults aged 60 and over suffer from a mental disorder. What makes that statistic even more troubling is that the WHO acknowledges it likely doesn’t paint the most accurate picture of seniors and mental health, as depression is often undiagnosed among older men and women and untreated because it co-occurs with other issues affecting seniors.

In the past, the Centers for Disease Control and Prevention has acknowledged that late-life anxiety was not readily understood. However, much progress has

been made in recent years thanks to a heightened awareness of the problem of seniors and mental health. That means seniors now have ample resources they can look too as they seek to learn what they can do to safeguard their mental health.

RECOGNIZING WARNING SIGNS

The National Institute of Mental Health notes that recognizing the signs of mental health issues is the first step to getting treatment. Mental health issues vary, and individuals with anxiety will likely experience different symptoms than those with depression. However, the NIMH notes that the following are some of the warning signs of mental health issues.

- Noticeable changes in mood, energy level, or appetite
- Feeling flat or having trouble feeling positive emotions
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- Anger, irritability, or aggressiveness
- Ongoing headaches, digestive issues, or pain
- Misuse of alcohol or drugs
- Sadness or hopelessness
- Suicidal thoughts
- Engaging in high-risk activities
- Obsessive thinking or compulsive behaviour

- Thoughts or behaviours that interfere with work, family, or social life
- Engaging in thinking or behaviour that is concerning to others
- Seeing, hearing, and feeling things that other people do not see, hear, or feel

...Mental health issues vary, and individuals with anxiety will likely experience different symptoms than those with depression...

SEEKING HELP

As noted, a growing awareness of mental health issues and how they affect seniors has translated to more available resources for aging men and women who need help. Within the United States, seniors can visit the NIMH Help for Mental Illnesses webpage (<https://www.nimh.nih.gov/health/find-help/>) to access contact information for various groups that help people in times

of mental health crises. In Canada, individuals can visit the Canadian Mental Health Association at <https://cmha.ca/find-help/find-cmha-in-your-area/> for contact information for various groups across the country.

BEHAVIOURS THAT CAN BE BENEFICIAL

The National Institute on Aging notes that most cases of depression cannot be prevented. However, the NIA also notes that healthy lifestyle changes can have long-term benefits for seniors’ mental health. Such changes include:

- Being physically active
- Eating a healthy diet that can reduce the risk for diseases that can bring on disability and depression
- Getting adequate sleep, which for seniors is between seven to nine hours per night
- Remaining socially active, including regular contact with friends and family
- Participating in activities you enjoy
- Sharing mental issues or concerns with friends, family members and your physician

Research indicates that seniors are vulnerable to mental health issues. More information about how to combat and overcome such issues is available at nimh.nih.gov.



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Celebrating SENIORS

Upcoming short film, doc puts area seniors into the spotlight

The Rug is latest from director Cisterna

by Brock Weir

Local seniors picked up new skills last week while coming away with a little bit of “Hollywood North” stardust on their shoulders.

York Region’s Hillary House National Historic Site was recently a hub of activity as director Sean Cisterna transformed the local site into a house of horrors for his upcoming short film *The Rug*, starring Canadian acting icon Jayne Eastwood.

The Rug centres on a woman played by Eastwood who finds an eye-catching rug bundled up beside an abandoned house. Rather than letting the rug go to landfill, she brings it home as the perfect piece of décor – until she discovers it has an appetite for more than just collecting dust.

Similarly, *The Rug* is more than just a short film; it’s also the subject of a concurrent documentary which charts Cisterna’s efforts to get local seniors into the production side of the film.

“I think what makes this a very special project is we don’t really have a traditional crew this time. We’re using a group of inexperienced senior citizens to help bring this movie to life,” said Cisterna, whose award-winning documentary, *The Lone Rider*, featured the remarkable journey of Caledon’s Filipe Leite. “I thought if we had a senior protagonist, why don’t we try making a movie with a group of seniors to see what happens.

“This movie is a horror film so to see our seniors work with blood and guts and gore, all kinds of special effects. Using our creativity rather than throwing our money on digital effects, we’re bringing this rug to life practically through puppetry and it really is the ingenuity of our senior crew members who are truly bringing everything to life.”

In order to make this happen, Cisterna and his skeleton crew of professionals visited local seniors groups with as simple pitch to “anyone who isn’t afraid of gore or guts... to sign up for an adventure in low-budget horror filmmaking.”

“To our surprise, we had quite a few volunteers,” said Cisterna, noting that he hopes participating seniors see new potential outlets for creativity. “Everyone has chipped in, creatively and passionately. I think some of our other younger crew members want to bring seniors on as their assistants because they have done such an incredible job over the last few days.”

Their work has also earned the thumbs-up of Eastwood, who has worked with some of the best in the business, with credits including multiple episodes of *Murdoch Mysteries*, *Workin’ Moms*, the *Anne of Green Gables* films, the *My Big Fat Greek Wedding Franchise*, and the musical *Chicago*, which took home the Academy Award for Best Picture in 2023.

“This is a total change of pace, especially when you’ve been doing Christmas movies for the last five years for Hallmark!” Eastwood joked about the shift to horror. “This is a really great set – these guys are fast, efficient, amazing, and this whole documentary of seniors learning the film business is going to be really, really interesting. It’s just a fantastic thing to be a part of. We’re a pretty happy crowd here.

“Everyone has a mentor so nothing can go wrong, but there is a fair amount of hands-on. They’re learning as they go and it is just a brilliant experience for everyone. I don’t see why more seniors couldn’t be working in the film industry. I think we might have a few people who are just really gung-ho and want to learn as much as they can and see how far they can go, even if it is just on a volunteer basis. It’s a great thing to do. It could be the beginning of a whole new movement, which I think is terrific – and I’m a senior myself at 77!”

Cisterna said his ultimate goal with *The Rug* and the associated documentary is for it to travel the world to various film festivals “and use it as not only a tool for horror cinema but also an amazing behind-the-scenes story to feature the creativity of the seniors” who brought it to life.

“We want to inspire others to be creative regardless of our age limits,” he said.



Director Sean Cisterna and crew prepare to film a scene in the front hall of Hillary House National Historic Site. PHOTO BY BROCK WEIR



Signs a loved one might need assisted living

Assisted living facilities provide an invaluable service. When a medical condition, developments associated with aging or another variable affects an individual’s ability to live independently, assisted living facilities can ensure such men and women get the help they need to live as fully and actively as possible.

It’s not always easy to identify when an individual may need to move into an assisted living facility. Some individuals choose to do so on their own, but families often make such decisions together. As families work to determine if a loved one should move into an assisted living facility, they can look for various signs that suggest the time is right to do so. According to the Elder Care Alliance, signs that an individual may benefit from assisted living include:

- Requiring routine reminders to take medication
- Noticeable changes in weight, including weight loss or gain
- Loss of mobility or increase in falls
- Signs that household maintenance is being neglected
- Difficulty with daily tasks like grooming and meal preparation
- Increased isolation
- Loss of interest in hobbies

It’s important for families to recognize that some of the signs noted above might suggest the presence of a condition or disease that would not, if treated successfully, compromise an individual’s ability to live independently. For example, the SilverSneakers program offered through Tivity Health notes that weight gain among seniors may be attributable to slower metabolism, a less active lifestyle or menopause for women. Each of those conditions can be addressed without requiring a relocation to an assisted living facility. Family members are urged to discuss anything that seems to be affecting a loved one’s ability to live independently with that person’s health care team before they consider if a person needs to move into an assisted living facility. It’s equally important to ask a loved one’s health care team which type of facility they think might be most beneficial if, in fact, they think it’s in an individual’s best interest to relocate. No two facilities are the same, and the Elder Care Alliance notes many specialize in specific types of care, such as tending to individuals with cognitive issues like dementia or physical issues like limited mobility.

Assisted living facilities help millions of individuals every day. Families can work together to decide if a loved one can benefit from moving into such a facility.

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Seniors Month 2024 is another wonderful opportunity to celebrate our aging population with this year's theme, Working for Seniors. **Working for Seniors** is a theme that emphasizes the continued importance of supporting older adults through programs and initiatives that provide wellness, social engagement, and education in communities across the province.

Over the course of Seniors Month, the Province of Ontario is working with municipalities and community partners to provide resources that promote the health and well-being of Ontario's seniors, reduce social isolation, and provide opportunities for seniors to thrive in their communities.

During the month of June, the Town of Caledon, in partnership with local services, non-profit organizations and businesses, is offering a wide range of FREE events and activities in celebration of Seniors Month.

Upcoming Events:

- June 18 - CHIP Reverse Mortgages with Home Equity Bank Lunch and Learn Workshop | 11 a.m. - 12 p.m.
- June 18 - Seniors Summer Social with Door to Door and More INC. | 1 - 3 p.m.
- June 20 - Afternoon Strawberry Social with Caledon Seniors Centre | 2- 4 p.m.
- June 23 - Caregiver Appreciation Day with Caregiver in the Hills (Hills of Headwaters Collaborative OHT) 11 a.m. - 3:30 p.m.
- June 25 - Dementia Experience Program with Alzheimer's Society Peel | 1- 4 p.m.
- June 27 - High Tea with Caledon Community Services | 11 a.m. - 12 p.m.
- July 3 - Voluntour Caledon - Alton | 2 - 4 p.m.

For additional information and registration details please visit www.caledon.ca/adult55 or call 311 for assistance.

Need a ride? Please call CCS at 905-584-2300 x221 at least two days prior to the event to book your trip.



Abbeyfield Caledon

"I live in a big house with eleven roommates and every person has a wonderful story."

These are the words from Desiree who is a resident at Abbeyfield Caledon. If you have never heard of this place, take thirty seconds to get acquainted. Abbeyfield House is a unique senior living space in Caledon East. The house offers an independent, affordable living alternative in a warm family-home environment. Inside, each resident has their own bedroom suite, a library for reading & puzzles, a great room for entertainment and workshops, a dining hall, and it's all in a one-level bungalow. The cherry on top is that all meals are prepared for the residents, and if you ask Liz (another Abbeyfield resident) she'll tell you she looks forward to these meals because the food is so good!

Another reason Abbeyfield is such a desirable find is thanks to the volunteers! Between workshops and program involvement, there is a supportive team that ensures the residents have plenty of things to do and are well entertained and cared for.

It's a magical community to be part of and there is always room for more volunteers.

Abbeyfield Caledon has a board of directors and a house manager who spend much of their time planning and preparing all the important details for this home. They are a crew of caring community members with a reputation for their kindness.

For more information, please visit abbeyfieldcaledon.org

Community sponsored and supported, Abbeyfield Houses are set up and run on a notfor-profit basis under the management of a volunteer board of directors. Costs, which include meals, are shared by residents. This proven concept began in England more than 50 years ago, there are now more than 1,100 Abbeyfield Houses worldwide, and 30 houses currently operating in Canada with more in development.



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June is Seniors Month

To recognize the occasion, the Town of Caledon, together with various community partners, is providing free and engaging activities for the older adult community all month long.

Visit caledon.ca/adult55 for more details and to register for upcoming events.



Celebrating SENIORS

How to protect long-term cognitive health

Cognitive health is not something to take for granted. Although a certain level of memory loss can be expected as people age, when the ability to clearly think, learn and remember is compromised, those changes can affect an individual's ability to perform daily activities and should serve as a cause for concern.

BRAIN HEALTH should be a priority for everyone. The National Institute on Aging says brain health is an umbrella term that encompasses a host of factors, including:

- cognitive health, which is how well you think, learn and remember
- motor function, or how you make and control movements
- tactile function, which is how you feel sensations; and
- emotional function, or how emotions are interpreted and responded to.

Individuals can safeguard brain health — particularly cognitive health — by taking these steps.

BE MORE HEALTH-CONSCIOUS

Working with doctors, individuals can put their health first. This includes getting routine screenings, managing chronic health problems, limiting or avoiding alcohol and nicotine products, and getting the recommended amount of sleep each night.

MANAGE HIGH BLOOD PRESSURE

All chronic conditions cause long-term repercussions, but the NIA indicates that observational studies show having high blood pressure in mid-life increases the risk of cognitive decline later in life. Lowering blood pressure lowers the risk for mild cognitive impairment and possibly dementia.

CHALLENGE YOUR BRAIN

Harvard Medical School says nurturing social contacts, engaging in stimulating mental activities like reading and doing puzzles, seeing new places, and learning new things can help keep the brain in top form.

MANAGE STRESS

Stress can take its toll on the body, and there is reason to believe that it may adversely affect cognitive health as well. Make every stride to reduce stress, whether that involves taking vacations, meditating, laughing with friends and family, or engaging in relaxing activities that relieve stress.



GET ENOUGH VITAMIN D

Vitamin D is linked to a host health benefits, including its potential to promote a healthy brain. Individuals can get more time outdoors to get vitamin D naturally from the sun and eat foods rich in vitamin D. If doctors find that vitamin D levels are exceptionally low, supplementation can help.

PAY ATTENTION TO HEARING LOSS

Certain hearing loss has been linked to cognitive decline, says Healthline. Researchers in Italy concluded

that people with central hearing loss had a higher risk of mild cognitive impairment than those with no hearing loss or peripheral hearing loss. Individuals with central hearing loss are urged to speak to their physicians to determine if they can take preventive action to stave off further decline.

Cognitive health should be a priority. Adults can employ various strategies to reduce their risk of cognitive decline as they age.

KEEP YOUR BRAIN SHARP AS YOU AGE

COGNITIVE DECLINE is on the minds of many adults as they get older. Memory loss and trouble processing things can sometimes be a side effect of aging, as Everyday Health says the brain changes in size and structure as a person gets older. These changes can affect how well the brain works over time. Furthermore, illnesses affecting the brain, such as Alzheimer's disease, may start showing their symptoms in people when they've reached their mid-60s, says the National Institute on Aging.

Cognitive decline and dementia are not a certainty of aging. However, older adults interested in strengthening their brains may want to consider these strategies.

ADDRESS HIGH BLOOD PRESSURE

High blood pressure can increase the risk of heart disease and stroke. Maintaining healthy blood pressure and cholesterol levels is associated with better cognitive function, according to data published in 2021 in the Journal of Alzheimer's Disease.

USE ALL YOUR SENSES

Harvard Health says the more senses are used in learning something, the more of the brain that is involved in retaining the memory. Studies have shown that images paired with pleasant aromas lead to better recall later on.

EXERCISE REGULARLY

Staying physically active helps maintain blood

flow to the brain, which also helps reduce the risk of hypertension.

EAT BRAIN-HEALTHY FOODS

According to Cone Health Medical Group, studies show eating fish rich in omega-3 fatty acids, like tuna, salmon and mackerel, decreases the risk for cognitive decline. People should avoid saturated fats, trans fats and hydrogenated oils.

READ AND WRITE FREQUENTLY

According to a study in the journal Neurology, regular reading and writing in one's older years reduced the rate of memory decline by 32 percent. Joining a book club or simply reading more on one's own can improve

cognition. Similarly, writing improves memory and communication abilities and can help strengthen the brain as well.

DRINK HEALTHY BEVERAGES

Tea and coffee can improve alertness and focus, as they're rich in polyphenols and antioxidants. A Place for Mom says caffeine in these beverages can help solidify new memories. Avoid drinking sugary beverages and limit consumption of alcohol, as neither boasts brain-boosting properties.

Keeping the brain sharp is a multilayered process that involves healthy foods and beverages, exercise and brain-stimulating activities.

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Celebrating SENIORS

Tips to help seniors travel safely

Travel was once a key component of the picture working professionals created of their ideal retirements. While the COVID-19 pandemic put many retirement travel plans on hold in recent years, jetting off to distant locales is once again on retirees' radars.

EAGERNESS to get back on the road, in the air or on the high seas could make it easy to overlook some principles of safe travel. However, such an oversight could lead to complications that could make it hard to enjoy time away from home. The following tips can reduce the likelihood that seniors encounter trouble while travelling.

DETERMINE IF ANY HEALTH ISSUES ARE AFFECTING YOUR DESIRED DESTINATIONS. The Centers for Disease Control and Prevention has a

website devoted to travel vaccines (cdc.gov/travel/page/travel-vaccines), and that page can be an invaluable resource for individuals planning a vacation. What's more, the CDC even provides a specific list of destinations and the latest travel health notices for each of those nations. That list, accessible at cdc.gov/travel/destinations/list can help seniors determine if there are any health-related safety issues in countries they hope to visit.

SPEAK TO YOUR PHYSICIAN.

A pre-trip consultation with a physician can uncover any issues that might arise while you're away. Such issues may be easily managed for domestic travellers who are not planning to visit any especially remote locations, but they will not necessarily be as easily navigated when travelling overseas. Physicians can recommend certain vaccinations or measures to ensure your health while away. In addition, a pre-trip doctor visit is a great time to refill prescriptions that you will need while you're away.

TAKE FINANCIAL PRECAUTIONS AS WELL.

Of course, not all travel-related concerns are medical. Finances also require some pre-trip attention. Inflation has caused a sharp spike in the price of various



commodities since the start of 2022, so travellers should study up on the cost of food and attractions at their destination to ensure they have enough money to enjoy themselves. Baggage costs have risen significantly in recent years, so seniors travelling on a budget may want to pack less and do laundry while travelling in an effort to save money. In addition, the unpredictable nature of travel since the onset of the pandemic has underscored the utility of travel insurance. Seniors can look into travel insurance that could reimburse them in the case of delays or cancellations.

PRIVATELY SHARE YOUR ITINERARY.

Prior to departing, share your itinerary with friends and family. Avoid sharing the itinerary on social media platforms, which can make you a target for criminals at home and at your destination. The itinerary should include where you're staying, the dates you're visiting certain locations and the dates of activities you'll be engaging in on your trip.

Seniors rediscovering the joy of travelling can take various measures to make their trips more safe.

BUDGETING FOR LONG VACATIONS ABROAD

SENIORS typically have more time to travel than other groups. That freedom entices many to travel overseas, often for extended periods of time.

The cost comparison site CostAide indicates that the average two-week vacation for two to Amsterdam can run around \$5,000 to \$6,000. Lengthen that trip to a month, and a vacation



of one's dreams can set a couple back \$12,000. Change the destination and costs could get even higher.

The last thing any traveller wants is to run out of money during a dream vacation. This makes figuring out costs and budgeting for such trips essential. Seniors planning the trip of a lifetime can consider these tips to budget effectively and maximize their vacation dollars.

AIR TRAVEL

Transportation abroad undoubtedly will be one of the largest expenses travellers incur. Check prices from multiple airports in your area for the best rates, even if it means having to drive a bit further. If you have only one local airport, book a separate flight to a travel hub, such as Atlanta or New York, so you can compare more affordable flights to your final destination.

Plan a year or two out for the trip and shop around for travel rewards credit cards that provide reward earnings in the way of airline miles; start accumulating them with everyday purchases. If you use airline rewards wisely, you won't need to budget for the flight and may enjoy extra perks like priority boarding or free baggage check.

CALCULATE PRE-TRIP PRICES

Start shopping destinations to see which locales align with your budget. Compare and contrast estimates as to how much each destination may cost on a daily basis. Prices can vary widely depending on the destination, and this is a great way to a pre-trip notion of what your dream trip will cost.

LOOK INTO LODGING

There is a lot of wiggle room when it comes to lodging and price points. You can stay in five-star

hotels and pay a premium or consider hostels if bells and whistles aren't your priority. Keep in mind that a longer stay could come with a discount. Airbnb, for example, lets hosts list weekly or monthly prices, with monthly discounts running 40 to 60 percent less than daily rates.

FOOD

Food is a priority when travelling. If you can stay in accommodations with a kitchenette, you can reduce dining costs and make meals as desired. Food plans are another consideration. Book destinations that offer an all-inclusive or a meal plan option. It may not be the cheapest alternative, but you'll have peace of mind knowing food costs are already covered.

Budgeting for a long trip means understanding average costs, deciding on priorities and utilizing discounts at one's disposal.





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Celebrating SENIORS

King Nursing Home residents enjoying new Java Club program

Program provides space for residents to build friendships and have deep discussions

BY ZACHARY ROMAN
LOCAL JOURNALISM
INITIATIVE REPORTER

A Bolton nursing home has implemented a new program for its residents. Thanks to a New Horizons for Seniors grant, King Nursing Home has started a "Java Club" for its residents. It began in March and will continue for a duration of one year. The club meets weekly, and there are three themes for the club: music, memory, and social.

King Nursing Home, a private long-term care home with 62 residents located in Downtown Bolton, has three floors and there are club meetings held on each floor.

Julie Tran, King Nursing Home's Director of Resident and Family Relations, explained Java Club meetings usually feature eight to 10 residents and are a great way for people to get to know each other more in an intimate setting. Refreshments are provided at each meeting.

Tran said there's been a lot of research that shows isolation and loneliness caused by the COVID-19 pandemic has had lasting impacts. She said programs like Java Club reduce social isolation and help people create meaningful connections.

"We focus on the residents that are most vulnerable... we target residents who are in their rooms more and try to get them to come out," said Tran.

Since Java Club is a more intimate program compared to big group programs, Tran said people who normally might not be social have been much more inclined to join. She said it's been a great benefit for them.

"This is somewhere they can get in touch with their emotions and be able to share stories in a more personal way," said Tran. "If you're in a big group, sometimes people are shy and they don't want to bring out their life story."

Tran shared that each Java Club meeting has a theme to encourage discussion from residents.

"Everyone here seems to love it... it's nice because you get to see residents empathize with each other," said Tran. She said people have been opening up about difficult topics like grief and loneliness that they'd normally keep inside.

"They're giving each other motivational affirmations... the club is becoming a real community and it's really nice to see people speaking about their feelings," said Tran. "Research shows that building connections between senior to senior is impactful."

Tran said she hopes the Java Club will bring awareness to the importance of senior wellness and inspire others to support programs like it.

"We believe that sharing these stories will not only highlight the positive impact of the program but also encourage others to prioritize the well-being of their loved ones and support initiatives that promote senior wellness," said Tran.



King Nursing Home residents have been enjoying a recently-implemented program called Java Club. PHOTO BY ZACHARY ROMAN

FINALLY, YOU CAN GET RELIEF FROM TINNITUS

Tinnitus (pronounced tin-ni-tus or tin-night-us) is defined as a sensation of sound in your ears, sometimes in your head. Each person with Tinnitus has a different sound experience; for most it is described as a 'ringing' sound, but many patients also report a 'shooshing', 'buzzing', 'wooshing' sound – similar to the sounds inside a conch shell. Too many people dismiss the ringing, when in fact this sound essentially represents an internal alarm alerting you that something is not as it should be. Whether the Tinnitus is constant, only noticeable in a quiet room or at night, pulsating or seems to have certain triggers (i.e. exercise or caffeine), it is important that the root cause of the problem be determined and a proper treatment plan be put in place with your Doctor of Audiology. It is currently estimated that nearly 50,000,000 American adults live with Tinnitus. Tinnitus is simply described as the experience of hearing a sound in your ears, sometimes in your head. Tinnitus is also experienced by approximately 80% of people living with hearing loss. Some people only notice their Tinnitus in a quiet room, whereas many others experience the sound all day long – and it can interfere with daily life. In some people, the sound can cause depression, anxiety and affect concentration. The Doctor of Audiology is able to dig deeper into the symptoms, recognize the individual's Tinnitus triggers and have a full understanding of the patient's hearing profile and results of a complete audiological evaluation that includes cognitive screening.



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Athlete of the Week Alonzi leads Wolfpack to Region of Peel Senior Soccer Championship

BY JIM STEWART

It's been a big week for Hall Wolfpack soccer player Anthony Alonzi.

After being nominated for The Caledon Citizen's Student-Athlete of the Week for his fine work in the classroom and on the pitch, the Grade 12 Honor Roll student was a significant factor in the Wolfpack's undefeated season that culminated in a ROPSAA Senior Boys Soccer championship last week to cap off his final year of High School.

Alonzi's soccer coaches at Robert F. Hall CSS — Stephen Doyle, Frank Toth, and Joseph Peluso—praised the left back for being “dedicated to the sport as a student-athlete; as a student-coach outside of school, he performs at a high level consistently, and is a leader on the team.”

Coaches Doyle, Toth, and Peluso also lauded Alonzi's academic work and athletic acumen.

“He's an excellent student that achieves high academic honors and is a role model in the school community. Anthony is respectful, disciplined, and always positive. He wears his heart on his sleeve and gives 100 per cent for the team.”

All three coaches highlighted “games versus Notre Dame, Central Peel, and Brathwaite where he gave stellar performances at the left back position.”

Prior to winning the ROPSAA championship, Anthony Alonzi took time for his preparation for final exams and end-of-semester projects to answer our interview questions.

Caledon Citizen: What qualities did you demonstrate in your sports season to earn Student-Athlete of the Week honours?

Anthony Alonzi: “The quality I demonstrated in this soccer season to earn Student-Athlete of the Week honors was my leadership within my team. Even though I am not captain, I still feel that I make an impact on my teammates both verbally and physically. I am always one of the first to encourage and support my teammates no matter the situation. I also look to lead by example, displaying the skills and qualities I hope to receive back from those around me. Not only does this refer to my performance on the field, but how I carry myself off it as well. Always showing up to practice, being respectful to those around me, and also performing well in school are all examples of how I demonstrate my leadership qualities.”

Caledon Citizen: What were your key statistics and performance moments from the 2023-24 season that you are most proud of?

Anthony Alonzi: “My key statistic for the 2023-24 Robert F. Hall soccer season is going undefeated the entire regular season. I am extremely proud of every single one of my teammates working together to achieve this amazing accomplishment. Not only can I praise this streak, but also the outstanding defence that my teammates and I have played, only conceding one goal throughout all our games. We look forward to the

playoffs to continue our success and hopefully bring Robert F. Hall home a trophy!” (Ed. Note: Anthony succeeded in this goal! Congratulations!)

Caledon Citizen: In addition to your high school sports team(s), what other community teams do you play for, and at what level?

Anthony Alonzi: “In addition to playing soccer for Robert F. Hall, I also play for the local REP soccer team Caledon S.C at the U18 level.”

Caledon Citizen: How would you describe yourself as a student at Robert F. Hall? To which sports teams and clubs do you belong? Honor Roll?

Anthony Alonzi: “As I just joined Robert F. Hall this school year, I feel that I have made an impact within the community. I would describe myself as a social individual who is academically focused on graduating high school. I loved making new friends this year, while also concentrating on both my marks and playing for the school's soccer team. I hope to maintain my position as an honour roll student, looking to hopefully accomplish a 90%+ average by the end of the school year.”

Caledon Citizen: What are your post-secondary plans regarding prospective academic/athletic destinations?

Anthony Alonzi: “My post-secondary plans for this September are to enroll in a university to further progress my aspirations of becoming a teacher one day. I currently coach young children playing soccer which ultimately made me want to eventually pursue a career in this type of field. I hope to graduate university with my certificates, and the essential skills I require to inspire the next generation through my teaching.”

Caledon Citizen: Who is your role model in terms of the person you admire the most?

Anthony Alonzi: “Throughout my life, my role models have been my parents. They have been by my side since birth, guiding me to a successful future in both my academics and athletics. I have, and always will look up to them as they are two hard-working people who strive to provide the best for my family. They have been there for me throughout my life and I know I can trust them to support me whenever I need it. Ultimately without my parents, I would have never been able to be nominated for this award, putting me in soccer starting at four-years-old!”

Caledon Citizen: How do you feel about being nominated as The Caledon Citizen's Student-Athlete of the Week?

Anthony Alonzi: “I feel honored about being nominated as The Caledon Citizen's Student-Athlete of the Week as I know there are tons of amazing student-athletes within the Robert F. Hall community. It is quite a great feeling to be chosen over my peers who are extremely bright and talented individuals who display the same qualities that I do. I am also honestly excited to see my grandparents' reaction when they read this section in this week's newspaper!”



CDS won its 11th consecutive CISAA Championship in 2015. Seated in the front row holding the plaque is graduating captain McKinley Hunt '15. Claire Gallagher '18 is seated three spots to her left.

CONTRIBUTED PHOTO

CDS Cyclone Rugby grads Claire Gallagher & McKinley Hunt capture Pacific Four Series in historic win over New Zealand

BY JIM STEWART

Country Day School rugby coaches Dave Downer and Andrea Leacock could not contain their excitement upon seeing two of their former players star on the international stage for Team Canada during a recent championship game victory over New Zealand.

They watched with a high degree of satisfaction as Canada's Women's Rugby Team beat the Black Ferns for the first time in team history to win the coveted 2024 Pacific Four Series. The 22-19 comeback victory over the reigning champions — following compelling wins over the USA and Australia — moved Canada into second in the women's world rankings, the highest they've been ranked since November 2016.

Gracing the pitch for Team Canada in Christchurch, New Zealand were two Country Day School rugby grads: Claire Gallagher and McKinley Hunt. Coach Downer, who's been patrolling the sidelines as a rugby coach for 30 years at CDS and with the Aurora Barbarians, saw the National Team potential of Gallagher and Hunt when they starred together for the Cyclone almost 10 years ago.

The two on-field catalysts led the squad to a CISAA Varsity Girls' championship in 2015 and Downer assessed their prowess on the pitch.

“Both had the ability to read a field. They could make it happen and have any problem on the field quickly under control. Both had terrific tenacity and resilience, but also great humility. When McKinley came in for a visit earlier in the spring, she thought that New Zealand was beatable this year. When they did it, it was historic and we were ecstatic. I'm over the moon.”

Coach Leacock, who's been coaching rugby alongside Downer for eleven years, was pleased to see Gallagher and Hunt triumph in New Zealand.

“These girls deserved it. So much time and effort and energy and sacrifice have been devoted to achieve this kind of success. They've chosen to delay major life choices to dedicate themselves to Team Canada and the sisterhood of rugby. We have so much pride in their decisions and success.”

Coaches Downer and Leacock offered insights into the former Cyclones' athletic careers at CDS.

Hunt, a graduate of Queen's University and a Gaels' rugby player, played basketball and volleyball as well at the King City private school. Coach Leacock noted that “McKinley decided at the end of Grade 8 that she was going to dedicate herself to become a rugby player. She had a very supportive family and built herself physically into a force on the field. She was so strong starting in Grade 9 and played virtually at all positions for us for four years on the varsity teams.”

Coach Downer added that Gallagher, a graduate of the University of Ottawa and a member of Gee-Gees' rugby team, made an early commitment to become a national-calibre athlete.

“Claire started playing rugby in Grade 9, but she was a rep soccer player and thought she was going to earn a university scholarship for soccer. After Grade 10, she made a full commitment to playing rugby and both Claire and McKinley became the full package — smart players who showed great levels of leadership and skill who led by example and enthusiasm.”

When asked what was the most satisfying part of coaching brilliant competitors like Gallagher and Hunt, Coach Downer acknowledged both players' level of commitment.

“They have bought into the international culture of rugby. They look out for one another. They're in a sisterhood as we mentioned earlier and they share the sport's heritage.”

Coach Leacock echoed her coaching partner's insights: “What's most satisfying for me is seeing them follow their dreams. They both have their degrees and accomplished what they set out to do. They had a chance to make the national team and accomplished that, too.”

Winning a world championship against the most dominant global power in rugby suggests that Claire Gallagher and McKinley Hunt have accomplished much as CDS grads and the Cyclone community is proud of their international achievements. The sky is clearly the limit for this pair of inspirational student-athletes.

For more, see Page B15.

Burns and DiRoma pace 18-hit Bolton attack as Brewers sink Midland Mariners 14-4

BY JIM STEWART

The Bolton Brewers rallied from a three-run deficit to submerge the Midland Mariners 14-4 at North Hill Park in NDBL Senior Division action.

The winless Mariners (0-7) created some suspense on Thursday night in a battle with the second-place Brewers. The visitors plated three runs at the top of the first inning, but the Brewers (7-1) roared back with eight runs over the next four innings to take an 8-3 lead.

Big innings have been a familiar winning formula for the Brewers so far this season and Head Coach

Mike Wallace commented on this recurrent theme as well as falling behind versus the Mariners.

“It wasn't the start we wanted to the game. They've got a good hitting team, but we settled in and strung together 4 or 5 hits in a row to take the lead.”

Midland narrowed the deficit to four runs at the top of the fifth inning. However, Bolton's offense was relentless. The Brewers responded with three runs at the bottom of the fifth and three more at the bottom of the sixth to generate a 10-run lead and another shortened game due to the NDBL's mercy rule.

Continued on Page B11

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Burns and DiRoma pace 18-hit Bolton attack as Brewers sink Midland Mariners 14-4

Continued from Page B10

Carson Burns and Marco DiRoma paced the Brewers' attack with three knocks and two RBI each. Aaron Dzib drove in three runs, collected two hits, and pitched a scoreless inning in relief during which he struck out two Mariners. Brett Chater, Dan Amodeo, and Logan Hunt collected two RBI each. Ben Sterritt played three times.

Bolton starter Jack Lammar got roughed up in the first inning, but settled in to strike out four Mariners and scatter five hits over five innings of work to earn the W. Coach Wallace noted that "Jack did a good job to settle in after the first inning and allowed our offence to get warmed up and give him run support."

The Brewers suffered a setback on Friday night with a 4-3 loss to the Astros in Lisle.

Kris Allany's home run and sac fly accounted for three of the Astros' runs and Eric Jones scattered eight hits over his seven-inning com-

plete game performance to hand Bolton only its second loss of the season.

Coach Wallace was impressed with the Astros' defensive work that robbed the Brewers' high-octane offense of many extra base hits.

"Lisle made 4-5 diving catches that saved the game for them. Jones also pitched a good game and Lisle executed their small ball game with bunts and sac flies. If you looked at the box score, you'd wonder how we lost, but they held us to three runs which has been hard for teams to do this year."

Brett Chater and Carter Burnside collected two hits apiece for the Brewers and scored all three of Bolton's runs.

Ben Sterritt's two-run double and Steve Warden's sac fly accounted for Bolton's RBI. The Brewers' matchup with the Baysox in Owen Sound was rained out on Sunday.

Bolton's next home game is Thursday, June 13 when the Clarksburg Blues provide the opposition at North Hill Park. First pitch will be 7.30 p.m.

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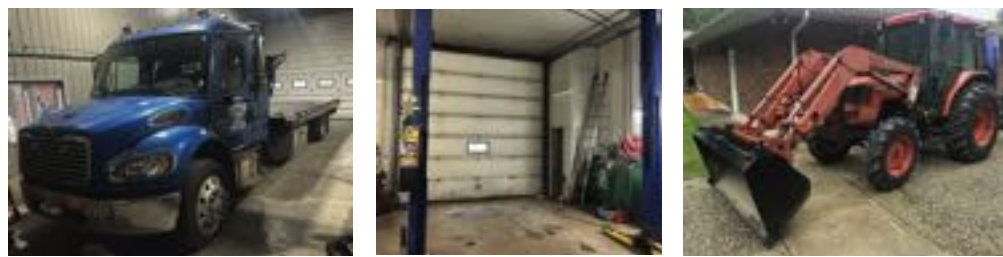


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Mark will be dearly missed by all his many nieces and nephews and was well loved by his many, many friends.

In keeping with Mark's wishes, he will be cremated, followed by a Celebration of Life on Saturday September 28th, 2024 from 2:00 pm - 4:00 pm at the Orangeville Oddfellows Hall (24 Elizabeth Street, Orangeville, ON)

We would like to extend a heartfelt thank you to Frank Brundle and The Tire Discounter Group for all their support during this difficult time. Your kindness will never be forgotten.

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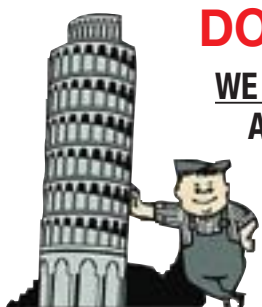
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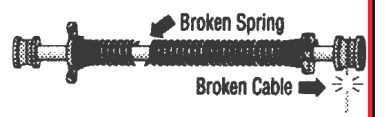
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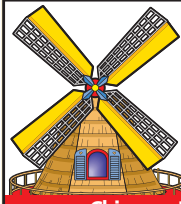
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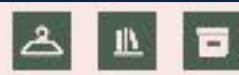
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An Interview with Team Canada Rugby Stars and CDS Grads McKinley Hunt and Claire Gallagher

BY JIM STEWART

McKinley Hunt and Claire Gallagher took time from their busy rugby commitments to Team Canada and pro team Saracens in North London to respond to our interview questions about defeating powerhouse New Zealand, identifying personal highlights during the Pacific 4 championships, and reflecting on their time as student-athletes at The Country Day School in King City:

Citizen: Describe your feelings as the match was winding down and your Canadian squad was tasked with holding a 22-19 lead against the perennial world champions on their home turf in Christchurch, New Zealand.

McKinley Hunt: "There were definitely some nerves because a game can swing at any moment, but I also felt an overwhelming sense of calmness. We had battled the entire game and I had complete trust in my teammates to finish the job. Our squad truly believes that it takes everyone on the roster to be successful and it was really special to see that come to fruition. I will say, that with about 2 minutes left, I really had the realization that we were going to win, and nothing could beat that feeling of utter shock and excitement that we had actually done it."

Citizen: How satisfying was it to score a try and put your team up 15-14 to help win this high-profile rugby match over powerhouse New Zealand?

MH: "It is always great when you can contribute points in a game of that magnitude. I can't take too much credit for that moment, as it was a true forwards try with a strong mauling platform for us to build from. It is always great to have a momentum builder and to start the second half start with a try was exactly what we needed."

Citizen: Was there a personal moment in the victory that you will especially cherish?

MH: "Running back onto the pitch after the final whistle was so special. Very few people see and understand the sacrifices we make to get ourselves to moments like that, so to be able to celebrate with the people who have been on the journey with you is extra special. We also always knew we could be in contention for winning the World Cup next year and it was nice for us to prove to the world that we are serious about our goals and abilities, and that it doesn't matter who we are up against."

Citizen: Reflecting on your high school rugby career at The Country Day School, how did your work on the pitch during high school — and with your club teams — prepare you for this significant rugby victory over New Zealand?

MH: "I owe a lot to CDS for my rugby career. Girls' rugby was always 'the' sport to play at school, and I don't think I would have picked up a rugby ball if I hadn't had that exposure. My coaches always made sure rugby was fun and that enjoyment of the sport has been crucial in my success. My club coaches also played a significant role in my development, especially Matt Rietkoetter and Mike Symes from Barrie RFC, and Kevin Jones from the Aurora Barbs. They were some of the first people who made me realize that I could pursue rugby at the elite level, and they have always supported me on my journey. I have had an unlucky road at times, with multiple

serious injuries and they have always been the ones reminding me what I am capable of and to savour the little moments and people you impact along the way. My CDS and club coaches have shared in every step of my journey, and they continue to be some of the first people I text when I am away competing. They were the first people I messaged when I knew I had made the World Cup roster in 2022 and they were the first people I had messages from after our win against New Zealand."

Citizen: Describe your feelings as the match was winding down and your Canadian squad was tasked with holding a 22-19 lead against the perennial world champions on their home turf in Christchurch, New Zealand.

Claire Gallagher: "It was a pretty surreal feeling; we knew the Black Ferns wouldn't let up until the last minute so despite being in the lead, we had to be locked in every moment. We could've built up this big mountain to climb with the game being in New Zealand and having never beaten them before; however, that was not in our minds. As the game progressed, we just wanted to focus on ourselves and the things we could directly control."

Citizen: Was there a personal moment in the victory that you will especially cherish?

CG: "Looking back at the win, we're pretty proud of all aspects of our game; we had been working all

tour on many different attacking tools which we really implemented. A highlight moment for me personally was in the second half when we had over 30 phases of defense and held them off from scoring. To me, it really showed our grit and dedication to each other."

Citizen: Reflecting on your high school rugby career at The Country Day School, how did your work on the pitch during high school — and with your club teams — prepare you for this significant rugby victory over New Zealand?

CG: "Looking back to the start of my career at CDS is really special to me. I had not even heard of rugby before joining the team in Grade 9. Led by our coaches, the team environment was a really fun place which a lot of people wanted to be part of. A few years later, when I joined the Aurora Barbarians Rugby Club, I was able to get a better understanding of the game and play with girls who had a lot more experience than I did. I was also lucky to have McKinley Hunt to look up to in both of these environments. She was a few years older than me and without knowing it showed me all the places rugby could take you and the opportunities within the sport. Having these role models and fond memories at the grassroots level has allowed me to fall in love with the sport and remind me of why I dedicate so much time into it."

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