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FREE Thursday, August 29, 2024 Volume 44, Issue 36



A CHAMPION'S WELCOME – Olympic Bronze Medal-winning pole-vaulter Alysha Newman, along with her Bolton-based coaches, were celebrated Friday night at C3 James Dick Quarry.

PHOTO BY GLENN RODGER

Olympic medallist Alysha Newman celebrated at Quarry party

BY BROCK WEIR

After her Bronze Medal triumph at the Paris Olympics this month, pole-vaulter Alysha Newman returned to Caledon on Friday night to a hero's welcome.

Newman's Olympic success – a personal best – was celebrated at the C3 James Dick Quarry on August 23.

The event, organized by Barrie Shepley, who had just returned from his own three-week Olympic journey with Team Canada,

was designed to be a community celebration and a way to not only honour Newman but her Bolton-based trainers as well.

Speaking to The Citizen when she arrived at the beach, Newman described her Olympic experience as “so cool.”


“I think the Olympics and being there – I always say this to people: you're in an environment where everyone feels like they're going to win, so being in an environment where everyone is motivated, excited to be at the game, ready to compete and ready to put on a show

for their country is an indescribable feeling, but it only elevates you as a human and an athlete.

“You're almost hungry for more, hungry to be back in that environment. [That's it] with every Olympic games I have been to – that's why I have done three now – because I want to keep going.”

While hailing from Toronto, Newman says she has found both athletic and personal success in Caledon.

Continued on Page B1



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Students set to start the school year with challenges, but mental health supports are ready

BY BROCK WEIR

As many Ontario students gear up for the start of the school year in the week ahead, they might be doing so while experiencing some invisible challenges.

Last week, the Centre for Addiction and Mental Health (CAMH) released findings from their Ontario Student Drug Use and Health Survey, which was conducted last year.

The findings paint a grim picture of how Ontario students are faring when it comes to mental health and addictions.

“Key findings show that 38 per cent of students rate their mental health as fair or poor, while a similar number (37 per cent) reported experiencing elevated stress levels,” said CAMH in their report.

Continued on Page A12

Edward Jones



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Annual Airport Day event happening September 8

Brampton Flight Centre supporting Caledon Community Services through event

BY ZACHARY ROMAN
LOCAL JOURNALISM
INITIATIVE REPORTER

Aviation enthusiasts will want to check out an upcoming event in Caledon.

On September 8, the Brampton Flight Centre (BFC) will host its annual Airport Day celebration at the Brampton-Caledon Airport (13691 McLaughlin Road).

The event will feature \$50 sightseeing flights, a classic aircraft and automobile show, a chance to try out a flight simulator, a live band, and barbeque lunch. There will be a birds of prey demonstration, and guests can also visit the Great War Flying



The Brampton Flight Centre's annual Airport Day event will take place on September 8 this year. FILE PHOTO

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Museum.

For kids there will be bouncy castles and face painting.

All sorts of planes will be taking to the sky and flying by throughout the day. Airport Day attendees will be able to talk to pilots, some of whom have even built their own planes.

Sam Meandro, a pilot who's helping to promote this year's Airport Day event, said Airport Day is sure to satisfy anyone's curiosity about flight and Canada's role in aviation. He said the Great War Flying Museum is a must-see that's home to many impressive warplanes and fascinating artifacts.

"This year, we are excited to support Caledon Community Services and encourage all visitors to bring along a non-perishable food item, baby essentials or make

a financial contribution," said Meandro.

The BFC is owned and operated by the Brampton Flying Club, which is a not-for-profit organization and the only flight school in Canada that owns and operates an airport. The Brampton Flying Club was founded in 1946 and relocated to Caledon in 1969.

"The Flight Centre is an internationally recognized flight-training school and produces many of Canada's top pilots," said Meandro. "It also strives to build community spirit and civic pride by hosting events like Airport Day and supporting local initiatives and other like-minded organizations." Airport Day runs from 10 a.m. to 4 p.m. this year and more information about it can be found online at the following link: bramptonflightcentre.com/airport-day-sunday-september-8-2024/

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The Albion Hills Community Farm harvested nearly 20,000 garlic bulbs this year. AHCF PHOTO

Albion Hills Community Farm preparing for annual Honey & Garlic Festival

Event will be held on September 14

BY ZACHARY ROMAN
LOCAL JOURNALISM
INITIATIVE REPORTER

A celebration of delicious, locally-grown garlic and locally-harvested honey will be happening soon.

From 11 a.m. to 3 p.m. on September 14, the Albion Hills Community Farm (AHCF) will host its annual Honey & Garlic Festival. The farm is located at 16555 Humber Station Road.

AHCF volunteer Karen Hutchinson said there will be a variety of new honey and garlic-flavoured dishes for sale at the festival this year. By the time the festival is on, dahlia flowers will be in peak season and the AHCF is a great place to view them.

The festival includes vendors, garden tours, educational opportunities, and of course the opportunity to buy local honey and garlic.

The annual Honey & Garlic Festival started in 2019, then had to be put on hiatus due to the pandemic. In recent years, the festival has been growing bigger and bigger.

Hutchinson said the AHCF is blessed with sandy loam soil, which many things grow well in — garlic just happens to be one of them.

“We’ve increased our garlic planting, and this year we harvested almost 20,000 bulbs of garlic,” she said. “We do garlic braids with our softneck garlic, and with most of our hardneck garlic we cut off the scapes and sell it as a bulb.”

Using garlic scapes, the AHCF has made garlic scape relish and garlic scape pesto.

“If you’re into the flavour of garlic, our festival is a good place to be,” said Hutchinson.

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ROBBERY INVESTIGATION

Officers from the Caledon Detachment of the Ontario Provincial Police (OPP) are currently investigating a robbery at a pharmacy on Airport Road, in Caledon East.

“On August 26, 2024, just after 6:00 p.m., officers responded to a report of a robbery at a pharmacy on Airport Road, in the Town of Caledon,” say Police. “Two suspects were described as entering the business establishment armed with a sledgehammer, and demanding cash and narcotics. They fled the scene southbound on Airport Road with a third suspect waiting by the entrance in a white Honda Civic. No injuries were sustained as a result of this incident.”

The investigation is ongoing by the Caledon Major Crime Unit. Anyone with information is asked to contact the Caledon OPP at 905-584-2241 or toll-free at 1-888-310-1122. Videos that can assist this investigation, including but not limited to dash cam, cell phone, and social media are being sought. 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.

FATAL COLLISION

Officers from the Caledon Detachment of the Ontario Provincial Police (OPP) are investigating a fatal collision involving a pedestrian on Mayfield Road, in the Town of Caledon.

“On August 27, 2024, just before 1:00 a.m., Caledon OPP responded to a collision where of a pedestrian was hit by a vehicle on Mayfield Road, near McLaughlin Road,” say Police. “The pedestrian, an adult male, was pronounced deceased at the scene.”

Mayfield Road between McLaughlin Road and Chinguacousy Road 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 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.

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.

ARREST IN “SUSPICIOUS PERSON” INVESTIGATION

Officers from the Caledon Detachment of the Ontario Provincial Police (OPP) have charged an individual reported as a suspicious person on Doctor Reynar Road in the Town of Caledon.

“On August 19, 2024, just after 9:00 p.m., Caledon OPP was dispatched to a report of a suspicious person on Doctor Reynar Road,” say Police. “The report added that the person was entering vehicles. Officers attended and began their investigation. During a search of the area, the person was located and arrested.”

As a result, Ashton Oxley, 20, of Tottenham, was charged with:

- Mischief;
- Use plate not authorized for vehicle;
- Operate motor vehicle without insurance;
- Novice driver - B.A.C. above zero.

The accused is scheduled to attend the Ontario Court of Justice in Orangeville on September 19, 2024, to answer to the charges.

The charges have not been proven. “Thank you to the concerned citizen for reporting the suspicious activity to police. Caledon OPP reminds everyone that leaving your vehicle unlocked and/or with valuables in plain view offers criminals an easy opportunity to victimize vehicle owners.”

If you observed illegal activity in your neighbourhood, call 911 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.

IMPAIRED CHARGES

Officers from the Caledon Detachment of the Ontario Provincial Police (OPP) have charged the driver of a suspicious vehicle with impaired operation for having over three times the legal limit.

“On August 24, 2024, shortly after 2:00 p.m., Caledon OPP responded to a suspicious vehicle call on Horseshoe Hill Road, near Beech Grove Side Road, in the Town of Caledon,” say Police. “During the investigation, officers formed grounds that the driver’s ability to operate a motor vehicle was impaired by alcohol and was subsequently arrested.”

As a result of the investigation, Dylan Hern, 30, of Waterloo, was charged with:

- Operation while impaired - blood alcohol concentration (80 plus);
- Operation while impaired – alcohol;
- Having care or control of motor vehicle with open container of liquor.

The accused is scheduled to attend the Ontario Court of Justice in Orangeville on September

12, 2024, to answer to the charges.

The charges have not been proven.

The driver’s licence was also suspended for 90 days, and the vehicle impounded for seven.

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.

For more information about the penalties of driving impaired, visit: <https://www.ontario.ca/page/impaired-driving>.

SAFETY FIRST THIS LONG WEEKEND: OPP

The long weekend is almost here and officers across Central Region of the Ontario Provincial Police (OPP) are preparing to ensure a safe and enjoyable time for both locals and visitors.

“With more people expected on our roads, trails, and waterways, the OPP is reminding the public to make safety the top priority,” say Police.

You can help ensure this weekend is enjoyable for everyone by following these essential safety tips:

- Never Drive Impaired or Distracted: No amount of alcohol or drugs in your system is safe when driving. If you suspect that someone is driving while impaired, it is important to call 9-1-1 to report it;
- Buckle Up: Whether it’s a seatbelt, helmet, or lifejacket, buckling up only takes a few seconds and can save lives on roads, trails, and waterways.;
- Abide By The Speed Limit: Speeding is an aggressive driving behaviour and continues to be a major contributing factor in motor vehicle collisions;
- Move Over And Proceed With Caution When Passing Emergency Vehicles: If you see an emergency vehicle on the roadside with lights activated, slow down and move over when safe to do so. This helps protect first responders and those they are assisting.

“The public plays a central role in reducing the number of lives lost on roads, waterways and trails by being safe, responsible drivers (and passengers) with a shared goal of making it to and from every destination safely.”



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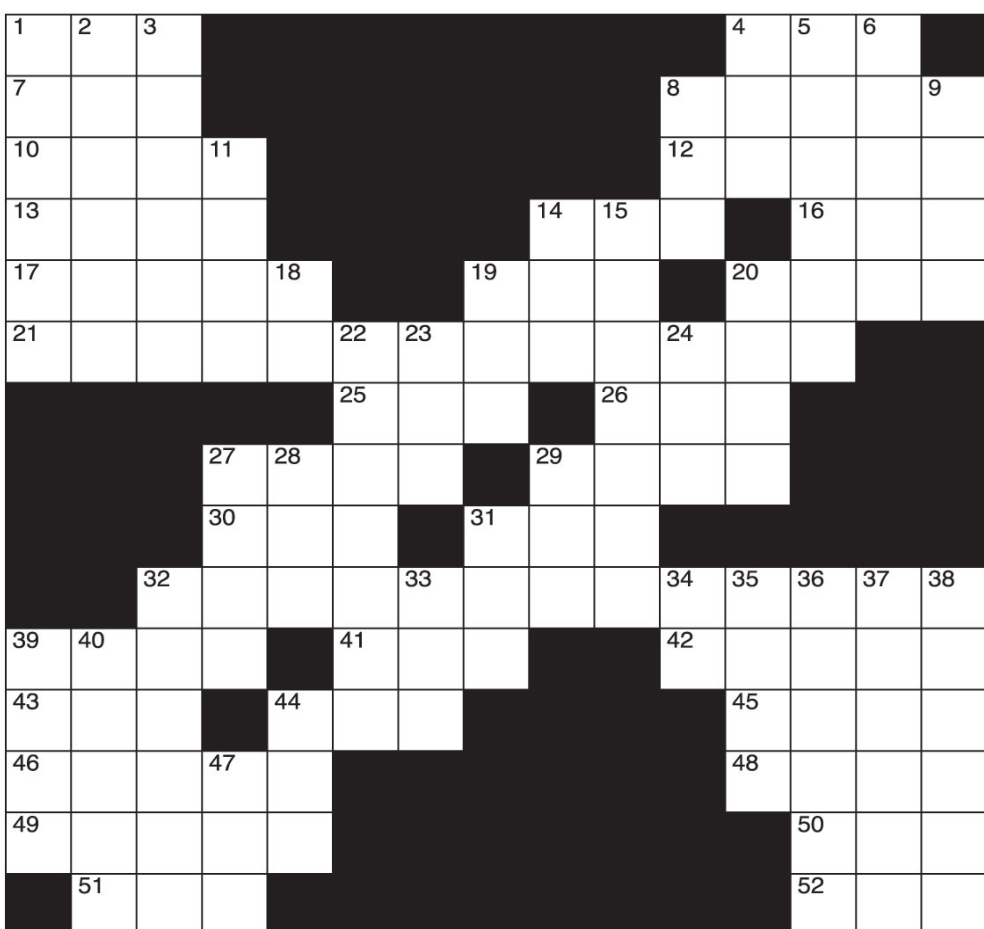
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The Citizen **CROSSWORD**



CLUES ACROSS

- 1. Microgram
- 4. After B
- 7. Everything
- 8. An unfortunate development
- 10. Coat with sticky substance
- 12. Cylinder of tobacco for smoking
- 13. Minimum interval take off
- 14. Yuck!
- 16. NBA sensation Jeremy
- 17. Where some rockers work
- 19. Midway between northeast and east
- 20. Snake-like fishes
- 21. Groups of homes
- 25. Swiss river
- 26. Useful towel

CLUES DOWN

- 27. “The Wire” character “Moreland”
- 29. Oafish creature
- 30. A major division of geological time
- 31. Bird-like Chinese dinosaur
- 32. Sporting events
- 39. Body part
- 41. Clerical vestment
- 42. Shows data
- 43. Some are “special”
- 44. Expression of disappointment
- 45. Students’ rights document (abbr.)
- 46. Vacation locale
- Costa ___
- 48. Pop singer
- 49. Distract outside a city
- 50. Mark Wahlberg comedy
- 51. Coniferous tree
- 52. Midway between south and southeast
- 20. Advantage
- 22. Monkeys love them
- 23. Wood
- 24. Paddle
- 27. Past participle of be
- 28. Tall, rounded vase
- 29. Device
- 31. Financial institution (abbr.)
- 32. Paper product
- 33. A type
- 34. Atomic #43
- 35. Red Hot Chili Peppers’ drummer
- 36. Behaviors
- 37. Decays
- 38. Walked confidently
- 39. Voice (Italian)
- 40. Class of adhesives
- 44. Bar bill
- 47. One-time aerospace firm

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

Caledon touts success of invasive species program



Town fighting against forest pests and invasive plants

BY ZACHARY ROMAN
LOCAL JOURNALISM
INITIATIVE REPORTER

The Town of Caledon has been working to fight against invasive species.

On August 20, Town Communications Staff issued a media release detailing the Town's efforts to fight against invasive species.

The release said in the spring of 2021, Caledon encountered a wave of the invasive spongy moth caterpillars. It was a significant wave and as the caterpillars ate tree leaves, it impacted the health of Caledon's tree population.

That year, Caledon Council approved and established an invasive species program aimed at managing the impacts of recurring spongy moth outbreaks. The program has since expanded to target more invasive species and prepare the town to defend against any potential outbreaks in the future.

As part of the Town's invasive species program, a new position was created at the Town: Invasive Species Coordinator.

Jody Elchyshyn is Caledon's invasive species coordinator and oversees Caledon's invasive species program.

"Spongy moth was the main focus early on and we worked with several departments, including Service Caledon and Communications, to develop a strong campaign to help mitigate the impact spongy moth made in our community," said Elchyshyn.

Throughout 2022, a number of tactics were used by the Town to fight against the spongy moth: the handing out of burlap bands to help protect trees; ground spraying and biopesticide injections on Town-owned trees; sticky barrier bands installed on Town-owned trees; egg mass scraping; development of a tracking form and interactive map for residents to report spongy moths in various life stages; a social media campaign; and collaboration with agencies like the Toronto and Region Conservation Authority (TRCA) and Credit Valley Conservation (CVC).

The Town said thanks to these efforts, reports of spongy moths reduced significantly in 2023.

According to the Town, in the past two years Caledon has shifted its focus to fighting against other forest pests and invasive plants.

Early detection monitoring has been initiated to watch for invasive forest pests that have not yet been seen in Caledon

such as hemlock woolly adelgid and spotted lanternfly. Early detection work has also begun to monitor for species like invasive aphids.

The Town has also been updating its inventory of urban trees to prepare for potential future infestations — over 6,000 trees have been inventoried so far.

In 2023, the Town worked with the TRCA and CVC to survey the Caledon Trailway for invasive plants. This year, the Town started managing invasive plants on the trailway.

"Successful receipt of funding from the Invasive Species Action Fund has aided 2024 plant management, which allowed Caledon to expand management efforts," said the Town. "Caledon continues to work along with the conservation authorities, focusing on managing invasive phragmites, Japanese knotweed and oriental bittersweet on the Caledon Trailway."

Caledon has also begun looking for invasive species along Town-owned roads

and parklands.

"To date, over 1,600 occurrences of prioritized invasive plant species have been inventoried on Town property, in addition to the 2,000-plus occurrences mapped by the conservation authorities on the Caledon Trailway," said the Town.

Jeremy Johnson, Caledon's Manager of Parks and Forestry, said he's proud of Caledon's invasive species program.

"Our invasive species program team has done an excellent job of addressing threats and pivoting to manage emerging threats as well," he said. "Invasive species is an evolving field, and it's important that the Town continue to increase its efforts both to manage these threats, but to also inform residents of those efforts and ways they can manage threats on their properties."

The Town of Caledon has numerous resources for those looking to learn more about invasive species on its website, caledon.ca.

Question: My father recently passed away. He had a live-in caretaker who is now claiming that she is his common-law spouse and a dependant of my late father. His Will doesn't leave anything to his caretaker. Is she entitled to anything from the estate?

Answer: If the "caretaker" was more than a caretaker and qualifies as a spouse, then she may well have a dependent support claim pursuant to the Succession Law Reform Act (SLRA). In your situation, the caretaker has to convince a court that she was, in fact, a spouse or dependant of your father. Being an employee of your father does not amount to being a dependant. It is a factual analysis that looks at the relationship in a very detailed and personal way regarding their behaviours, shelter arrangements, finances, services provided, and social participation of your father and the caretaker. The court considers the relationship overall in light of the evidence in support of, or refuting the claims of the caretaker. The analysis can be quite exhaustive and generally, the court has to weigh the significance of all the factors to determine the true nature of the relationship. If the caretaker satisfies the court, the court then considers whether the deceased made adequate provisions. If the caretaker does not satisfy the court, the caretaker may have to pay a portion of the estate's legal costs of defending the claim.



If you are dealing with an estate issue, give us a call to set up a free 1/2 hour consultation. Enjoy the weekend.

J. David Keith Lawyer
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Headwaters Health Care Centre to receive \$3.6 million for upgrades, repairs

BY SAM ODROWSKI

Dufferin-Caledon MPP and Ontario's Minister of Health Sylvia Jones recently announced that Headwaters Health Care Centre (HHCC) will be receiving \$3.6 million in support of essential infrastructure upgrades and repairs.

The funding comes from the provincial government's Health Infrastructure Renewal Fund (HIRF) Program. This program aims to enhance the infrastructure of hospitals and health facilities in communities across Ontario.

"Our investment in HHCC's infrastructure will allow them to modernize and make critical upgrades, ensuring people can access high quality care, in the community, for years to come," said Jones.

Headwaters Health Care Centre was built 27 years ago, and with age comes the need for repairs and renovations. The \$3.6 million in funding will partially support HHCC's multi-year Plant and Building Automation System Upgrade. This will support Headwaters' goals in its 2024-2029 Energy Conservation and Demand Management Plan.

"These funds will ensure a safe and comfortable environment for patients, families, and caregivers," said HHCC in a recent press release.

The work includes replacing end-of-life equipment, installing a heat recovery chiller, upgrading the Building Automation System and installing a steam boiler to support food services and medical device reprocessing. In addition, HHCC will implement efficient water fixtures and LED retrofits.

HHCC has selected Blackstone Energy Services as the development partner for this project.

"With over 20 years of experience in the healthcare sector, and an energy management partner to Headwaters Health Care Centre for over a decade, Blackstone will oversee the implementation of the planned improvements," said HHCC in a press release. "Following a comprehensive engineering study, Phase 1 has begun with the installation of blackPAC™, a Distributed Energy Resource Management System that will provide real-time data on energy usage and help establish benchmarks for future energy management strategies."

After the phased project is completed, HHCC see significant reductions in the use of electricity, natural gas, and water consumption. This will result in lower energy costs and a 55 per cent reduction in greenhouse gas emissions.

HHCC anticipates these upgrades will also sup-



The Facilities Team at Headwaters Health Care Centre who will work with Blackstone Energy Services on improving the hospital's Plant and Building Automation System.

CONTRIBUTED PHOTO

port the hospital in achieving its Energy Conservation and Demand Management (ECDM) targets by 2029.

"Investing in these infrastructure upgrades is crucial for the future of Headwaters Health Care Centre. By modernizing our systems, we'll not only improve operational efficiency but also significantly reduce our energy consumption and operational costs," said Cathy van Leipsig, Vice President of Corporate Services and Chief Financial Officer for Headwaters.

"These upgrades will ensure a more sustainable and reliable facility, reinforcing our commitment to providing the highest standard of care to our community and to protecting our environment."

The hospital is one of the region's largest employers with over 800 staff, 200 physicians and six midwives. HHCC also benefits from the dedication of over 200 volunteers.

"The funding received through the HIRF Program will not only ensure the hospital's physical infrastructure is upgraded but also contribute to the overall economic prosperity of the region in a sustainable manner," said HHCC in a press release.

PUBLIC NOTICE

Notice of Application Proposed Official Plan Amendment

FILE NUMBER(S): POPA 2024-0004

This is to inform you that the Town of Caledon has received an Official Plan Amendment Application to complete a secondary plan for the Alloa New Community Area. Your input and insight will inform and shape plans that meet the needs of our community.

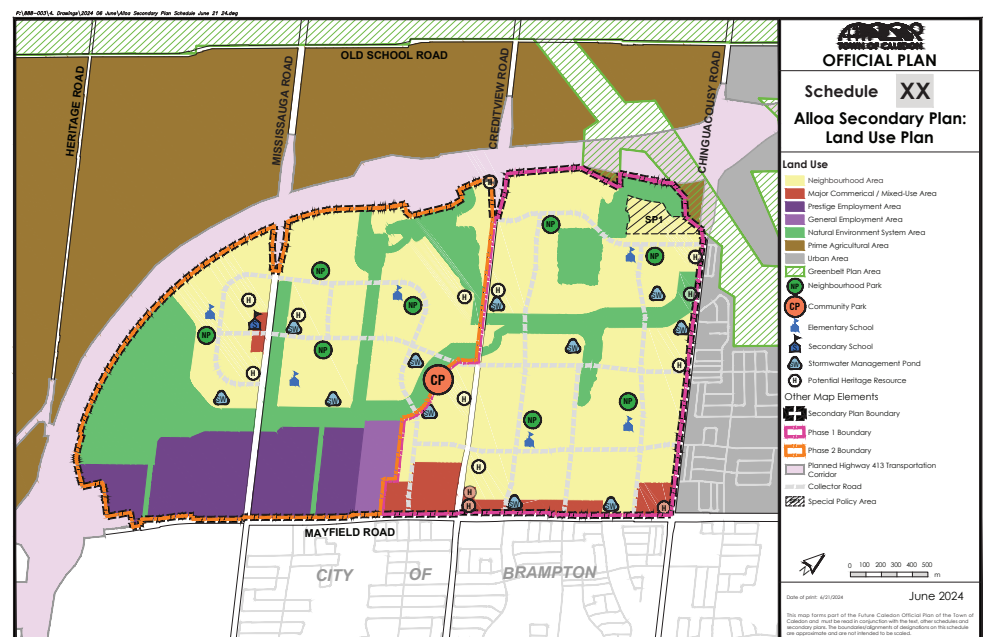
APPLICANT AND LOCATION:

Applicant: Glen Schnarr & Associates on behalf of Alloa Landowners Group

Location: 725 hectares (1,800 acres) are bounded by the Highway 413 Protection Corridor to the north and west, Chinguacousy Road to the east, and Mayfield Road to the south
Part of Lots 18, 19, 20, and 21, Concessions 3, 4 and 5, WHS (Chinguacousy)

PROPOSED CHANGES:

The applicant has applied for an Official Plan Amendment (POPA 2024-0004) to facilitate the development of a secondary plan planned for approximately 40,000 people and 14,000 diversified housing units, across a total area of 724.38 hectares (1789.9 acres). The Secondary Plan will also include a protected natural heritage system, an employment area, community amenities, a connected road and active transportation network, and a mix of land uses, including commercial/mixed use. The employment area will be planned for approximately 2,470 jobs and a further 1,490 population-related jobs are expected. The estimated density will be approximately 90 residents and jobs per hectare.



*The illustration is a conceptual plan for information purposes and it is subject to change. The application is currently under review by the Town of Caledon.

LEAD PLANNER:

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905-584-2272 x.7338
bailey.loverock@caledon.ca

ACCESSIBILITY:

If you require an accessibility accommodation to access any materials related to this item in an alternate format please contact Legislative Services by phone at 905-584-2272 x.2366 or via email at legislative.services@caledon.ca.

ADDITIONAL INFORMATION:

For more information about this matter, including information about appeal rights, a copy of the proposed Official Plan Amendment, additional information and material, please visit caledon.ca/notices or contact the Lead Planner at Town Hall from Monday to Friday, 8:30 a.m. to 4:30 p.m.

Multi-Tenant Landowners: Please post this notice in a visible location to all residents of the land.

Notice Date: August 29, 2024



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Disconnecting and cutting the invisible cord

I don't know about you, but that feeling of unease when realizing you've forgotten to do something important, or seemingly important, is one I like to experience as infrequently as possible.

It might not hit everyone the same way, but when it dawns on me that I've inadvertently let something fall by the wayside, it begins with a flush felt on the face, followed almost immediately by a shiver that starts from my instantaneously red cheeks all the way down to my toes.

Perhaps it's some sort of primal mechanism because it certainly helps one be a bit more mindful about what's on one's plate on any given day and how to get it all done – after all, you don't want to have that sinking feeling any more than is absolutely necessary.

The first time I took notice of this weird gut reaction was in university when, in the last couple of days of my graduating year, I discovered that the eleventh hour – well, the 1.30 a.m. hour, truth be told – that I had misunderstood the assignment when it came to the final research paper due later that evening.

Having been confident up until that point that I'd nailed the 10-page paper beyond a reasonable doubt, I had just a few hours to start from scratch, research and all. Thankfully our campus library was open 24 hours at that point because it kept any audible signs of my frustration to a minimum as far as my roommates were concerned. The same, alas, can't be said of the groundhogs who were out grazing at an unusual hour on the uphill route to the library. I hope they weren't too offended by my language.

This singular form of anxiety crops up from time to time to this day, but thankfully with far less frequency, so it was something of a surprise a few weekends ago when it came back, out of the blue, full throttle – over something that was, in retrospect, of very little consequence.

Usually, I'm very diligent with my email. Like most people these days, I have more than one email address depending on what they're being used for. One is my personal email address that I've had in use long before the aforementioned essay incident, another is for work, and the other for work outside of these newspapers

All three emails are connected to my various devices, and when I'm not logged into my computer, alerts on my phone keep me up to date – until they didn't.

Walking back in the direction of home from a wonderfully sunny day out with friends recently, I stopped dead in my tracks. It had just occurred to me that I hadn't received any kind of notification over the three previous days and it hadn't occurred to me that this was rather out-of-the-ordinary.

There was that flush-and-shiver feeling again as I whipped out my phone to not only see where and how the notifications became un-synched, but held my breath to make sure I didn't miss anything too earth-shattering. Thankfully, I hadn't, but it certainly made me think, with some degree of dismay, how reliant we've become on these instant delivery systems – and how we respond to them.

While, once again, I don't want to experience that terrible feeling again, it underscored how calming it was (at least until it wasn't) to be disconnected in a way, without that obligation of constant vigilance over screens large and small.

I guess I'm now on board with a wider trend.

When we hired a new reporter for one of our papers a few years ago, I was a slightly

taken aback, albeit pleasantly, by their approach. Evidently they were a night owl, so it was not unusual to receive an email long after most people had clocked out for the day. But what struck me was their position that even though they were sending something at another eleventh hour, they made it clear in their email they expected no response until the following morning.

Not long after, I noticed a new disclaimer on emails sent from employees of a local non-profit organization with whom I'm in frequent contact: “[We respect] employees' right to disengage from work-related communication and other work outside of normal working hours. Please do not feel obligated to reply to this email outside of your scheduled working hours.”

In an era where we're more connected than ever before, at any given moment of the day, at any place on our globe, and more inclined to seek out instant gratification, I have to say I found this approach very refreshing. Even though it's hardly a new concept.

Earlier this week, Australia became the latest country to institute a “right to disconnect” rule, following the lead of several Latin American and European countries. Here, the law allows employees to “ignore communications after hours if they choose to, without fear of being punished by their bosses,” says the BBC.

“A survey published last year estimated that Australians worked, on average, 281 hours of unpaid overtime annually,” the BBC continued. “The law does not ban employers from contacting workers after hours. Instead, it gives staff the right not to reply unless their refusal is deemed unreasonable. Under the rules, employers and employees should try to resolve disputes among themselves. If that is unsuccessful in finding a resolution, Australia's Fair Work Commission (FWC) can step in.”

The FWC can order the employer to then stop contacting the employee in question after hours and, if they fail to do so, fines for a company can be as high as AUS\$94,000.”

Organizations representing employees have, unsurprisingly, supported the move, stating this will also benefit employers as workers would be better rested and have a better work-life balance that would lead to less sick days and potentially better productivity.

I imagine employers' representatives might have a different viewpoint, but it's out of their hands for now.

But what about Canada? For better or worse, our country follows a similar work culture as our neighbours to the south with a very lopsided balance between work and life. In many respects, we have been conditioned to it, and employer expectations have been tailored accordingly.

Could an initiative like this take off beyond a company-by-company basis into something that is Province-wide? It's doubtful, but it doesn't hurt to explore the idea further.

It's not necessarily practical for those of us in a newsroom, but if it can improve efficiency and mental health elsewhere, it might be worth a shot.

In our highly connected world, disconnecting can sometimes feel like a treat to ourselves at best or, at worst, even an act of rebellion, but it's hard to dispute that doing so can ironically replenish our own personal bandwidth – and forgetting to check in for 24 hours shouldn't leave people with cold sweats or a sinking feeling of dread.

WE HAVE A DELIGHTFUL *BACK-TO-SCHOOL* LUNCH SPECIAL. IT FEATURES A LEISURELY MEAL AT YOUR OWN PACE, WITH ADULT CONVERSATION.



Learning to enjoy a “half-filled glass”

by Mark Pavilons



What is a full life, and conversely, what's a half-lived life?

That's a question that springs to mind lately, when I'm staring at the clock, taking stock.

According to Herman Melville: “Perhaps the most devastating scenario imaginable is to face death knowing that because of some imagined fear, you have, you have always chosen a half-lived life in which you avoided doing the things your heart beckoned you to do.”

There are many similar quotes from famous people and writers of the 1800s. However, in those days the average lifespan was between 40 and 50, so I wonder just how much living you can do in a mere 25 years, especially if you come from meager or average means.

But the sentiment remains and is often used today.

To what end?
There have been times when I feel like a fraud, trapped in the body of someone else's bad dream. Was I switched at birth? Was it the result of an alien probe gone too far or a “Freaky Friday” scenario?

Again, such questions pop into my wandering thoughts.

I don't really know how to review, assess or evaluate my rather average life, a half-lived one at that.

Flipping through an old family album, there's a photo of me in my teens in the 1980s. During a trip to Montreal, I posed at some ancient fort with a canon, wearing, get this, aviator glasses, rust-coloured polyester pants and a long-sleeved blue checkered shirt. Oh, and I was sporting long, flowing hair. My brain hurts just thinking about it. Why couldn't the aliens have removed this image from my poor brain?

With the school year starting, I remember those big round clocks in the classroom, when the second hand would get stuck and just tick back and forth without advancing. It was like time stood still. That image is burned into my brain for some reason.

I also remember, not so fondly, when the teacher asked us all to provide a summary of our summer and what we did on our vacation.

I always struggled with this. I never travelled until my late teens so my summers were typically spent doing chores our four-acre property north of Bolton. Parents were reluctant to even take us into town, so it was either riding our bikes on dirt roads for an hour or staying put.

Later, the opportunity for an occasional trip to someone's cottage came up but I recall them being too short and too demanding (the take-charge males always won).

We Boomers stayed within our comfort zones and simply made do. There were few luxuries or extravagant adventures.

This scenario rubs up against my current reality, where, for some weird reason, I picture myself back in the classroom as I am today. “Mark, what did you do on your summer vacation?” the teacher asks. “I went for chemo,” is my response.

Not very exciting or adventurous at all. Kinda sad, really, but true.

One more “lost summer” added to my list.

Living in rural Caledon was, however, a treat in itself, spending lazy, hazy days just chilling, looking at clouds, with a long grass stalk firmly planted in my mouth.

During a recent lunch hour, I had the urge to run down to the parking lot, crank the tunes and lie down on the hood of my car. Boomers will understand.

Jimmy Buffett once said that searching in life is half the fun. “Life is much more manageable when thought of as a scavenger hunt as opposed to a surprise party.”

And what a surprise it's been.

I don't know of anyone who had their lives completely planned out and strategically implemented. I don't think you can. Every day there's a surprise waiting for you around every corner and past every next step.

Again, Boomers had it simpler, a bit more straight-forward. We went to school, found a trade or profession, choosing from a handful of options. Today, youngsters have thousands of routes to choose from, various certificates, degrees and diplomas. The trick is, and has always been, to find something you love – the role that makes you want to get out of bed each morning.

I know for our parents, it was a matter of survival, of providing and making a living. They didn't dream of fame or fortune, they merely eked out a living and were content with that. Did they long for more? Likely. Did they live full lives?

When it comes to our car's gas tank, “they” say to always keep it above half. I think I've been driving on half my entire life, shying away from “filling it to the top” even when gas was 60-cents per litre. Okay, this analogy isn't really about gas.

I remember clearly, my 1973 Dodge Dart Sport with a slant-6, the ash tray overflowing with butts. I can't count the number of lonely nights I drove home to Eddie Money's “Take Me Home Tonight.” It was just like Ronnie said.

It's true that half our lives are spent before we truly know what life is.

And then we scramble, in the second half of our stage play, trying to figure out what's important.

Again, lately I've found myself smiling at young parents with their tiny ones; grandpas trying to keep up with their little charges. New life, uncertain of what's in store.

It seems my life went from hum-drum to fast forward in the blink of an eye, taking me to this place, my current perch.

Sure, I recall many of my personal milestones and firsts. But then, all of a sudden, the kids are now adults and my usefulness has waned.

I so long to fill up my glass again. But it's still half-full and chipped, and I cut my lip on it.

Nevertheless, it can be refilled, on a daily basis, with blessings. I've demanded daily hugs from my kids and look for those silver linings.

Let's all raise our glasses and offer cheers, to a life well lived!

Submit your
LETTERS TO THE EDITOR

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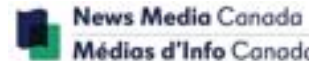
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Time warp

I was watching YouTube videos the other night and came across a short clip from the movie Unforgiven, starring the legendary Clint Eastwood, as William Munny – a former gunslinger and outlaw responsible for killing “women and children” and “just about everything that walks or crawls.”

Munny is called back into service as a mad-dog killer to avenge a prostitute who was attacked by a client.

The movie also stars Gene Hackman, Morgan Freeman, Richard Harris, and Saul Rubinek. It was a great movie with a great cast, and it won several Oscars, including Best Picture.

Unusual for a western, the main character has no redeeming qualities at all. There are no heroes.

I was watching the final scene where Munny kills half the people in the saloon to avenge the death of his friend and partner, Ned.

When he’s leaving the saloon, in the dark, and pouring rain, he calls out a warning to the men who have gathered in the street to shoot him down.

“Okay, I’m coming out. Any man I see out there, I going to kill him. Any SOB takes a shot at me, not only will I kill him, I’ll kill his wife, and all his friends, and burn his house down.”

That’s one mean-spirited guy.

It was probably Eastwood’s best movie – although personally I consider “The Good, the Bad, and Ugly” to be my favourite Clint movie.

I wanted more info and looked up Unforgiven on the movie database, and was surprised to learn the movie was released in 1992. What? That’s 32 years ago! How is that possible?

I could have sworn that movie was made, at most, 20 years ago.

Maybe my age is showing, but some days I feel like I’m living in some kind of weird time warp.

I still get a lot of news about Freddie Mercury, former member of the band Queen, on various news feeds. They just made a movie about his life.

But Freddie Mercury died in 1991 – that’s 33 years ago.

Frank Zappa was another rather famous musician, known for his off-beat style of music, as well as his trademark mustache and soul-patch.

I just saw a video of him performing in California a few days ago.

But Frank died in 1993 – 33 years ago.

I still see teenagers wearing Queen and Zappa T-shirts.

Somehow, that would be like me and my friends wearing, “I saw Perry Como in Vegas” shirts.

Sam Kineson was well known comedian. He was a former Pentecostal preacher, who turned his church act into a comedy routine. I liked him, but he was a little intense.

He died in a car accident in 1992.

Kurt Cobain was the king of grunge music and leader of the band Nirvana. His music still gets a lot of airplay and I still see people wearing Nirvana T-shirts.

Cobain died by suicide in 1994.

There are so many things that happened over 30 years ago that still seem to be relevant.

I have my own theory on this, and it has a lot to do with new technology.

At one time, when you watched an old movie, or saw an old photograph, it looked old. Old movies had scratches, and photos were always black and white, not the sharpest, and faded over time.

That left the impression that you were seeing something that was outdated, and not relevant.

I still watch old black and white movies, even though the style of movie making has changed dramatically. I enjoy old movies from the 30s, 40s, with

the actors and their impressive Mid-Atlantic way of speaking – which by today’s standards, simply wouldn’t work on screen.

Old movies are not shown on television any more with the exception of a few specialty channels, because a large portion of the population just won’t watch A Night at the Opera with the Marx Brothers or Never Give a Sucker an Even Break, with W.C. Fields.

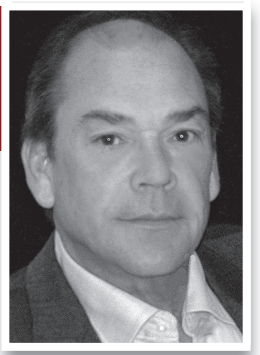
Digital technology has proven to have one very good property – and that is preservation.

When people see video or photographs of Freddie Mercury or Kurt Cobain, it looks like it could have been shot yesterday. It is crisp, clean, and has good sound.

It is a lot easier to be interested in a video of a performance with excellent reproduction characteristics, so people become interested.

Time is a funny thing – it never stops. Here’s a fun fact to wrap your head around.

Cleopatra was born at a time closer to the space race, than when the Pyramids were built.



BRIAN LOCKHART
FROM THE SECOND ROW

Summer ends on a high note... ish

Summer is ending on a high note “ish,” especially if you’re a fish. Summer is not ending on a high note for others however, particularly developers and perhaps even, for Premier Doug Ford. For those that love the CNE and weird gastronomic treats - this year’s deep fried butter chicken lasagna might contribute to your “high,” or to the low of a stomach ache! If you are struggling with addiction, there are now fewer safe places to get high, but if alcohol is your drug of choice, there’s no shortage of access. About the only thing that can be guaranteed, with no “ish” attached, is that summer is indeed ending.

First, in welcome news, it appears the federal government has stepped in with a potential “stay of execution” for a rather important little fish - the Redside Dace. This little fish is just one of 11 species at risk should the route for the proposed Highway 413 be approved. In our interconnected world, even this tiny creature plays an important role in environmental and human health and “Under the federal Species At Risk Act (SARA), any activity affecting Redside Dace’s critical habitat must comply with SARA and the Fisheries Act to ensure it does not jeopardize the species’ survival or recovery.”

Surely, paving over 2,000 acres of farmland and 400 acres of greenbelt while also destroying the Redside Dace’ habitat must qualify as jeopardizing

its future? Tim Gray, Executive Director of Environmental Defence, was quoted as saying, “It’s really hard to see how those permits could be issued with the current configuration of the highway.” We can only hope such a logjam, issued with the strength of the federal government behind it, will at a minimum slow down, if not stop, Premier Ford’s efforts to get this highway built.

In a perfect world, perhaps this delay buys enough time for the Conservatives to figure out what most of us already know: that there’s over 150 kms of pristine, multi-laned, underutilized highway running east/west that could easily accommodate significantly more vehicular/truck traffic. In further good news, it might also eliminate the supposed “need” for yet another quarry in the already blighted Caledon landscape!

In other news, summer is also certainly ending on a high if your choice of mood-elevating substances is alcohol. Not that I specifically recall Ontarians asking for increased access, but according to Premier Ford he’s doing us all a favour by making alcohol available at what seems to be every single corner store and gas station in the Caledon area. With close to 24-hour round the clock access (sales start as early as 7 a.m. and end at 11 p.m.) you should have no problem getting your fix. I’ve written previously that

I appreciate we are all adults and should be treated as such. But we are experiencing a significant increase in traffic accidents and fatalities in Caledon, and with little or no training or monitoring of the convenience store clerks selling alcohol, I foresee increased risks of sales to minors and/or the already inebriated - and therefore more accidents too.

On the other hand, with the recent decision to close 10 safe injection sites, staying safe while managing drug addiction just got a whole lot harder. I acknowledge it’s a controversial topic and safe injection sites near schools and daycares are problematic. Closing them altogether however, simply shifts the burden elsewhere; on to our hospital system, paramedics and first responders, and potentially into public parks and other community spaces - all while doing nothing to address the root causes of drug addiction in the first place.

Teachers, if you don’t already know how much I love you, let me remind both you, and every parent out there who ever complained about teachers while lasting only three whole days teaching their own kids during the pandemic, you are an amazing group of humans. Every day you welcome far too many children into your underfunded classrooms, (thanks Doug Ford) each of whom differs with varying degrees of support required, and you do your best to ensure they

are safe, secure, supported, and taught the basics, all while possibly having some fun too! Good luck this year and to all returning and new students - especially those marking milestones like kindergarten, middle school, high school or post-secondary education.

Speaking of school, it’s not too late to help out those struggling to absorb any further expenses in an already tight family budget. Back to school can be expensive and if you can, Caledon Community Services has a great program supporting families. Kidz in Caledon helps local families with back-to-school kits and in providing healthy lunches as just two examples. Support for this and other programs helping families right here in town is always welcome.

Finally, on a personal note, a wedding is always a great way to spend a summer day - especially when it’s your own kid that’s getting married. You didn’t sign up to hear my life story but as you already know, it’s been a challenging year so this special day was perfect and I feel very blessed! So much so that even Premier Ford can’t bring me down and a wee, tiny, little fish can actually raise my spirits even higher - no “ish” qualifier required!



SHERALYN ROMAN
TALK CALEDON

The Underlying Struggle

When you find yourself shouting at the television screen, you know it’s time to take a break. I reached that point last week, watching Kamala Harris’s acceptance speech at the Democratic National Convention, and what I yelled at the screen was “the enemy is us!”

She had got to the foreign policy sound-bite and was talking about the “enduring struggle between democracy and tyranny” and Trump’s desire to cozy up to “tyrants and dictators”. That’s when I lost it.

I’m not denying that such a struggle exists, but we’re looking at it through the wrong lens. The democracies are generally (though not always) less wicked than the tyrannies, but the real struggle is far older and much deeper than most people realize.

Human beings are primates, and our original social structure was almost certainly like that of our close evolutionary relatives like chimpanzees. Our ancestors would have lived in small groups of 30 to 100 individuals, each ruled over by a violent, despotic “monkey-king.”

There would have been a constant struggle between the adult males to seize the top spot, complete with alliances and betrayals, but nothing ever really changed. “Meet the new boss. Same as the old boss”, as Pete Townshend once put it. To see this in action, watch a brilliant Netflix mini-series called

“Chimp Empire.”

But our distant ancestors broke that ancient pattern. They were more intelligent than other primates, and they could see that the perpetual struggle for power wasn’t worth it. Any individual’s chance of winning the top job was very small, and the fate of the rest was to be bullied and beaten all their lives.

They also had language, probably for at least the last 50,000 years and maybe much longer. So, they could imagine a better kind of future in detail, and they could plot and make alliances to create that future. At some point in our very distant past, there was a revolution.

Maybe it happened spontaneously in a thousand different bands, or maybe it only happened once and then the example spread like wildfire, but most of the adult males banded together, overthrew the reigning boss – and adopted a new rule, rigorously enforced, of absolute equality.

How do we know this? Because that was the rule in every single hunter-gatherer group that the anthropologists encountered in the middle decades of the last century, when the first generation of anthropologists studied the social structure of the last generation of hunter-gatherers who had had no contact with mass societies.

They were so strenuously egalitarian that they

would “cut down the tall poppies”: men giving themselves airs or claiming privileges would be first mocked, then ostracised if necessary, and in extreme cases driven out of the band or killed.

There were charismatic individuals who could persuade others to their point of view, and great warriors who would be given temporary leadership roles in the chronic inter-band warfare, but the worst social crime was for one man to give an order to another.

Women’s positions varied from one hunter-gatherer culture to another but were certainly better than in the mass societies that eventually destroyed them. And it all lasted long enough – at least tens of thousands of years – to make equality and freedom default human values.

So what went wrong? Mass civilisation happened.

Societies of millions of people were far richer and more powerful than tiny hunter-gatherer bands, but it was impossible to run them by discussion and debate among equals. The new, crop-growing mass societies had to be tyrannies, and they were so numerous and powerful that they drove the old, egalitarian values underground.

However, those values never actually died. Rebellions were constant, but always crushed. Ten

thousand years of tyranny and oppression – and then early mass communications (just literacy, books and pamphlets) finally made it possible for large numbers of people to make decisions together as equals.

That opened the door to the American Revolution in 1776, the French Revolution in 1789, and two more centuries of struggle to recover our old egalitarian values and rights. About a third of the world’s people now live in countries where everybody really has equal rights before the law, and the other two-thirds live in countries that pretend to be like that.

So why did I yell “The enemy is us”? It comes from a long-dead American newspaper comic-strip called “Pogo”, in which the main character, a humble opossum, deliberately misquoted an American military hero of the War of 1812 who once famously declared his victory by saying: “We have met the enemy and they are ours.”

No, said Pogo. It should be “We have met the enemy, and he is us.” It is two contradictory human heritages at war, and the right one is winning. Understand the context, and the world will start to make sense.



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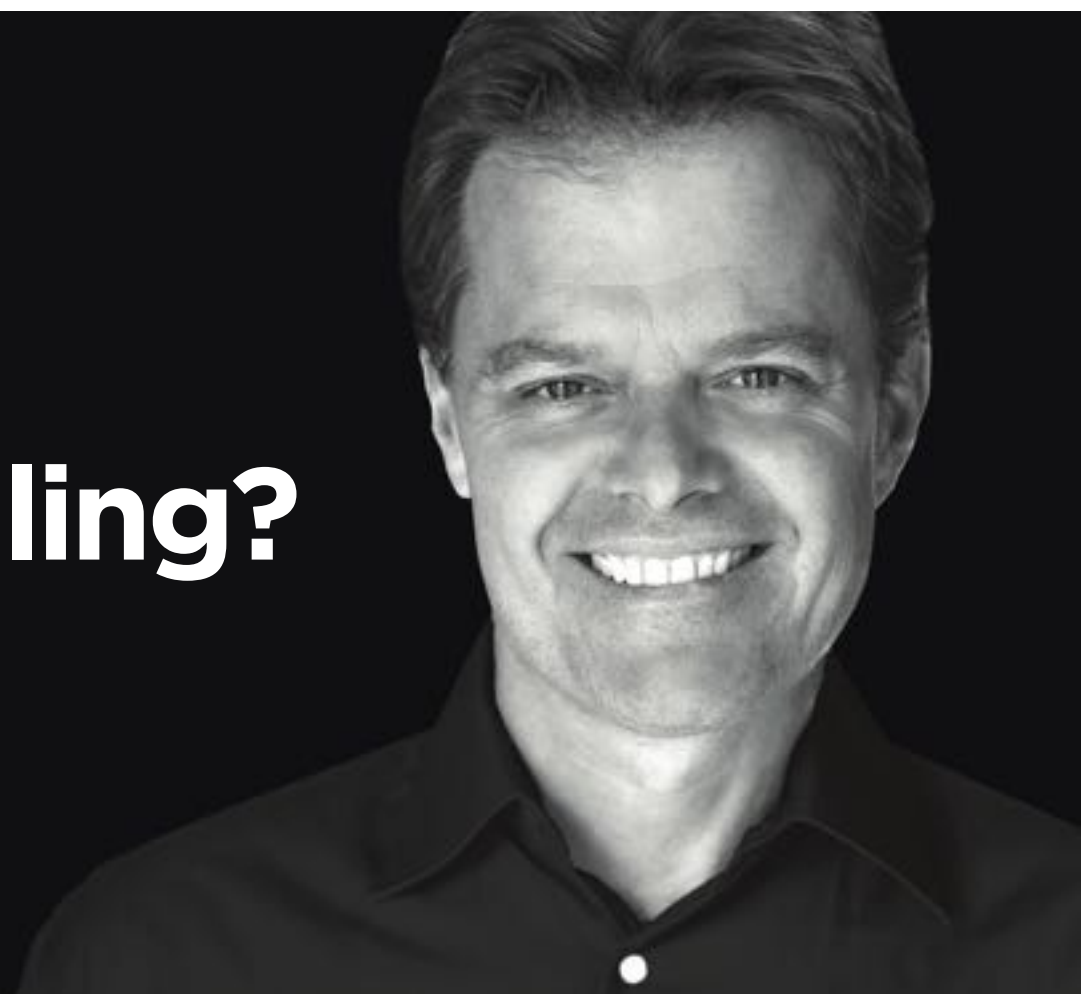
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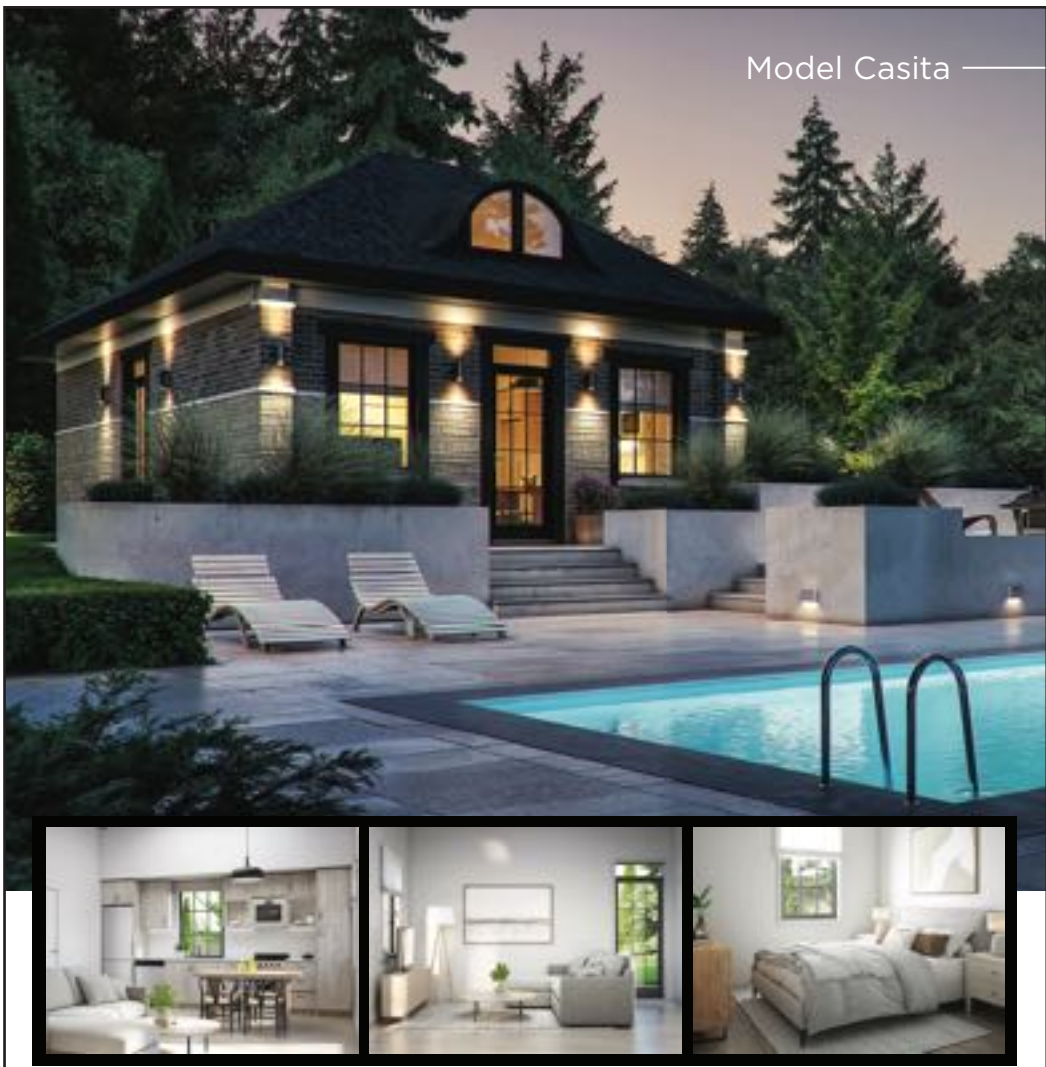


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HomeJames-Caledon set to wrap operations this year

Farewell dinner will take place October 25

BY BROCK WEIR

HomeJames-Caledon has announced it will cease operations this year.

An offshoot of Operation Rednose, HomeJames-Caledon has been dedicated to providing residents with a free, safe ride home over the holiday season through a designated driver service, using their own vehicles.

In a statement, organizers say the decision to wrap up the service this year was not taken lightly and was announced “with both gratitude and a touch of sadness.”

“HomeJames-Caledon began its journey as a chapter of Quebec-based Operation Rednose, and in 2013, it evolved into the Caledon chapter of the Community Designated Drivers Association, a registered Ontario non-profit founded by Stan Janes and other dedicated individuals in Chatham, Ontario,” they said. “With the support of founding sponsors including the Bolton Rotary, Bolton Kinsmen, the Town of Caledon, the Ontario Provincial Police, and every new car dealer in Bolton, HomeJames has been a beacon of safety in our community.”

“Our mission has always been to ensure that every person asking for help during the holiday season, from mid-November to New Year’s Eve, received a safe ride home

in their own vehicle with their passengers, regardless of the reason for impairment. This commitment to safety required the dedication of up to 161 volunteers each season, working as call takers, dispatchers, drivers, and communicators, supported by a sophisticated communication system. Together, we have safely delivered thousands of people home during our operations, and we are proud to note that on the nights we operated, the OPP reported no serious traffic collisions involving impaired driving.

“However, the time has come for us to close this chapter. As we do so, we reflect on the incredible journey that HomeJames-Caledon has taken and the many lives we have touched along the way. We are deeply grateful for our community’s service clubs, dealerships, and supporters, whose donations and volunteer efforts have made this service possible.

“As we say goodbye, we want to extend our heartfelt thanks to every volunteer, and sponsor who believed in our mission and helped us carry it out. Your support has made a lasting impact on the safety of our community, and for that, we will always be grateful.”

It’s not, however, quite the end of the road for HomeJames-Caledon – at least not yet.

The organization has planned a farewell dinner set for October 25 at 7 p.m. at Caesar’s in Bolton. Anyone interested is asked to RSVP by September 30 to volunteer@homejames-caledon.ca.



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TOWN OF CALEDON PHOTO

New leash-free park ready to welcome furry four-leggers

Mayfield West park is Caledon's third leash-free space

BY BROCK WEIR

A new leash-free park is ready to welcome four-legged friends and the humans who love them.

The Town of Caledon announced the opening of a new leash-free dog park in Mayfield West on August 22, a facility located at 12227 Kennedy Road, just north of Highway 410 South.

The new dog park features a fenced-off leash free area with a separate space for small dogs, a parking lot for their favourite humans, picnic tables and a bench, shade structures and seating, newly-planted trees, garbage cans, and a double-gated entrance.

The new space is the Town's third leash-free dog park, with others located at 12889 Coleraine Drive in Bolton and 6125 Old Church Road in Caledon East.

In a statement, the latest park opening was hailed by Mayor Annette Groves.

"Today, we celebrate a space where our furry friends can roam free and our com-

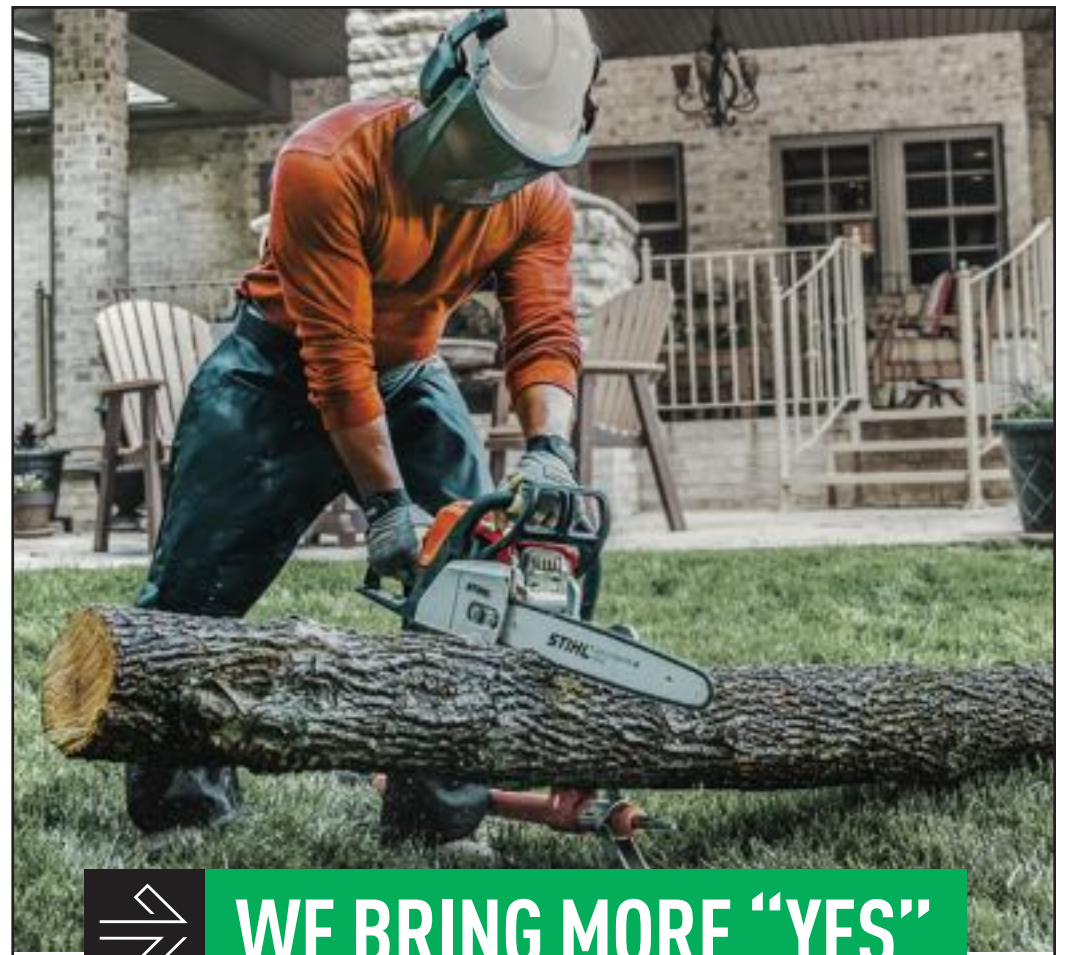
munity can come together," she said. "This new leash-free dog park is a testament to our commitment to creating vibrant, inclusive spaces for all our residents – two-legged and four-legged alike."

Added Catherine McLean, Commissioner of Community and Human Services for the Town of Caledon: "This leash-free dog park is a wonderful addition to our community, offering a safe and welcoming space for dogs and their owners to enjoy. It's all about supporting the quality of life of all our residents and fostering connections between neighbours and their beloved pets."

The new park builds on Caledon's reputation as a great place for pets.

Last year, for instance, the Town was named one of "Canada's Better Cities for Pets" by Mars Pet Nutrition Canada, which recognizes "communities committed to creating a pet-friendly environment."

"Applicants are certified by meeting 12 criteria across four categories: business, parks, homes and shelters," said the Town. "Successful applicants demonstrate a commitment to fostering the well-being of citizens and their pet companions. The opening of the Mayfield West Off-Leash Dog Park furthers our commitment to creating a welcoming community where pets can thrive."



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“Help Kidz in Caledon Start the School Year Right”
by *Mariia Kupriianova, Chief Development Officer*



As the new school year approaches, families are excitedly picking out new supplies, backpacks, lunchboxes and favourite snacks. This should be a time filled with anticipation and joy, but for too many Caledon families, this season brings a different emotion: worry.

Take Kingston*, a bright 7-year-old with dreams as big as his smile. He wants to be a professional basketball player one day, but when his dad fell ill last year, Kingston's world changed.

His family began struggling just to make ends meet. Kingston may be missing out on things many children take for granted, like a new backpack, healthy snacks and the chance to simply be a kid. Thanks to our generous community, he won't have to.

Kingston is just one of the children supported by Caledon Community Services (CCS). His story is not unique. More than 400 Caledon children face similar challenges as the school year begins. They need our help and they need it now.

Without your support, they risk falling behind—not just in school, but in their overall well-being.

You can change that.

Kingston dreams of a new Raptors backpack, but what he really needs is a chance to thrive. Small steps can make big dreams come true.

A donation of \$50 provides a week of healthy lunches, nutrition essential for learning. \$100 supplies a back-to-school kit, boosting a child's confidence. \$250 offers year-round camp and recreation opportunities, building lifelong skills and memories

Please, don't wait. Your gift today can help Kingston and hundreds of other Caledon children start the school year with the support they desperately need. Together, we can take away the worry and make sure no child is left behind.

You can make a one-time or monthly tax-deductible gift online at www.ccs4u.org/donate, by phone at 905-584-2300 ext. 260, by cheque (payable to Caledon Community Services, mailed to our new office location at 55 Healey Rd, Unit 10, Bolton, ON, L7E 5A2) or by scanning the QR code.

Thank you for your generosity!

**A pseudonym and stock photo have been used to protect client confidentiality*



How Do You See It?

Tell us how you see it. Mariia Kupriianova, Chief Development Officer, Caledon Community Services at 905-584-2300 ext. 269 or mkupriianova@ccs4u.org

This column is provided free of charge by the Caledon Citizen.

Students experiencing mental health, addictions challenges: CAMH

Continued from FRONT

“In addition, more than half of students indicate a moderate to serious level of psychological distress, a figure that has doubled over the past decade.”

The study also found that one in five students report they have engaged in self-harm in the past year, while one-in-six had “serious thoughts about suicide in the past year.”

“These results paint a concerning picture of youth mental health in Ontario,” said survey lead Dr. Hayley Hamilton. “Currently, more than half of Ontario students report symptoms of depression and anxiety and a third of students rate their ability to cope as fair to poor. This trend points to a generation under increasing stress and the need for continued and increased investments in youth mental health.”

While schools are in the final crunch to make everything ready for the return to the books, mental health resources are mobilizing to make sure they're there for when students need them.

Kylee Goldman, Director of Services – Youth, Innovation, and Interprofessional Practice for the Canadian Mental Health Association of York Region and South Simcoe (CMHA-YRSS) says this is a time of year where they are hearing “a lot from youth and their families” as oftentimes there's a feeling of stress and overwhelm as Back-to-School season dawns.

“Oftentimes it is the youth who are in transition to a new environmental setting – those who are going from public school into secondary school, transitioning from Grade 9 into High School,” says Goldman. “We get individuals reaching out who are nervous, they're not sure what they're going to experience in high school, they may be separated from a lot of the peer groups they once were connected to in their primary school, so they are just feeling really anxious.”

They also hear from families, particularly parents, whose youth or teens are struggling and they don't know how to support them.

CMHA-YRSS offers many services for youth and their families.

One such initiative is their mobile mental health bus, dubbed MOBYSS, where community outreach workers are out in public, going to places where youth tend to gather, such as schools and parks, “really getting on the ground to interact with youth and hear what their needs are.”

“More young people are starting to get more comfortable talking about mental health, not keeping it bottled up, not keeping it hidden, not thinking about it as a secret or something to be ashamed of; they're starting to share with each other, sharing with their peers, with their family, and with profes-

sionals asking for support,” says Goldman. “One of the really great things we're seeing in the community is more youth are coming forward looking for supports, and we continue to encourage youth to involve their support systems: getting families involved so they can walk this journey together and get the supports they need as a family.”

MOBYSS, Goldman notes, is not for mental health alone. Youth can also access free and confidential medical support.

“If they have questions about their physical health and they're not really sure where to go, maybe they don't have a good relationship with their family doctor or maybe they don't have one, they can come hop on the bus and they can get some really great, accurate information from our nurse practitioner which is also free of charge.”

While the stats from CAMH's study might be disheartening, the CMHA-YRSS say a silver lining is that comfortability factor in talking about what might be wrong.

“We have youth and families who are starting to share their experience of maybe using substances or alcohol to cope with their mental health, and there are also more youth coming forward sharing about their mental health journey and experiences and asking questions about things like using substances to cope,” says Goldman. “They are looking for information and we're able to provide them with accurate, up to date information that can help them in making healthier choices for themselves. In many cases we are seeing youth who maybe were either using things like alcohol or substances to cope or were just thinking about using those mechanisms to cope. They were able collect the information they really needed to make an informed decision, and many of those youth have shared with us that they have chosen to go in another direction. They have chosen not to use alcohol as a coping mechanism; they decided to join a group, or talk to their parents or talk to their school's social worker to get them some help. I think the really great thing we're seeing is the more people are talking about and it is giving people more accurate information then to be able to make those informed choices.”

“Going through transitions and going through stress, anxiety, and maybe symptoms of depression, it's normal, it's okay, it can feel very overwhelming and there are so many supports and resources available. Always remember you are not alone out there. This is a really tough time of year with return to school, but we are all in this community together and we will all navigate whatever comes to us in this community.”

For more information about the CMHA, visit cmha-yr.ca. For services provided my CAMH, visit camh.ca.



NEWS

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What to Know About Raccoons

Raccoons are nocturnal omnivores that will eat almost anything. Raccoons are a typical resident in urban and rural settings and can sometimes become a nuisance.

To avoid raccoon encounters make sure your home is in good repair, garbage receptacles are kept closed and in a clean state and your yard is free of bird seed, pet food or fallen fruit. If you observe an injured or sick raccoon, contact Animal Services during regular business hours (9:00 a.m. to 4:30 p.m.) at 905.857.5208.

For after-hours emergencies please call 1.800.563.7881.

Visit us at caledon.ca/animal services for more information about wildlife in Caledon.



Call for Artists - Art in the Halls




The Town of Caledon is looking for artists to participate in the fall exhibition of our Art in the Halls program. This program is designed to showcase original artwork from Caledon artists to the public at three Town facilities. The theme for the fall exhibition is Fall in love with Caledon. Applications for the fall exhibition period (September 16 – January 2, 2024) are due by Friday, August 30, 2024.

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Feeling stressed about Back to School? Keep these tips in mind

BY BROCK WEIR

Back-to-School season can be a stressful time for youth and their families, but Canadian Mental Health Association of York Region and South Simcoe (CMHA-YRSS) has shared some tips on how to cope with the stress and anxiety.

First and foremost, according to CMHA-YRSS' Kylee Goldman, Director of Services – Youth, Innovation, and Inter-professional Practice, is to tell somebody what you're feeling.

"Tell somebody and talk about it. Don't keep yourself hidden. Don't feel like you can't go out and share this. Find somebody you trust – a parent, a family member, a friend, a teacher, a professional, and share it," says Goldman. "The more we start talking about it, the more it helps to normalize the experiences for us. The more we might hear from others on what they have experienced in their life it will help to normalize that we're not alone in this."

Another key tip is to think about what Goldman describes as "our own self-talk," which can often be negative.

"We get to thinking the worst-case scenarios, we maybe don't like something about ourselves and then it spirals into more, and then we start to feel really badly about ourselves. We feel really sad and struggling to manage and to engage in our daily life. One of the important things we can do anytime, anywhere is to really think about the words we're telling ourselves in our heads. If we're telling ourselves that things are negative, things that don't make us feel good about ourselves, it's something we can do to start training our brains to replace those negative thinking patterns with more positive thoughts."

Another tip, as simple as it may sounds, is breathing, adds Goldman.

"A lot of people have been learning and practicing mindfulness skills and the basics of mindfulness is to start with the breathing and focus just on yourself, where you are in the moment, and feeling what your body is

feeling in that moment. Just take deep breaths in and out, taking a moment to pause everything else around you, and just be present in yourself and your body to really help re-ground us.

"Experiencing mental health challenges is

normal and it's okay and, in fact, it is healthy to experience it because it helps them to build healthy coping skills so as they navigate the rest of their life, they're really going to be equipped with great tools to be able to keep themselves well."



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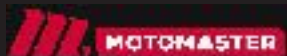
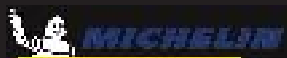


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Headwaters to hold fundraising hike to support fight against breast cancer

BY SAM ODROWSKI

A new fundraiser for Headwaters Health Care Foundation is coming to the region in October.

The inaugural Headwaters Hike to Fight Breast Cancer will take place on Thursday, October 10, from 5 p.m. to 8 p.m. at Monora Park Pavilion (500 Monora Park Rd, Mono).

“Headwaters Hike to Fight Breast Cancer is an opportunity for our community to come together and get moving, have fun, and support cancer care at Headwaters,” said Headwaters Health Care Foundation CEO K.C. Carruthers. “We’re excited to launch this new event, and we look forward to making a difference for patients who rely on our hospital for their cancer care.”

The most common cancer for women is breast cancer. Globally, someone receives a diagnosis once every two minutes.

Since the government does not provide funding to purchase medical equipment at Headwaters Health Care Centre, almost every piece of technology used for cancer screening is funded by community dona-

tions.

Money raised from the Hike to Fight Breast Cancer will be used to purchase and maintain such equipment.

Anybody interested in participating in the hike can register individually or create a team.

The early-bird cost of registration is \$25 per person, available now until September 6. From September 6 to Oct. the registration fee will go up to \$35.

The registration fee includes an event t-shirt (as long as registration is completed prior to September 19), as well as complimentary post hike BBQ.

There are three routes available for the hike, based on participants preferences – 1km, 2km or 5km.

After registering, participants can create their own fundraising pages to be shared with family and friends to encourage pledges.

Prizes will be awarded for the individual who fundraises the most and team who fundraises the most will be awarded with prizes.

To register, please visit hhfoundation.akaraisin.com/ui/hiketofight.

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.

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 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

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(Web): www.boltonon.adventistchurch.org

(Email): boltonesda@outlook.com
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The Kin Club of Bolton are holding another Toonie Treasure Sale Saturday Sept 7th from 10 am till 1 pm at the Albion Bolton Fairgrounds President building. RACKS and RACKS of fabulous new and gently used women, men, children apparel.. and yes, all for a toonie! All proceeds go to community needs.

Caledon Seniors Centre 3rd Annual Golf Tournament
The John Rogers Memorial
Monday September 9, 2024
Sponsorship Opportunities:
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satelliteprogram@caledonseniors.ca
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Bolton Seventh-day Adventist Church
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Date: September 7th, 2024
Time: 11 a.m. to 1:00 p.m.
Place: 8 Nancy St. Bolton, ON L7E 1C7
Phone: 905-598-0582
E: boltonesda@outlook.com
YouTube: BOLTONSDA:
ALL are welcome to attend and participate.

The Bolton Seventh-day Adventist Church presents “PROPHECY TODAY” Evangelistic Series with Pastor Bill Santos!
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Pictured at Friday's celebration, from left to right, are Barrie Shepley, Miguel Vadillo, Alysha Newman, Councillor Dave Maskell, Councillor Mario Russo and Councillor Dave Sheen. PHOTO BY GLENN RODGER

Olympic medallist Alysha Newman celebrated at Quarry party

Continued from FRONT

"Caledon was so nice," she says about why she came to Bolton. "I love Toronto as the city, but I needed something a little more calm and a little bit more quaint and more family-driven. I wanted to be in an environment where I can run on the trails,

go on the soccer fields, and can be outside with my dog. I just wanted a little more space, so coming to Caledon has been so peaceful – is that a good word?" she said with a laugh.

Newman is coached in Bolton by former Olympic pole-vaulter Doug Wood and Zeke Kryorka.

The homecoming event included live music, sport activities, and a formal recognition of Newman and her coaches.

"The C3 James Dick Quarry has tried to be an awesome community place where families can cool off, where further athletes can train and where it becomes a great place of energy for the community," said

Shepley in a statement ahead of her arrival. "In 2021, we had Tina Lawrence and the mothers of the women's soccer team, sitting on our beach, watching live the Gold Medal game where their daughter's won gold. They were back a week later with the medals. This time, it will be Alysha Newman and her coaches on our beach."

Junior A Northmen find success, but fall short in final Minto Cup series

BY BRIAN LOCKHART

After a successful season that saw them win the Ontario Junior Lacrosse League (OJLL) championship and earn the right to compete at the national level for the 2024 Minto Cup, the Orangeville Junior A Northmen will call it a year after taking a loss to the Coquitlam Adanacs in the final Minto Cup series.

The final game took place at the Poirier Sport and Leisure Complex in Coquitlam B.C. on Friday, August 23.

While the Northmen had a good year, Junior A Northmen general manager Nick Rose said they enjoyed the experience, but the club's goal is always to bring back the championship cup.

"It was a well-run tournament and great experience for our guys," Nick said of the Minto Cup tournament. "We did come home a little disappointed after not getting it done."

The Northmen lost their first game of the tournament to the Port Coquitlam Saints.

"The Poco team, they had a big physical presence," Nick said. "We battled back against them in the semi-finals and won 13-9. The final game was a very tight game (against Coquitlam), everyone was playing their hardest, but we couldn't buy goals in that game. The Northmen have very high standards, especially the Junior A team, and we're going to have some really great memories when we look back on it. Our goal is to raise the trophy... we want to be the champion at the end of the year."

The Northmen won the OJLL championship on Sunday, August 11, with a win over the Mimico Mountaineers on their home floor at Tony Rose Arena in a series that went the full seven games.

Four days later, the Northmen were on a plane heading west to represent Ontario in the Minto Cup.

In addition to the Northmen, three other teams arrived to battle it out for the national title – Coquitlam Adanacs, the Port Coquitlam Saints, and the Raiders Lacrosse Club from Alberta.

The Northmen lost their first game in the Minto Cup competition on Saturday, August 17 to the Port Coquitlam Saints, after playing to a 12-7 final score.

The Northmen pulled it together for their second game of the tournament and won 13-6 over the Raiders.

In their third game, the O-ville team had a huge second period and won 12-9 over the Coquitlam Adanacs.

A 13-9 win over Port Coquitlam on August 20 moved the Northmen to the championship series against the Coquitlam Adanacs.

The final series was a best-of-three match, scheduled to be played over three days. The series went the full three games.

In Game One of the series, the Northmen were trailing 8-6 at the end of the second period. They were outscored 6-1 in the third period and took a 14-7 loss on August 22.

The teams were back at it the following night, August 23, for Game Two. The Northmen needed a win to keep the series

alive.

Game Two was a real battle. The first period ended in a 2-2 tie.

The Adanacs managed to go ahead by two goals in the second to take a 6-4 lead

with one period remaining.

The Northmen put up a good fight in the third period but couldn't get the goals to tie it up and the Adanacs won 9-6 to claim the 2024 Minto Cup championship.

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IN MEMORIAM

LESCHYSHYN, Peter
November 26, 1938 - August 29, 2013

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And silently said your loved one is with me.

I cry and look out of my window above

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Edna, Brian & Steven

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OBITUARIES

AUDREY ANITA TOBIN (NEE HUNT)

OCTOBER 23, 1933 - AUGUST 20, 2024

Audrey passed away peacefully at Brampton Civic Hospital, in her 91st year, on Tuesday, August 20, 2024. Survived by Gerry, her loving husband for 69 years. Together, they raised 7 children in Bolton - Brian, Marie, Gerry Jr. (deceased), Tobi (Peter), Shelley, Michael, and Paula (Phil). Beloved Grandmom to 9 grandchildren: Lyndsay, Mackenzie (Brittany), Chloe (Derek), Garret, Celina, Anthony, Mitchell, Hayley (Sam), and Kaitlin (Marcus). Audrey and Gerry are also blessed with 3 great-grandsons: Dawson, Wesley and Angus. Audrey was born and raised in Curling (Corner Brook), NL, with her parents, May and Arthur Hunt, along with her siblings: Utley, Betty, Jean, Annie, Arthur, Eldon, and Edward. Audrey moved to Toronto where she married Gerry then moved to Bolton when their family grew. She was a wonderful aunt/sister/Grandmom/cousin to the family's many relatives spread across Canada and the United States.



Audrey was known for her kindness, helpfulness, great sense of humour, patience, love and bread making that attracted all who could sniff the aroma of fresh-baked bread from the street. She entertained, fed, housed, played cards with many relatives and friends in their home - on top of her own family of 9! Audrey also was involved in her church, volunteered in nursing homes & in a not-for-profit charity store - to name a few of her community activities. Audrey was a great outdoorsy person with her children, introducing them to, and participating in: skating, skiing, sledding, hiking, biking and corralling Dainty, the pony, when she escaped from the yard. Audrey will also be missed by her many nieces and nephews and their children. Many fond times were spent with them in summer vacations to NL, BC, Alberta and the US, and of course, in the Tobin backyard with the pool and baseball diamond/tobogganing hill down the street. When Gerry had to travel to distant work locations, he and Audrey had agreed that they say "so long" instead of "goodbye". Do not grieve, we will celebrate her life instead. Audrey had a memorable and beautiful life. The family would like to thank the nurses, doctors and PSWs at Brampton Civic Hospital who gave her excellent care in her remaining weeks and to the neighbours for their acts of kindness while Dad and family focused on Mom's care. The family received their friends at the Egan Funeral Home, 203 Queen Street S. (Hwy. 50), Bolton (905-857-2213) on Monday evening from 5-8 o'clock and on Tuesday morning, August 27 from 10 o'clock until time of memorial service at 11 o'clock. A reception followed in the funeral home. If desired, memorial donations may be made to a charity of your choice. Condolences for the family may be offered at www.EganFuneralHome.com

DOUGLAS WAYNE GOSS

July 27th, 1958 - August 15th, 2024

It's with heavy hearts that the family of Douglas Wayne Goss, announce the sudden passing of our amazing dad and grandfather on August 15th, 2024, aged 66, at Headwaters Health Care Centre in Orangeville, ON.



Doug will be greatly missed by his three children Kevin (Stacey), Glen, and Kendra, along with his adored grandchildren Brayden, Brody, Dylan, McKenzie, and Everett. Predeceased by his parents Doug (November 2023) and Josephine (April 2024). Survived by, and will be greatly missed by his sisters Brenda Goss (Glenn Carrick), Cindy Matthews (Harry) and Andrea Goss (Jim Irvine), along with Debbie Sherwood and many nieces and nephews. Family meant everything to Doug and his world revolved around them and their love back.

Doug's best life started and ended with his kids. Kevin fondly remembers the travels with his dad during his sporting days for competitive hockey and lacrosse. Kevin is forever grateful for the time Doug spent coaching him in his younger years as he carries on that tradition with his own children.

Glen was the ultimate fishing buddy. Starting from a very young age, Doug passed on his knowledge and love of the sport. Glen carries that in his heart and made several custom-made rods for his dad that Doug would proudly show off. The pair looked forward to their annual steelhead fishing trips to Pulaski, New York.

Kendra - the one who was always by his side. She remembers him being the "yes" dad and knows she was definitely "daddy's little girl". The weekly shopping adventures (where Doug was extremely patient) always ended with a meal to reminisce about their adventure. Kendra credits her dad with the adoption of her animals, and was grateful that he had Ophelia (his cat) in his life the past few years.

Doug religiously attended the grandkids sporting events; hockey, lacrosse, circus school, dancing, and school events. He was always there to cheer them and their teammates on. Doug was "grampa" to so many - kids of extended family, neighbours, and friends.

Doug's second love was his river family and his absolute love of river fishing. After working 30 years as a dispatcher, he enjoyed his retirement years sitting on his rock at the Beaver River in Thornbury, famously named "Heavy D". Many would move off that rock when Heavy D arrived to do some drifts. Fishing was Doug's passion.

As per Doug's wishes we will be having a celebration of life at the Beaver River in Thornbury on Saturday, September 14th, 2024 at 2 pm (park in the Thornbury Municipal Harbour Parking Lot off Harbour Street).

Glen Goss is organizing a "Heavy Ds Memorial Steelhead Tournament" November 23rd and 24th. You can find details about the event on the facebook group Heavy Ds Memorial Steelhead Tournament. Link: <https://www.facebook.com/share/g/uSCH7rIKW5YnK3g2/>

The family would like to thank everyone for their care and compassion during this difficult time.

RICHARD WILSON



Richard Wilson, beloved husband, father, grandfather, brother, and friend, passed away peacefully with his family by his side on Saturday, August 17, 2024. He leaves behind a legacy of love and cherished memories that will

forever be treasured. Rick was the loving husband of Sian, devoted father to David and his wife Allison, and a proud grandfather to Sophia, Henry, Jack, and Ivy. Dear brother of Diana (Ken), Paul (predeceased by Athena), Ron (predeceased) (Jane), Jim (Mary), Peter, and Wayne. Rick will be deeply missed by his nieces and nephews. In addition to his family, Rick had a special bond with the Sant Family, who provided unwavering friendship and support throughout the years. Rick considered them as extended family, and their presence brought him great joy and comfort. Cremation has taken place. Condolences for the family may be offered at www.EganFuneralHome.com

DAVID GEORGE HODGES

On Wednesday, August 21, 2024, at Etobicoke General Hospital, David George Hodges, at the age of 78. Beloved husband of Sharon Hodges. Loving father of Selena and Mark Bennett, and Sean Hodges. Cherished grandfather of Keagan and Marissa Bennett. Dear brother of Charles Hodges and Rosemary Morris. The family received their friends at the Egan Funeral Home, 203 Queen Street S. (Hwy. 50), Bolton (905-857-2213) on Wednesday, August 28 from 1 - 3 o'clock for a memorial reception.

If desired, memorial donations may be made to Veterans Transition Network (vtncanada.org) Condolences for the family may be offered at www.EganFuneralHome.com

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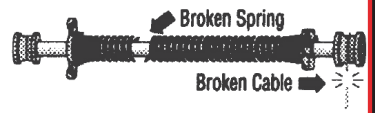
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Orangeville Fall Fair to feature new offerings, two days of demolition derby

BY SAM ODROWSKI

Demolition Derby, a Truck and Tractor Pull and live music are among the many events and activities taking over the Orangeville Fairgrounds this weekend for the 170th edition of the Orangeville Fall Fair.

Running from Friday, August 30 to Sunday, August 31, this year's fair is bringing back all of its usual offerings, along with some new ones.

The Kids' Zone is new this year and will offer a space for parents and their children to engage with 13 vendors, primarily made up of organized sports groups in Dufferin County and local organizations.

All of the booths will be relevant to kids and a lot of the sports groups will let them try out their sport on the spot to see if they like it.

The Kids' Zone will also feature a ball pit, bouncer animals, and fun activities geared towards children.

"It's our first year doing the kids zone, so we're hoping to make it annual," said Carmela Noble, Orangeville Agricultural Society (OAS) committee member, who is organizing the Kids' Zone.

Another new addition to the 170th Orangeville Fall Fair is the display of a derby pit car people can sit in, Orangeville Fire Truck, Orangeville Hydro Truck, and large farm equipment.

"That's very exciting to go to a country

fair and get to see the actual stuff," said Patti Dickins, OAS vice president, about the agriculture equipment.

Another new activity for fairgoers to enjoy is a wagon ride, pulled by a tractor, around parts of the fairgrounds. The wagon rides have been made possible by Hockley Valley Farm who's loaning their wagon and Fred Murphy from Murphy Meadows Farms who's loaning out his tractor.

For the first time at the fair, there will be an after-party dance running from 9 p.m. to 1 a.m. with Nexus Sound & Lighting providing the setup and music.

While the midway won't have as many rides as it did prior to the COVID-19 pandemic, it will still offer fun activities to patrons.

"We used to have a good midway but with COVID, midways either went under or they sold their extra equipment," explained Dickins.

She said midways that kept their large rides like the Ferris Wheel are now booked several years out, leaving few options for smaller fairs like the one in Orangeville.

Dickins noted the fair's appreciation for those who contribute to make it possible year after year.

"We couldn't have done it without our volunteers and our partners and sponsors," she remarked.

Admission to the fair costs \$15 for adults

(19 and over), \$10 for seniors 65+, \$10 for teens (13-18), \$2 for tweens (6-12), and preschoolers (5 and under) are free.

Here is the schedule of events:

Friday

The fair festivities kick off on Friday, August 30 at 4 p.m. with the opening of the fair, midway, exhibition hall and the Messy Labs Workshop for kids.

The Dufferin Wellington Holstein Show will follow at 5:30 p.m. and the final event of the day is the always-popular Truck & Tractor Pull at 6 p.m.

Saturday

There's no shortage of activities, events and things to do at the Orangeville Fair on Saturday, August 31. The day starts with the midway, Kids' Zone and MacMaster Classic Car Show all opening at 10 a.m. The Vintage Snowmobile Show & Swap, Messy Labs Workshop for kids, and Meet the Sky Ridge Clydesdale Horses/petting zoo will also start at 10 a.m.

That will be followed by the Kiddies Tractor Pull at 11 a.m. and wagon rides will run from 11 a.m. to 4 p.m.

Free face painting runs from 12 to 5 p.m. and Petunia the Clown will provide entertainment from 12 to 3 p.m. BINGO in the Oak Room also runs from 12 to 3 p.m.

The Kiddies Tractor Pull returns at 1 p.m., along with the Lawn Tractor Pull.

The Fitzees Band will take to the fair's stage from 3 to 5 p.m.

The highly sought-after Demo Derby kicks off at 6 p.m.

There will be more live entertainment, with Dance Orangeville running an event that will teach attendees how to dance prior to the fair's after-party, run by Nexus Sound & Lighting from 9 p.m. to 1 a.m.

Sunday

Calling all horse lovers! The action starts back up at 9 a.m. with a Miniature Horse Show.

The midway opens at 10 a.m., along with Home Craft Exhibits, running from 10 a.m. to 4 p.m. and the Kid's Zone from 10 a.m. to 5 p.m. The Meet the Sky Ridge Clydesdale Horses/Petting Zoo event also begins at 10 a.m.

Wagon rides return from 11 a.m. to 4 p.m., along with free face painting from 12 to 5 p.m., Petunia the Clown from 12 to 3 p.m., and BINGO in the Oak Room from 12 to 3 p.m.

At 1 p.m. is the Kiddies Tractor Pull, followed by live entertainment from MIP & the Supervoids Band from 3 to 6 p.m.

The exhibit hall closes at 4 p.m. and pick up of Homecraft Exhibits begins at 4:15 p.m.

The demolition derby returns at 6 p.m. and the Revamp Band will perform at 7:30 p.m. to close out the Orangeville Fall Fair.

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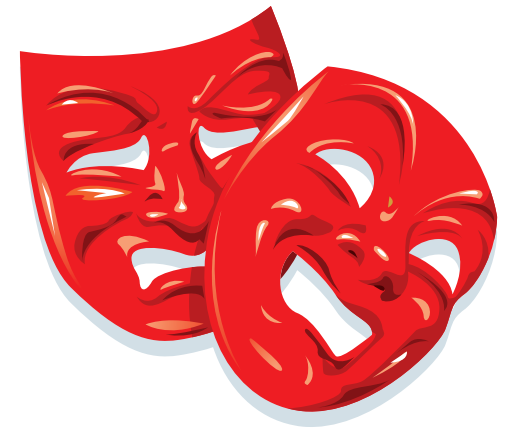
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Theatre Orangeville to host stand-up comedy night for first time



Drew Gwilliams is showing off the poster for this great show coming September 7 - Theatre Orangeville's first ever Comedy Show. CONTRIBUTED PHOTO

BY CONSTANCE SCRAFIELD

Greg Morton is the headliner at Theatre Orangeville's first-ever Comedy Show.

Run, don't walk to buy your tickets is the advice for this laugh-out-loud show is in the theatre for one night only on Saturday, September 7 at 7:30 p.m.

We have Drew Gwilliams, head of the Orangeville Tourism Centre, to thank for dreaming up and making this comedy night possible at Theatre Orangeville, as the comedy event coordinator.

During a Google Meet get-together with Gwilliams, Theatre Orangeville's marketing strategist/content creator Amanda Doerrie and comedian Ray Anderson, Gwilliams admitted he is new to Theatre Orangeville, saying, "If a comedy show like this came up, I would definitely go to it. If we bring in a show like this, people who have never been to the theatre might come to see it and then, want to keep coming to the theatre."

Working in tourism, he commented, "Last year's Panto [Cinderella - If the Shoe Fits...] was a beautiful thing."

As head of tourism, Gwilliams wanted to help and he took an interest in the history of Theatre Orangeville. He worked with MuchMusic for 25 years.

Entertainment is in Drew Gwilliams' blood - that's his story.

"I admire the genre of comedy," he said simply. "The guys and girls on the stage

are really brave."

Bringing in the stars of this show is Ray Anderson, a comic and magician himself, and a part of the upcoming comedy show. He gave some insight into the perils of the comic crowd work.

"It's the most dangerous thing to do," he said. "It's the only genre where people think they can do anything - the hecklers. I get to the place where I'm trying to make people have a good time."

Greg Morton is the headliner of the show following his tremendous successes at America's Got Talent. His act there was a fabulous collection of voice imitations, beginning with several very identifiable, very funny clips from Star Wars.

"My company had Greg after his America's Got Talent," Anderson commented. "We work well together."

Doerrie remarked on his high quality of talent as she has recently seen in a video of his.

"He keeps people captivated" was her praise.

While his voices are great, Anderson wanted us to know that these jokes are only a part of what Morton is bringing with him to the Theatre Orangeville's Comedy Show.

Fiona O'Brien came to Canada from Dublin, Ireland in 2012, since when she "has provided the world with three future taxpayers." She has been featured in comedy festivals across Canada and is a

much-loved participant on CBC's Because News.

Said Anderson of her: "Halifax [Comedy Festival] gave her an encore! She's a very bright, funny person."

Jeff Elliott is the emcee of this fine event.

He has been a favourite character comic, entertaining audiences at comedy festivals and other venues across Canada. Said to be "funny in an unconventional way."

Anjelica Scannura is a comic, a dancer, and a regular in the comedy festivals circuit. She has opened for a number of well-known comics and has appeared on Just for Laughs Toronto. She has performed at Massey Hall in Toronto.

A frequent performer on stages in Las Vegas, Morton "is called Mr. Standing Ovation by people in the business," Anderson informed us.

"No one wants to come on after him."

Although he is a Canadian, Morton can be better paid in the US, which is why he has spent more time there.

He reflected on comedy in Canada during our conversation.

"We need to promote Canadian Stand-Up," said Gwilliams. "Stand-up puts a mirror to society and that's important."

Over a show, the comedy heats up and for this comedy show to come; as Anderson told us, he heats up the stage for when Greg Morton comes on. The flow of the evening keeps the audience excited and laughing, amazed and astonished by Mr. Anderson's clever magic. Anderson grew up in the theatre and so many people know him.

Comedians create these moments; they suspend these moments to help people forget their troubles for that short time. Every artist wants to be loved, he assured us, and give back.

This first-time new show, Gwilliams noted, puts Theatre Orangeville on the cutting edge, to see that it can bring such extraordinary talent, and such a great line-up.

As for Amanda Doerrie, she is so excited to see this terrific line of talented comics wow the patrons. New patrons are going to see this is an amazing theatre.

Theatre Orangeville's first Comedy Show is one night only and that is Saturday, Sept. 7!

For tickets, go to www.theatreorangeville.ca or call the Box Office at 519-942-3423.

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