

Merry Christmas!

from

Kyle Seeback, M.P. Dufferin-Caledon



Christmas is here Dufferin-Caledon!

Christmas is the most wonderful time of the year. Part of that is how the Christmas season brings our community together. Everywhere you turn, you see acts of kindness and generosity.

Dufferin-Caledon has a huge heart and at Christmas, it's on full display with the outpouring of support for our local community groups and charities. It makes me incredibly proud!

The last year has been difficult for many families.

If you can, I encourage you to support any of our local community groups or charities in Dufferin-Caledon to help them ensure everyone enjoys a Merry Christmas.

On behalf of my family and my office, I wish you and your loved ones a very Merry Christmas and a happy and healthy 2025!

Sincerely,
Kyle Seeback, M.P.
Dufferin-Caledon



Kyle Seeback, M.P. Dufferin-Caledon
Constituency Office
180 Broadway, 3rd Floor, Unit B
Orangeville, ON L9W 1K3
Phone: 519-941-1832
Toll Free: 1-866-941-1832
Website: www.kyleseeback.ca
E-mail: kyle.seeback@parl.gc.ca

Kyle Hosts Grand Opening of New Office Location

On December 5, 2024, Kyle was joined by many members of the community for the Grand Opening of his new office location. The new office is located at 180 Broadway, 3rd Floor, Unit B, Orangeville. It remains fully staffed to serve you and the services he's always provided will continue at the new location.

Please stop by during regular office hours regarding any federal concerns you may have.

Kyle can also be reached by telephone at 519-941-1832 (toll free at 1-866-941-1832) or by e-mail at kyle.seeback@parl.gc.ca



Christmas in the Park



Don't forget to visit Christmas in the Park with your loved ones during the holidays. The Orangeville Optimist Club has been bringing this free annual event to our community for 32 years. It's full of incredible light displays, illuminated characters, and great music. It's something the whole family can enjoy together, running now until December 31st.

For more details, please see below:



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Merry Christmas



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FREE Thursday, December 19, 2024 Volume 44, Issue 51



MOBILE FOOD PANTRY LAUNCHED – Caledon Community Services had a special guest this week as they launched their Mobile Food Pantry with Toronto Maple Leafs' Morgan Rielly. Pictured here are at the launch are Niketh Samph Kumar, Amazon Regional Operations Director; Morgan Rielly, Toronto Maple Leafs; Dufferin-Caledon MPP Sylvia Jones; Geraldine Aguiar, CEO of Caledon Community Services; and Isabella Alves Figueiredo, Amazon YYZ Site Leader. For more on the initiative, see Page A10. **CONTRIBUTED PHOTO**

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Caledon passes 2025 Budget with three percent tax increase

BY ZACHARY ROMAN
LOCAL JOURNALISM
INITIATIVE REPORTER

The Town of Caledon has passed its 2025 budget, and residents can expect a three per cent tax increase.

This number will increase when the Region of Peel passes its 2025 budget, as Caledon residents' tax increase is the combined rate from both municipalities.

The budget was passed at a December 17 meeting of Caledon Council. The budget was first brought forward on December 2, and then again on December 10.

Mayor Annette Groves said she's proud of the collaborative efforts of Town staff and council in creating the budget.

"This budget reflects the priorities of our residents, balances growth with fiscal responsibility, and invests in the infrastructure and services that matter most to our community," said Groves in a December 18 statement.

She added the budget ensures Caledon will continue to remain a vibrant, forward-thinking and inclusive place to live, work and do business.

Caledon's 2025 budget is made up of a \$147 million operating budget and a \$58 mil-

lion capital budget.

According to the Town, highlights from the operating budget include funding for municipal law enforcement and fire and emergency services; support for parks, recreation and culture programming; and road operations and environmental sustainability.

The Town said highlights from the capital budget include road and transportation network improvements; investments in vehicles and resources for fire and emergency services; and upgrades to equipment at recreation centres like the Caledon Centre for Recreation and Wellness.

SEASON'S GREETINGS!

FROM ALL OF US AT
Caledon Citizen

Province introduces legislation to establish standardized municipal Code of Conduct

BY ZACHARY ROMAN
LOCAL JOURNALISM
INITIATIVE REPORTER

The Province has introduced new legislation that will impact Peel municipalities.

On December 12, the Ontario Government proposed changes to the Municipal Accountability Act that would create a standardized municipal Code of Conduct for all Ontario municipalities. It also would create a consistent integrity commissioner inquiry process and mandatory code of conduct training for municipal councillors and "certain local boards".

Ontario's Minister of Municipal Affairs and Housing Paul Calandra said the process will support consistent accountability across all Ontario's municipalities.

Continued on Page A2

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Proposed legislation includes municipal services for Caledon, Brampton and Mississauga

Continued from FRONT

“We had to make sure we got this right, which is why we worked with Ontario’s Integrity Commissioner to find the best

path forward to create a standardized code of conduct process across the province,” he said.

Under the new legislation, municipal councillors could be removed from office

if they seriously violate the proposed code.

A news release from the Province notes, “removal and disqualification could only occur upon the recommendation of the municipal integrity commissioner, a concurring report from the Integrity Commissioner of Ontario, and a unanimous vote of Council, with the exception of the member who is the subject of the report, members whose absence is approved by council or members who have a financial conflict of interest under the Municipal Conflict of Interest Act.”

The Province has also advanced the Peel Transition Implementation Act which if passed will transfer certain public works services from the Region of Peel to Mississauga, Brampton and Caledon. The Province said the transfer would provide municipalities with “greater independence to meet the needs of their growing communities.”

Beginning July 1, 2026, the following changes would be implemented:

Regional roads and associated stormwater infrastructure, including ownership and maintenance responsibilities, from the Region of Peel to Mississauga, Brampton and Caledon; and waste collection services and two community recycling centres located in Mississauga from the Region of Peel to the City of Mississauga.

The changes add on to the already-enacted transfer of land-use planning responsibilities from the Region of Peel to

Mississauga, Brampton, and Caledon that took effect on July 1, 2024.

The Province said Ontario’s Provincial Land and Development Facilitator advisory agency will work with Peel’s municipalities to facilitate the service transfer process at the cost of the Province.

According to the Province, transfer of waste collection services from the Region of Peel to Brampton and Caledon remains open for future consideration. The Province said it’s also considering exploring options for the transfer of water and wastewater services from the Region of Peel to Mississauga, Brampton and Caledon.

The Peel Region Transition Board, a body created to make recommendations to the Minister of Municipal Affairs and Housing on the transfer of key public works services from the Region of Peel to Mississauga, Brampton and Caledon, will be dissolved on December 31.

Robin Jones, Mayor of Westport and the president of the Association of Municipalities of Ontario (AMO), commended Calandra and the Province for the recently-introduced legislation.

“Municipal councils in Ontario have asked for legislation that holds elected officials to a higher standard of accountability. If passed, this bill would deliver on ensuring that, as members of council, we are living up to the trust that residents put in us,” said Jones.

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“POV: Food Support Through the Eyes of a Grocery Cart” by Kiara Perez, Donor Communications & Digital Content Coordinator



As I roll through Caledon Community Services (CCS) Exchange food bank, I see a lot, but this year, something feels different. Who am I, you might

ask? Well, I’m just a little grocery cart, but the stories I carry are anything but ordinary.

Every day, I get filled with groceries - fresh produce, canned goods and even special treats for the holidays. My basket carries relief to seniors, hope to parents and joy to children in Caledon who might otherwise not have enough to eat during the holidays and beyond.

Lately, something’s changed. My wheels are turning faster and faster - I’ve been so busy! New faces are coming through the door all the time and Kim D’Eri, the manager here (she’s super nice!), says the need is greater than ever. But as the need grows, I’ve noticed that my cart isn’t as full as it used to be. There are even times that I sit empty, waiting for the donations that fill our shelves so that I can get back to work.

It makes me sad to hear how many people are struggling - parents, kids, seniors - so many neighbours in need. But you know what? It’s your kindness that fills me up and gives me hope!

Every time I see the back door lift up or hear a car pull up outside, I know it’s

because someone in this community is making it possible, through their generosity, for me to help another family.

Kim says that more than 1,300 Caledon neighbours are counting on your support right now. That’s a lot of people and I need your help to keep my wheels moving. The good news? There are lots of ways you can donate to make a difference!

Donations of non-perishable food and essential items are welcome and appreciated at the Exchange (55 Healey Road, Unit 10, Bolton, ON L7E 5A2), Monday to Friday, 9:00 a.m. – 4:30 p.m.

Financial donations can be made securely online using the QR code or by visiting www.ccs4u.org/donate. You can also donate by calling 905-584-2300 ext. 260. Thanks to Mars Canada, every dollar you donate before December 31 will be matched, up to \$25,000! That means double the food and twice the hope and smiles for families in need.

So, from one little cart with a big job, please help keep me rolling. I can’t do it without you; please, if you’re able, donate today.

Your generous support will bring hope to Caledon this holiday season and beyond.



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.

Wishing you a Merry Christmas and a Happy New Year!



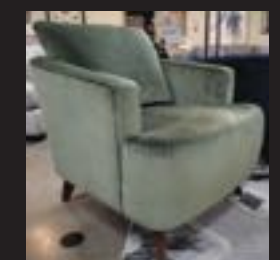
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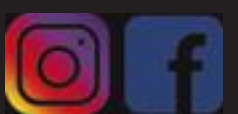


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Peel pre-approves \$82 million for infrastructure projects in Caledon for 2025

Approval given at December 12 Peel Regional Council meeting

BY ZACHARY ROMAN
LOCAL JOURNALISM INITIATIVE REPORTER

Road, watermain and sanitary sewer projects in the amount of \$82.1 million have been pre-approved to go forward in Caledon in 2025.

At Region of Peel Council's December 12 meeting, 12 Peel-led infrastructure projects in Caledon received capital budget pre-approval.

Watermain work and work has been approved in two locations on Humber Station Road in Bolton, and sanitary sewer work has also been approved in two locations on Humber Station Road in Bolton.

A watermain replacement has been approved on Highway 50 in Bolton.

The building of a pedestrian crossing over the CP Rail tracks on Highway 50 in Bolton has been approved, as has reconstruction and pavement rehabilitation on Gore Road from Patterson Sideroad to Highway 9.

Corridor improvements on Airport Road in Caledon East are coming; so is reconstruction and pavement rehabilitation on Bush Street and Mississauga Road in Bel-fountain.

Various culvert repairs will take place

on Gore Road, King Street, and Highway 50. Utility location will take place to prepare for Mayfield Road widening between Dixie and Bramalea roads.

In a media release, Town of Caledon communications staff said expediting road, water and wastewater infrastructure projects is critical to support development and help Caledon meet its population target of 300,000 people by 2051; and, support the immediate needs of residents.

"These Caledon-based projects have been prioritized to optimize the 2025 construction season and ensure alignment to Conservation Authority timing windows to protect the environment," said staff. "Budget pre-approval from Regional Council will help prevent infrastructure delays as the Peel Transition Implementation Act, 2024 is passed and a formal plan to transition Peel roads and stormwater infrastructure to the Town of Caledon is formalized. The Act, once passed, will transition roads and associated stormwater to Caledon on July 1, 2026."

Mayor Annette Groves said in the release that the act is a good start.

"This legislation is a strong first step to empower Caledon to increase local service delivery and remove barriers and red tape that slow down road infrastructure decisions that are needed as we grow from a town into a city," said Groves. "We are confident that by continuing to work with the Province, Caledon will have the protections needed to safeguard our residents' pocketbooks and the beautiful place they live in."

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YOUTH CHARGED FOLLOWING ALLEGED SCHOOL THREAT

Officers from the Caledon OPP have charged a youth in relation to a threat made towards a local high school.

“On December 11, 2024, just before 8:00 a.m., officers responded to a report of a social media message threatening the safety and wellbeing at a local high school,” Police say. “With the assistance of the Caledon OPP Major Crime Unit, the source was quickly identified and a youth was placed into police custody.”

As a result of the investigation, a 17-year-old of Bolton was charged with:

- Criminal harassment ;
- Uttering threats;
- Mischief.

The accused is scheduled to appear at the Ontario Court of Justice in Orangeville on December 30, 2024, to answer to the charges.

The charges have not been proven.

The identity of the person will be withheld under the provisions of the Youth Criminal Justice Act.

The OPP take all public safety threats seriously and provide resources necessary to assess and respond to such threats. The investigation is ongoing. Anyone with information is asked to contact police at 1-888-310-1122 or Peel Crime Stoppers at 1-800-222-TIPS (8477) to remain anonymous.

ARREST IN STOLEN VEHICLE INVESTIGATION

Members of the Caledon OPP have laid charges in connection to a stolen vehicle investigation.

“In December 2024, the Caledon OPP Community Street Crime Unit (CSCU) conducted an investigation into stolen vehicles at a rural property in the area of McLaughlin Road and Old School Road in the Town of Caledon,” say Police. “The investigation led officers to execute a search warrant at that location. Two stolen vehicles were recovered, as well as an amount of methamphetamine.”

As a result, Lance Caines, 40, of Caledon, was charged with:

- Possession property obtained by

crime over \$5000;

- Possession of a Schedule I substance – Methamphetamine.

The accused is scheduled to appear at the Ontario Court of Justice in Orangeville on January 30, 2025, to answer to the charges.

The charges have not been proven.

If you suspect illegal activity in your neighbourhood, call 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.

IMPAIRED CHARGES

Officers from the Caledon OPP have charged a driver with impaired operation for having a BAC (blood alcohol concentration) of over three times the legal limit.

“On December 16, 2024, shortly after 2:00 a.m., an officer patrolling Highway 10 in Caledon came across a vehicle stopped at a green light at the intersection of Old School Road,” Police say. “A traffic stop was conducted. During the interaction, grounds were formed that the driver’s ability to operate was impaired by alcohol and was subsequently arrested.”

As a result of the investigation, Damanjit Dhur, 50, of Dundalk, was charged with:

- Operation while impaired – alcohol;
- Operation while impaired - blood alcohol concentration (80 plus).

The accused is scheduled to appear at the Ontario Court of Justice in Orangeville on January 2, 2025, to answer to the charges. The driver’s licence was also suspended for 90 days, and the vehicle impounded for seven.

The charges have not been proven.

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The OPP also charged another driver with Impaired Operation last week.

“On December 9, 2024, just after 11:00 a.m., an officer conducting a general patrol on Airport Road observed a vehicle travelling on Patterson Sideroad and failing to stop at a stop sign before proceeding on Airport Road,” say Police. “The officer conducted a traffic stop. During the interaction, grounds were formed that the driver’s ability to operate a motor vehicle was impaired by alcohol and was subsequently arrested.”

As a result of the investigation, Reuben Sagman, 31, of Toronto, was charged with:

- Operation while impaired - blood alcohol concentration (80 plus);
- Speeding;
- Disobey stop sign - fail to stop.

The accused is scheduled to appear at the Ontario Court of Justice in Orangeville on January 2, 2025, to answer to the charges.

The charges have not been proven.

Their driver’s license was also suspended for a period of 90 days and the vehicle was impounded for seven.

“The OPP remains committed to keeping our communities safe through enforcement and public education. Drivers who are impaired by drugs or alcohol continue to pose a significant threat on Ontario roads. Whether a driver is impaired by alcohol or drugs, impaired is impaired, and impaired driving is dangerous regardless of the source of impairment. If you suspect that someone is driving while impaired, it is important to call 9-1-1 to report it.

“The OPP is counting on citizens to help ensure that no one in their presence gets behind the wheel if they have consumed alcohol or taken drugs. The more people who do so, the fewer impaired drivers they will be sharing the road with. If you know or suspect that a driver is impaired by alcohol or drugs, call 9-1-1. In doing so, you may save a life. 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.

Additionally, the Festive RIDE Campaign is currently running until January 1, 2025. The Festive RIDE (Reduce Impaired Driving Everywhere) campaign is an annual police enforcement and education initiative aimed at taking impaired drivers off Ontario roads during the holiday season.

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

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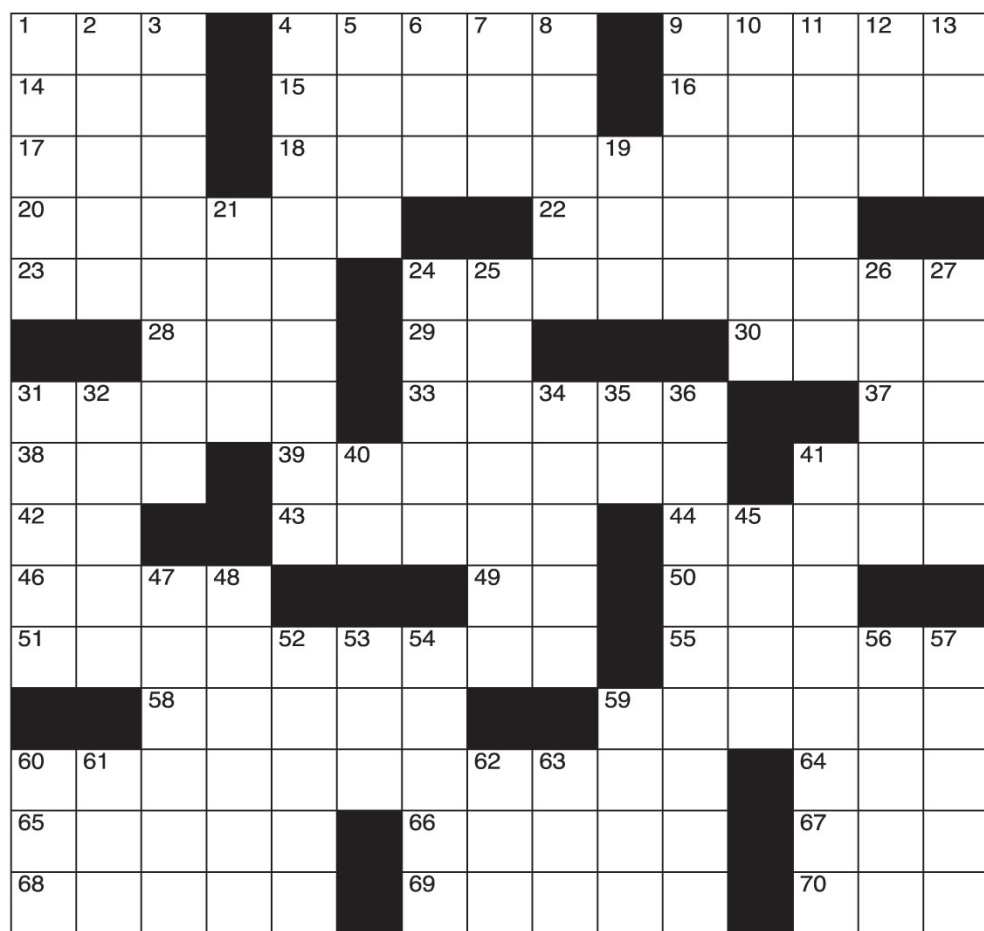
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- Stomach
- Investment vehicle
- Fictional soccer coach Ted
- Irregular in botanical parlance
- Cease standing
- “American Horror Story” actress
- Grow milk teeth
- Plant parts
- Snow house
- Most contemptuous
- Note to repay
- Old English
- Wings
- Financial institutions
- Parks and Lopez are two
- Mr. T’s “The A-Team” character
- Relative biological

effectiveness (abbr.)

- Give off
- Semitic alphabet letter
- Farm state
- Actress Sarandon
- Back parts
- Zoroastrian concept of holy fire
- Touchdown
- One point north of due east
- Refurbishes
- Silver and Dogg are two
- Former Tigers catcher Alex
- Type of envelope
- Seriously considered
- Unhappy
- Past (archaic)
- Asian wild dog
- Old English letter
- Young domestic sheep
- Football players need to gain them

70. Witness

- ### CLUES DOWN
- Dormant Peruvian volcano
 - Norwegian composer
 - Indicates location
 - Pubs
 - Unable to walk easily
 - Electronic warfare-support measures
 - World leader
 - Midsection
 - Jewish calendar month
 - Urological condition
 - A small quantity of anything
 - Mountain Time
 - Affirmative
 - Word element meaning ear
 - Carried away
 - Short-billed rails
 - Newborn child
 - Sword

27. Groups of people

- Prickly, scrambling shrubs
- Become less intense
- Polishes
- Indicates position
- Songs sung to one’s beloved
- The 12th letter of the Greek alphabet
- Insects
- Israeli politician
- Pre-digital
- Roaming
- Ambience
- Brew
- Late
- Make ecstatically happy
- Semitic alphabet letter
- Blend
- Dash
- Self
- Exclamation of satisfaction
- Hill or rocky peak

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

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Organic

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Organic

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PUBLIC NOTICE

Notice of Application

Proposed Official Plan Amendment and Zoning By-law Amendment

FILE NUMBER: OPA 2024-0008 and RZ 2024-0028

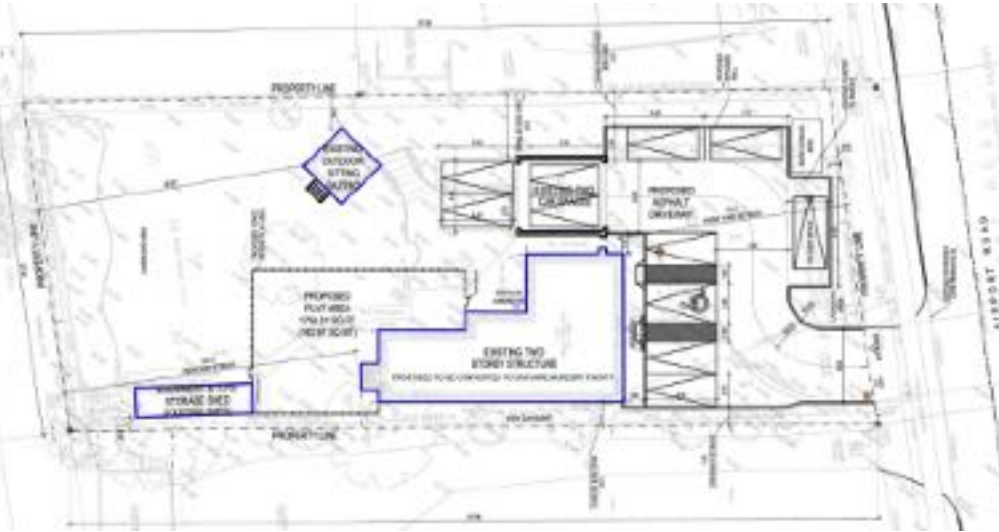
This is to inform you that the Town of Caledon has received Zoning By-law and Official Plan Amendment Applications. Your input and insight will inform and shape plans that meet the needs of our community.

APPLICANT AND LOCATION:

Applicant: Inspire Architectural Group
Location: 15867 Airport Road, Caledon, Part 20 Concession 1 (Albion)
 East of Airport Road and Walker Road East
 Ward 3

PROPOSED CHANGES:

The purpose of these applications is to convert an existing two-storey single detached dwelling into a daycare nursery facility.
 The applicant proposes to amend the Official Plan Amendment by redesignating the property from *Special Policy Area B* to *Institutional* and amending the Zoning Bylaw by rezoning the lands from *Rural Residential (RR)* to *Institutional (I)*.



**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:

Muhammad Shahid Mughal, MCIP, RPP
 Community Planner
 (905) 584-2272 ext. 4557 or
 muhammad.mughal@caledon.ca

ADDITIONAL INFORMATION:

For more information about this matter, including information about appeal rights, a copy of the proposed Zoning By-law Amendment and Official Plan Amendment, and for supporting material, please visit www.caledon.ca/notices or contact the Lead Planner from Monday to Friday, 9:00 a.m. to 4:30 p.m.

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 accessibility@caledon.ca.

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

Notice Date: December 19, 2024



6311 Old Church Road
 Caledon, ON L7C 1J6
 caledon.ca
 T. 905.584.2272 | 1.888.225.3366 | F. 905.584.4325



From left to right: Chief Warrant Officer Yann Gauthier, Paramedic Dave Wakely, Paramedic Roxane Bowie, Paramedic Joel D'Eath, Paramedic Nicole Tomasella, Paramedic Shelley Sacrey, Paramedic Jennifer Archdekin and Brigadier General Forestier (missing from photo: Jennifer Sham and Paul Carson).
REGION OF PEEL PHOTO

Peel paramedics honoured for exemplary service

Eight paramedics received 2024 Governor General's Emergency Medical Services Exemplary Service Medal

BY ZACHARY ROMAN
 LOCAL JOURNALISM
 INITIATIVE REPORTER

Local paramedics have been recognized for their amazing service to the community.

On December 12, the Region of Peel announced eight of its paramedics had received the 2024 Governor General's Emergency Medical Services Exemplary Service Medal.

The medal is given to paramedics who have provided 20 years of exemplary service characterized by good conduct, industry and efficiency. Ten of these years of service must have been on duty in the field, where potential risk to the individual is involved.

The following are the recipients of the medal: Jennifer Archdekin, Roxane Bowie, Joel D'Eath, Shelley Sacrey, Jennifer Sham, Nicole Tomasella, and David Wakely.

Paramedic Paul Carson received the EMS Exemplary Service Medal 30-year bar.

Brian Gibson, Peel's Chief Paramedic, said

receiving an Exemplary Service Medal is one of the highest honours a paramedic can achieve.

"The medal acknowledges a paramedic's meritorious service. These individuals have served Peel for decades and provided the best care possible. [I'm] proud to have these professionals as part of Peel Regional Paramedic Services," said Gibson.

Nancy Polsinelli, Peel's Commissioner of Health Services, said Peel's paramedics are like no other.

"Peel's dedicated paramedics protect and support 1.5 million lives in one of Canada's most culturally diverse populations, responding to emergencies at the crossroads of the country's busiest highways and airport. It is rewarding for all of us at Peel Region to see the Exemplary Service Medal and a 30-year bar awarded to members of the Peel Regional Paramedic Services," said Polsinelli.

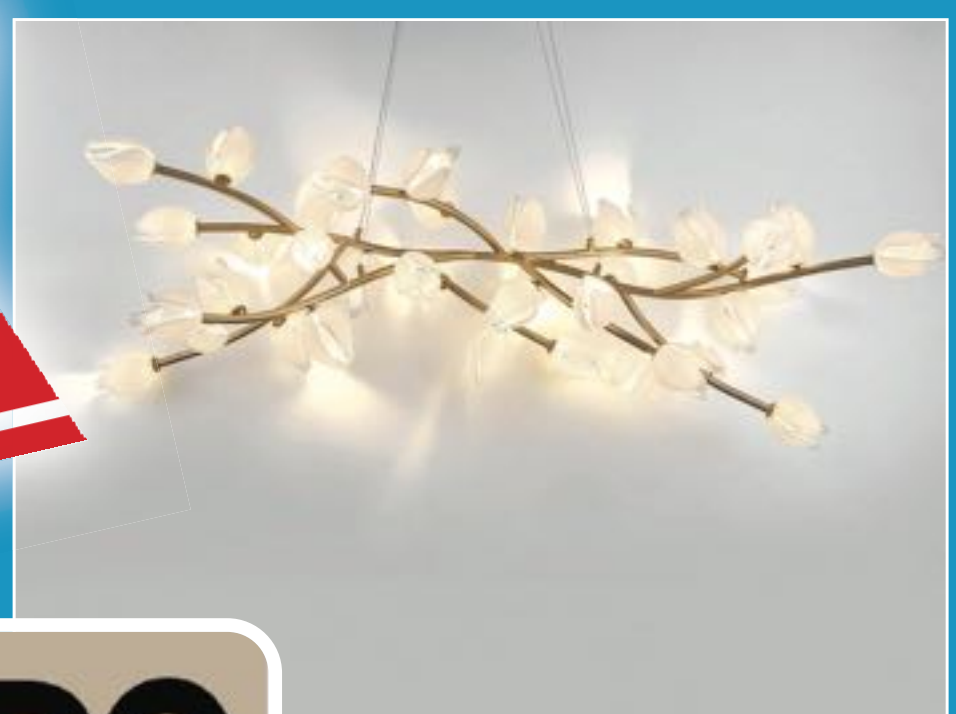
Peel Region Chair Nando Iannicca said Peel paramedics' commitment to saving lives exemplifies the best of our community.

"I thank the recipients of the Exemplary Service Medal and Bar for the courage and compassion they have shown to Peel residents for the past 20 and 30 years. Peel is a better place because of them," said Iannicca.



BOXING WEEK ~ STORE-WIDE SALES

RED TAG SPECIALS THROUGHOUT THE SHOWROOM! UP TO 50% OFF



National Wildlife Centre hosting fundraising raffle

NWC's state-of-the-art wildlife hospital set to open in Caledon in 2025

BY ZACHARY ROMAN
LOCAL JOURNALISM
INITIATIVE REPORTER



NATIONAL
WILDLIFE
CENTRE

A local non-profit dedicated to helping sick and injured wildlife is hosting a fundraiser to celebrate its 10th anniversary.

The National Wildlife Centre (NWC) recently launched its "10 for 10: Wildlife Anniversary Raffle" to support construction of its wildlife hospital that's set to open early next year.

The raffle is being supported by generous contributions from sponsors Sport Chek Bolton, Mercato Fine Foods Bakery and Deli, and De Boers Market.

Raffle tickets can be purchased online at the following link: canadahelps.org/en/charities/national-wildlife-centre/events/10-for-10-wildlife-anniversary-raffle/

Single tickets are \$5, five tickets are \$20, and 15 tickets are \$50.

The early bird draw for the raffle takes place tomorrow, December 20. The final draw for the raffle will take place on January 31, 2025.

Prizes include a YETI Rambler Straw Mug, gift basket from De Boers Market, and \$30 gift card to Mercato Fine Foods Bakery and Deli, with more to come. Prize winners will be contacted by phone and email to arrange prize delivery

Prizes can only be delivered within the Caledon area; shipping is not available.

Founded in 2014, the NWC has cared for over 8,000 wild animals and over 200 different species, many of which are threatened or endangered.

— prizes can only be delivered within the Caledon area; shipping is not available.

Founded in 2014, the NWC has cared for over 8,000 wild animals and over 200 different species, many of which are threatened or endangered.

SERVING THE PEOPLE OF CALEDON FOR OVER 30 YEARS HAS BEEN A TREAT!



Wishing you all a very Merry Christmas!!

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BROCK WEIR
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Christmas Lists and Tall Orders

If you happen to celebrate Christmas, you'll understand that everybody has their own individual stressors that can sometimes cast a shadow over what is often plugged as "the most wonderful time of the year." Thanks for that, by the way, Andy Williams and Staples.

For some, it might be getting everything just right before family arrives for the big, celebratory dinner. For others, it might be a time of trepidation as a family gathers for the first time since the loss of a regular fixture at the table. Still others, a number that is growing at a pace that is nothing short of alarming, are simply concerned about their ability to have something on that table, regardless of who is or who is not there.

When I consider my own stressors at this time of year, particularly in how they figure into the big picture, they are mercifully small potatoes. I'm fortunate enough to have a roof over my head, something warm in my stomach every night, and presently – although so many things seem precarious these days – have the wherewithal to get or make gifts, or otherwise provide, for my loved ones.

I'm conscious that I'm one of the lucky ones, even though I find my own seasonal frustration with trying to figure out a schedule of when and where I need to be during the season of gathering, hopefully deriving a schedule that works for everyone, causes minimal disruption, and, sometimes more importantly, minimal offence.

Every time Christmas rolls around, I make a pledge that my own personal gift to myself will be to make the holidays as stress-free as possible. I haven't quite been able to achieve that for various factors – everything from weather to motivation – but there's no harm in dreaming, is there?

I guess you can call it, to borrow a phrase from a flash-in-the-pan holiday song, a "grown up Christmas list."

The older I get, the less material my grown-up Christmas list is. Depending on the circumstances of the year, it can include the practical (my childhood self couldn't have imagined how excited my adult self would be to receive a good pair of well-made cozy socks) or the ephemeral, such as gifting an "experience" that can be just as groovy, if not more so, than a tchotchke that collects dust.

Otherwise, sometimes in a level of dismay with the state of the world, it can be a grown-up Christmas list for the wider world, whether at the community, national, or international levels.

Given the year that was, and the year that continues to be for a little while yet, that is the direction I have found myself leaning this year.

So, herewith, a truncated list for the year ahead:

APPRECIATING LESSONS LEARNED

As our neighbours to the south appear to be heading backwards in many respects – see: the possible revocation of the time-tested, highly effective polio vaccine after more than 70 years of successfully beating the disease back – it's time to take notice and take stock so our country does not move further in an anti-science, anti-democratic direction.

The incoming administration will be an international game-changer in many respects, and countries like ours need to keep up, but, alas, we have been down this road before.

Premier Ford caused a stir last week suggesting one way of combatting debilitating tariffs threatened by the incoming administration is to withhold energy exports to the

United States, particularly in Michigan, Minnesota and New York.

"We're sending a message to the US," he said. "You come and attack Ontario, you attack the livelihoods of Ontario and Canadians, we're going to use every tool in our toolbox to defend Ontarians and Canadians across the border."

But the Premiers of Quebec and Alberta were among those pushing back on the idea, with Alberta's Smith suggesting diplomacy is the way to go.

From my perspective, however, it seems Premier Ford was the only one taking notes on negotiation from the incoming administration's first go-round.

MEDIA LITERACY

Teaching media literacy is a frequent flyer in my grown-up Christmas list and it remains so this year, perhaps more importantly than ever in the face of the rapid expansion of Artificial Intelligence in its myriad forms.

In the context of media literacy, I've always believed it's important for students who are growing up in a digital realm to learn how to properly navigate it, use it to its best advantage, and be safe and savvy while doing so in a rapidly-changing environment.

From protecting themselves online at times when parents are unable or unavailable to provide assistance, to being able to recognize the truth in a sea of misinformation or, worse, unadulterated fake news, all generations would benefit from this emphasis and, in my view, it's becoming just as important as Civics and the Provincial curriculum's recent shift towards practical math.

In a time when so many are leaning on apps and platforms like ChatGPT to make their lives easier, it's become more pervasive and harder to separate the proverbial wheat from the chaff. Without the means and skills to recognize it as it comes at us, where does that leave us as a society?

A RENAISSANCE FOR COMPASSION AND EMPATHY

At this time of year, it is often a welcome shift to be able to cover the scores of individuals and groups across our communities who are stepping up to have a real positive impact on our residents, whether it is a food or clothing drive to help families make ends meet at this often-trying time of the year, or simply shovelling snow for a neighbour in need.

Yet, in some other instances seen over the course of the year, we see examples of self-centredness or, worse, selfishness in the interest of looking out for Number One to the expense of the whole. This can be seen materially, philosophically, and politically.

While there is nothing wrong with looking out for Number One, all too often these days, spreading the wealth a little bit – again, materially, philosophically or politically – can be seen as "woke" (whatever this actually means) or a state of weakness.

Compassion and empathy (and, indeed, grace) unlike the flu, are not seasonal conditions and should be exercised all year round, from lending a hand or simply recognizing that everyone is fighting their own individual battle – and what we might classify as "needs" versus "wants" in our own circumstances, generations, and life experiences might not be the same for our friends, neighbours, coworkers, and wider community members.

As far as Christmas lists go, I don't think it's too tall of an order.



Santa Claus has a long and cherished history

by Mark Pavilons



For children and adults around the world, Santa Claus is the epitome of the holiday season.

While "Christ is the reason for the season," Claus is a close second.

In his famous response to a letter from a child, Francis P. Church explained in the New York newspaper, *The Sun*:

"Yes, VIRGINIA, there is a Santa Claus. He exists as certainly as love and generosity and devotion exist, and you know that they abound and give to your life its highest beauty and joy. Alas! how dreary would be the world if there were no Santa Claus. There would be no childlike faith then, no poetry, no romance to make tolerable this existence."

Santa is as real as the feelings in our hearts and minds. He's as concrete as love and joy and wide-eyed wonderment.

As I child, I heard his footsteps on our roof and heard his sleigh and troop of reindeer take off, enroute to the next house.

He is, in fact, documented in history. Santa Claus was originally called Saint Nicholas, who became the patron saint of children. Saint Nicholas of Myra, was born around 280 AD in the Roman town of Patara, in what is now Turkey. Nicholas was born to a wealthy Christian family, and his parents raised him to be devout in his faith. Nicholas decided to dedicate his life to helping others, especially the poor, the sick, and those in need.

Nicholas became a bishop in Myra and gained a reputation for his generosity and kindness. He was known for acts of charity that he often performed secretly, emphasizing humility in giving. His popularity grew, and upon his death on Dec. 6, 343 AD, the people of Myra commemorated his life with an annual feast. The date of his death became known as the Feast Day of Saint Nicholas, celebrated throughout Europe as a day of giving and charity.

I remember well when my mom talked about Niklolaustag (Nicholas Day) that took place on December 6. When she was a child, goodies were placed in shoes outside her bedroom door. When she awoke in the morning, these brought a smile to her face and ushered in the holiday season.

We tried to relive the tradition for her on occasion and my wife carried on with it for our kids.

St. Nicholas made his debut into American popular culture in the late 18th century. In December 1773, and again in 1774, a New York newspaper reported that groups of Dutch families had gathered to honor the anniversary of his death.

The name Santa Claus evolved from Nick's Dutch nickname, Sinter Klaas, a shortened form of Sint Nikolaas. In 1804, John Pintard, a member of the New York Historical Society, distributed wood-

cuts of St. Nicholas at the society's annual meeting. The background of the engraving contains now-familiar Santa images including stockings filled with toys and fruit hung over a fireplace.

Gift-giving, mainly centered around children, has been an important part of the Christmas celebration since the holiday's rejuvenation in the early 19th century. Stores began to advertise Christmas shopping in 1820, and by the 1840s, newspapers were creating separate sections for holiday advertisements, which often featured images of the newly-popular Santa Claus.

In 1841, thousands of children visited a Philadelphia shop to see a life-size Santa Claus model. It was only a matter of time before stores began to attract children, and their parents, with the lure of a peek at a "live" Santa Claus.

In the early 1890s, the Salvation Army needed money to pay for the free Christmas meals they provided to needy families. They began dressing up unemployed men in Santa Claus suits and sending them into the streets of New York to solicit donations. Those familiar Salvation Army Santas have been ringing bells on the street corners of American cities ever since.

Perhaps the most iconic department store Santa is Kris Kringle in the 1947 classic Santa Claus movie "Miracle on 34 Street."

The Macy's Santa has appeared at almost every Macy's Thanksgiving Day Parade since it began in 1924, and fans of all ages still line up to meet the Macy's Santa in New York City and at stores around the country, where children can take pictures on Santa's lap and tell him what they want for Christmas.

In 1822, Clement Clarke Moore, an Episcopal minister, wrote a long Christmas poem for his three daughters entitled "An Account of a Visit from St. Nicholas," more popularly known as "'Twas The Night Before Christmas."

Moore's poem, which he was initially hesitant to publish due to the frivolous nature of its subject, is largely responsible for our modern image of Santa Claus as a "right jolly old elf" with a portly figure and the supernatural ability to ascend a chimney with a mere nod of his head! His poem helped popularize the now-familiar image of a Santa Claus who flew from house to house on Christmas Eve in "a miniature sleigh" led by eight flying reindeer to leave presents for deserving children. "An Account of a Visit from St. Nicholas" created a new and immediately popular American icon.

Santa's all-important list was first mentioned in the 1934 carol, "Santa Claus is Coming to Town." Rudolph – "the most famous reindeer of all" – was born over 100 years after his eight flying counterparts. The red-nosed wonder was the creation of Robert L. May, a copywriter at the Montgomery Ward department store.

In 1939, May told the story of Rudolph, a young reindeer who was teased by the other deer because of his large, glowing, red nose. But, when Christmas Eve turned foggy and Santa worried that he wouldn't be able to deliver gifts that night, the former outcast saved Christmas by leading the sleigh by the light of his red nose.

The rest, as they say, is history.

I have heard the laughter and chuckle of that jolly old elf myself. I have even invited him in and shared his cookies from time to time.

May you never be too grown up to search the skies on Christmas Eve!

Caledon Citizen
www.caledoncitizen.com

Submit your

LETTERS TO THE EDITOR

brock@lpcmedia.ca • 905-857-6626

Distributed throughout the Town of Caledon, the Citizen is published Thursdays by Caledon Publishing Ltd.

The CALEDON CITIZEN is a member of the Ontario Press Council, an independent body set up by the newspapers of the province to uphold freedom of expression and deal with complaints from readers. The Press Council encourages complainants to first give the newspaper an opportunity to redress their grievances. If not satisfied, they may then write to the Council, enclosing a copy of material that is subject of the complaint, at 80 Gould St., Suite 206, Toronto, ON M5A 4L8.

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Merry and bright?

Spoiler Alerts: Santa, reindeer, elves

At this time of year, we're surrounded by all things "merry" and "bright." Whether it's the relentless jingle of Christmas music in stores, or from that Toronto radio station playing holiday music 24/7, Christmas music is everywhere. How is it then, every store I enter or every time I tune in, the only song I hear over, and over, and over again is by Mariah Carey? After the 300th time hearing it, there's nothing merry about it, I can assure you! As for "bright," the barrage of mostly beautiful, but sometimes bombastic, displays of Christmas lights can be lovely, but when they are visible to passing pilots cruising at an altitude of 35,000 feet it might be a bit much. For these, and plenty of other reasons, and in not so shocking news to most mothers, not all of us are actually feeling so merry and bright by the time Christmas Day finally arrives.

It's hard to maintain the "spirit" of Christmas when advertisers start with the red and green coloured flyers as soon as "back to school" sales end. When green garlands, green witches and green bedecked Christmas gnomes each line the aisle side by side and school has only just started, you know it's going to be a loooooong holiday season. Worst of all, when the Halloween candy and the candy canes are in equal abundance at your local "Buck-A-Rama," and you're tripping over tinsel even before the day honouring veterans and fallen soldiers, you'd be forgiven for feeling a little less than jolly and jolly by the time Christmas comes around.

Finding "joy" at this time of year is merely a ploy, employed by the executives at Hallmark who seem to think their so-called target market actually believes every big time, successful, professional city gal is just pining for the opportunity to return to her hometown at Christmas and fall hopelessly in love with some hapless, handsome hunk. The "plots" of these movies are harder to believe than the "fact" Santa and eight reindeer (nine with Rudolph) can make it around the entire world in one night while dispensing gifts to one and all. I guess some folks find these movies "merry," but they sure aren't "bright." I'm not saying they are formulaic, but they are banal, hackneyed and routine. Thesaurus users that last line was for you.

Ask any Mom of your acquaintance how "merry" she's feeling as she treks through snow to stores in search of whatever this year's version of the Cabbage Patch craze is. Follow that question with whether she wants

a glass (or three) of wine when she gets home and you might be forgiven for asking such a silly question in the first place! Ask the neighbour who once felt "bright" (as in smart) for skipping the holiday traffic and shopping Mr. Bezo's online empire instead, how bright they're feeling at midnight, as they post pictures of front doors on Facebook asking, "did anyone receive my package because it says delivered but this isn't my front door."

Spoiler alert – you're never getting that package.

Remind me who actually has "visions of sugar plums" dancing in their heads? What IS a sugar plum? Does anyone even know? Unless you're Martha Stewart, most of us have likely never come into contact with said plum and baking at this time of year is more of an endurance sport, not something done for pleasure. Pressure is a better word. Baking is done under pressure. Pressure to reproduce that treasured recipe of Great Aunt Clara's, pressure to find a recipe that can accommodate allergies, vegans, and the gluten-free all while still tasting like actual food, or pressure to bake Christmassy delights not just for your own family, but also the school pot-luck, your co-workers, Santa Claus, your book club and as if all that wasn't enough, for the annual neighbourhood cookie exchange, too! Whoever thought it was a good idea to expect someone to bake 12-dozen cookies to then exchange with a multitude of others similarly tasked must have been a sadist right? My mixer was running from 2 p.m. til about midnight the other day and when I turned my back for just one second the dog had absconded with about a half dozen cookies which, I now know, were left far too close to the edge of the counter top! Folks, he's not that tall. Apparently where there's a will there's a way. As for me, I had no will left, and there was no way I'd be baking any more that day.

No need to even get me started on that evil little elf on the shelf. They are a menace to mankind and frankly, should freak out even the most well-adjusted seven-year-old. The wicked stepmother in Snow White freaked me out enough as a kid, if we'd also had to contend with knowing there was a creature that came to life in the middle of the night to spy on us AND which reported back to another mythical creature who already "sees you when you're sleeping and knows when you're awake," we'd all be in therapy! Not to mention, although I may have mentioned it last year, talk about putting yet more pressure on parents (moms) at this time of year.

Coming up with a gift for your kid and maybe some stocking stuffers too is hard enough. But now, thanks to some marketing genius (who was, no doubt a childless 32-year-old male) now you have to stay awake long past your kids bedtime and not just on Christmas Eve but for every, freaking night in December, just so can move that little \$*%&&%*! Even worse, likely driven by the same folks who thought a cookie exchange was a good idea, there's an entire cult of creative types devoted to stage-managing entire elaborate scenes of manufactured elf mischief and then posting pictures about it online. They say their "sharing" ideas for the benefit of other parents, but I think they're just bragging.

Between all the various countdown Christmas calendars (chocolate, wooden, gilt-edged or otherwise) and sales flyers relentlessly reminding us there's only "X" days left 'til Christmas, (aren't there only supposed to be 12) the pressure of Christmas can feel overwhelming.

Everything is "merry" and "bright" at first and you may even catch me singing Christ-

mas carols, and not while drinking near a karaoke machine either! But after a while, the constant rush to do everything "right," results in Christmas losing a bit of its lustre. Factor in a set of Christmas lights hung from the rooftop during a mid-November warm spell (bright thinking) that worked just fine until December 1 and not a day since (I kid you not) followed quickly by a failed outing to cut down a real Christmas tree that turned into "shopping" for a pre-cut tree in the barn because the farm had none to cut down, and you might finally be getting a sense of why I'm feeling less than "merry and bright."

Christmas can be a lot. Expectations are high and in many households it's the moms who make the magic happen. For everyone else, you better make sure you know what's on HER list and that you've checked it twice – because she deserves it!

SHERALYN ROMAN
TALK CALEDON



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Toronto Maple Leafs star Morgan Rielly joins CCS for launch of mobile food pantry

Caledon Community Services received support for initiative from Amazon, Region of Peel

BY ZACHARY ROMAN
 LOCAL JOURNALISM INITIATIVE REPORTER

There is now a mobile food pantry serving

Caledon.

On December 16, Caledon Community Services (CCS) celebrated the launch of its mobile food pantry with an event at Amazon's YYZ7 fulfillment centre in Bolton.

The pantry was made possible thanks to a \$55,000 donation from Amazon Canada and a \$110,000 grant from the Region of Peel.

Toronto Maple Leafs defenceman Morgan Rielly attended the event to support the launch of the pantry. Also in attendance were Caledon Mayor Annette Groves, Dufferin-Caledon MPP Sylvia Jones, and members of Caledon



Dufferin-Caledon MPP Sylvia Jones said it's great to see collaboration in projects like the mobile food pantry. PHOTO BY ZACHARY ROMAN

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access to food and address the urgent needs of rural

Council.

CCS' food bank, The Exchange, now serves over 1,300 residents annually — and this number grows every day. The mobile food pantry was launched as rising gas prices and a lack of public transportation in Caledon have left some unable to access The Exchange to get critical food and hygiene supplies. The pantry, run out of a box truck, is already in service and delivering items to seniors, individuals with limited mobility, single parents and caregivers.

CCS CEO Geraldine Aguiar said the mobile pantry is a game-changer.

"With the support of Peel Region and Amazon Canada, we're going beyond the four walls of the Exchange food pantry and reaching families right where they are. We are breaking barriers, serving with dignity, and making sure that no one in Caledon is left behind," she said.

Jason Hastings, the Region of Peel's Director of Social Development, Planning and Partnerships, said Peel is happy to support the mobile food pantry.

"This initiative will significantly improve

Caledon, ensuring that our diverse and widespread community receives the support it deserves," he said.

Isabella Alves Figueiredo, Amazon YYZ7 site leader, said Amazon is proud to support the mobile food pantry.

"Amazon cares about supporting the local community, and we share Caledon Community Services' commitment to ensuring that no family goes without basic needs like food and shelter," she said. "The Mobile Food Pantry... takes an innovative approach to reaching Caledon's most vulnerable residents, and we believe it will have a lasting impact where it is needed most."

To learn more about CCS' food support services, those interested can visit ccs4u.org, email exchange@ccs4u.org, or call 905-584-2300 ext. 276.

To support Caledon's food bank, donations can be dropped off at 55 Healey Road Unit 10 in Bolton.

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Dufferin-Caledon Ontario Green Party candidate Sandy Brown is pictured here with party leader Mike Schreiner. **CONTRIBUTED PHOTO**

Sandy Brown nominated as Ontario Greens' candidate for Dufferin-Caledon

BY JOSHUA DRAKES

During a nomination meeting in Orangeville, Ontario Green Party members voted for former Orangeville Mayor Sandy Brown as the local riding's candidate in the upcoming provincial election.

"I'm running because I believe in a government that leads with integrity and a strong work ethic, ensuring that every voice in our community is heard and valued," Brown said.

Green Party members gathered at the Mill Creek Pub and Restaurant in Orangeville for Brown's nomination meeting. The crowd was enthusiastic and welcoming of Brown's nomination, and without much delay, confirmed him by unanimous vote as Dufferin-Caledon's provincial representative.

As guests and members were seated, Mike Schreiner, leader of the Ontario Green Party, came forward to speak. He addressed the concerns of locals, such as the Caledon mega quarry, Highway 413 and housing. He promised the Green Party would remain the voice of the people, not corporate interests or political agendas.

He also criticized Doug Ford's government for what he called irresponsible spending and catering to private interests.

"You want a government that's going to put health care ahead of highways, a government that is going to protect the Forks of the Credit from the Caledon mega quarry," he said. "You want a government that's actually going to build homes that people can afford, taking care of our neighbours, not taking away their Charter rights, and actually addressing the climate emergency in a way that helps people save money."

Schreiner then introduced Brown, giving him his full support and endorsement, as the person he trusts to fight for these goals.

"I'm excited to have somebody who's a proven local leader and somebody who's going to be a strong voice for Dufferin-Caledon to be carrying the Green banner in this election," Schreiner said. "There's so many important issues, from addressing the housing affordability crisis to shoring up our healthcare system to protecting the places we love here, especially from an unneeded, expensive highway like Highway 413."

Brown then took the stage. He said that he planned to follow Schreiner's example and lead the way in affordability, environmental responsibility and cooperation across party lines.

Brown shared that a meeting with Schreiner at a municipal conference marked the beginning of his alignment with the Green Party.

During his term as mayor of Orangeville, Brown said that he was already thinking Green with some of the policies that he worked on, so the choice became clear. He pointed to his accomplishments as mayor, which he said makes him the best choice for Dufferin-Caledon as a Green candidate.

As mayor of Orangeville, he introduced

a climate action policy requiring all municipal decisions to consider environmental impacts and oversaw initiatives like free transit and the start of converting the old railway into a bike and walking trail with Caledon's support.

"It's been through my term as mayor, and understanding that environment and climate change is real, and that we have to be concerned about that, and then looking at the Green Party policies, that made me start leaning towards this nomination," Brown said.

The Green Party of Ontario's platform focuses on healthcare, housing and a climate-based economic plan.

The Green Party prioritizes mental health, aiming to reduce stigma and support underserved groups. Brown emphasized that aiding low-income and homeless individuals with mental health issues would ease the strain on the healthcare system.

"If you think about it, the homelessness issue, over 50 per cent of homeless people have mental health or addiction issues. If we can help those people get back on the straight and narrow, maybe get them a job, get some housing over them, that's going to take the burden off of the social services issue, off of the healthcare system, off of the policing costs," Brown noted.

He also said that housing needs to have red tape torn down to incentivize builders and better planning to avoid congestion.

"Two weeks ago, at Hockley Resort, was an Ontario Housing Summit, and it was depressing," he said. "In Toronto for example, it's beginning to be close to \$200,000 per unit for development charges. Twenty-five per cent to 30 per cent of the cost of a new house in Ontario is government fees and taxes, and here's the government talking about affordability when they're imposing a 30 per cent surcharge on every house that's being built,"

"Does this make any sense to anybody? We need to remove red tape. We need to incentivize builders to build more."

He said that he plans to engage with the community, understand their needs, and work with them. Brown said that this is something the current members of parliament are lacking.

"Four years here in Orangeville as mayor, I never got a phone call once from Sylvia Jones," Brown said. "Now she's the MPP. She never called me once to say, let's have a coffee, or let's talk or what can I do for you? What are your struggles?"

"If I'm elected, we're going to engage people, we're going to talk to the municipal officials, we're going to have an active work ethic."

With the full backing of the Green Party and a track record of leadership, Brown enters the race as a figure determined to deliver for his community. With a possible provincial election on the horizon, he aims to engage voters with a vision of integrity, sustainability, and actionable change – one conversation at a time.

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MERRY CHRISTMAS and
a HAPPY, HEALTHY NEW YEAR!

Chef Pops: The best brussels sprouts and other Christmas dinner tips

BY ALADIN JARRAH

At this time of year, I get asked so many questions about The Big Bird Dinner.

So... Yes, you should brine your turkey – you can reach out to me or look it up on-line if you don't know how. It certainly makes a big difference and is worth the effort.

No, you shouldn't buy those weird "baby carrots" in a bag. Get real baby carrots, cut all but 1/2 inch of the greens from the top, peel them and pan-roast them with thyme, cumin seeds, olive oil and a little bit of brown sugar.

Yes, it matters which potatoes you roast. Use russets, peel them, parboil them, toss them about in a colander to rough up the surface and roast them in duck fat, which you can get in a tub at most grocery stores.

No, don't buy the canned tube of

cranberry jelly. Use fresh cranberries simmered with orange juice, orange zest, a bay leaf and as much sugar as you think it needs based on your own preference.

And yes, real gravy is easy to make with the pan drippings, a little sage or poultry seasoning, some stray white wine/chicken stock and a cornstarch slurry to thicken it up. If you can't pronounce the ingredient list on the powder-in-a-box stuff, don't put it in your body, right?

But by far the most frequently asked question is this: "How did you make those amazing brussels sprouts you used to serve at the pub?"

Well, here's how: (serves four)

- 1 lb fresh brussels sprouts, halved
- 1/2 yellow onion, sliced
- 1/2 red bell pepper, sliced
- 1 tbsp extra virgin olive oil
- 2 tbsp real maple syrup



CHEF POPS

- 2 pieces of bacon, slivered
- 1/4 tsp Cajun seasoning (or paprika)
- 1/2 a lemon cut into four wedges

Toss the sprouts in the olive oil and some salt, and roast in a single layer until slightly browned and tender-crisp, 20-30 minutes. You can do this bit in advance if oven space is at a premium.

In a large skillet, cook the bacon until browned. Add the onion and bell pepper and fry in the rendered bacon fat for a few minutes until softened, scraping the bottom of the pan to get all those flavourful brown bits incorporated.

Depending on the quality of the bacon you've got you might need to add a little more olive oil.

Add the brussels sprouts to the pan along with the Cajun seasoning and toss to warm through.

Tip them out onto a serving dish and drizzle with maple syrup. Add a

little salt and cracked black pepper and arrange the lemon slices around the dish so your guests can squeeze it on nice and fresh.

Sit back and enjoy the praise and the sounds of happy munching.

I'd be happy to answer any and all questions you might have about this high-stakes dinner. It should be a fun time of gathering and you needn't be a ball of stress over it.

You can reach me at chef-popskitchen@gmail.com. It'd be my pleasure, and a tiny little Christmas gift from me to you.

Peace and love to you, yours and the whole topsy-turvy world this season.

Aladin Jarrah is a semi-retired Professional Executive Chef and is the founder of Pops' Kitchen Personal Chef Services.



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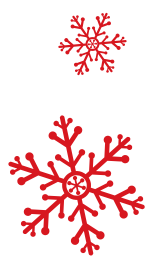


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Fun activities scheduled at PAMA this winter break

Peel Art Gallery, Museum and Archives is located at 9 Wellington Street East in Brampton

BY ZACHARY ROMAN
LOCAL JOURNALISM
INITIATIVE REPORTER

If you're looking for something to do with your family this winter break, you may want to check out the Peel Art Gallery, Museum and Archives (PAMA).

From 11 a.m. to 4 p.m., December 27 to January 3 in the PAMA studio, there will be a number of art projects to take part in.

On December 27, residents can join artist Meegan Lim for an apple craft inspired by her Apple a Day banners at PAMA.

On December 30, residents can create yarn art inspired by the warm knitwear of Newfoundland.

On January 2, a comfort food-themed craft will take place, and on January 3, residents can design a winter card with watercolour paint.

All of these art projects are free with the price of admission to PAMA.

From 10:30 a.m. to 4:30 p.m. on December 28, PAMA will host a day of folk tales and music.

"Compliment your winter holidays with a day of coziness and family fun. Enjoy

a captivating collection of folktales performed by professional storyteller Laxmi Balaji, centered on themes of community and family. Each of Laxmi's performances is filled with enchanting stories, lively rhymes, and joyful songs that will transport you to magical worlds while celebrating the spirit of togetherness," says the Region online.

"Continue the cozy escape and immerse yourself in the whimsical tales performed by balladeers from the Brampton Folk Club, including adventures of Robin Hood put to song. Then, create your own homey jigsaw puzzle inspired by works in PAMA's Art Gallery."

These activities are also included with general admission.

PAMA has a number of interesting exhibitions on right now: Unveiling Ability: Empowerment Through Art; All Aboard! The Railways of Peel; Stories of Home: Finding Community and Belonging in Peel; Youth on Reconciliation; In Love and Art: Jim Reid, Gina Rorai, Peggy Taylor, David Urban; David Blackwood, Ode to Newfoundland; and Apple A Day.

On Thursday evenings, Saturdays and Sundays this winter break, residents can request a guided tour of PAMA from one of its visitor service guides.

PAMA is a place to learn about Peel's diverse culture and heritage and is located at 9 Wellington Street East in Brampton.

To learn more about it, residents can visit its website, pama.peelregion.ca.

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Visit caledon.ca/winterparking for details.

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PUBLIC NOTICE

NOTICE OF APPLICATION FOR APPROVAL TO EXPROPRIATE LAND - FORM 2

Expropriations Act, R.R.O. 1990, Reg. 363

IN THE MATTER OF an application by The Corporation of the Town of Caledon for approval to expropriate lands in the Town of Caledon being:

ALL RIGHT TITLE AND INTEREST (FEE SIMPLE)

Part of PIN 14252-1243 (LT) legally described as Part Lot 19, Concession 1, West of Hurontario Street (Chinguacousy), designated as Parts 1, 2, 3, 4, 5, 6, and 7 Plan 43R-41681, Town of Caledon, Regional Municipality of Peel

for the municipal purposes of public recreation and natural heritage.


NOTICE IS HEREBY GIVEN

that application has been made for approval to expropriate the interests herein described in the lands herein described.


Any owner of land in respect of which notice is given who desires a hearing into whether the taking of such land is fair, sound, and reasonably necessary in the achievement of the objectives of the expropriating authority shall so notify the approving authority in writing,

- (a) in the case of a registered owner, served personally or by registered mail within thirty days after the registered owner is served with the notice, or, when the registered owner is served by publication, within thirty days after the first publication of the notice;
- (b) in the case of an owner who is not a registered owner, within thirty days after the first publication of the notice.

The approving authority is
The Council of The Corporation of the Town of Caledon
6311 Old Church Road
Caledon, Ontario L7C 1J6

The Corporation of the Town of Caledon
Per: 
Annette Groves
Mayor

The expropriating authority is
The Corporation of the Town of Caledon
6311 Old Church Road
Caledon, Ontario L7C 1J6

Per: 
Kevin Klingenberg
Municipal Clerk

Authorization Resolution No. 2024-185,
Passed by Town of Caledon Council on
the 22nd day of October, 2024.

Dated at Caledon, Ontario, this 29th day of
November, 2024

This notice first published on the
5th day of December 2024.



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Holiday spirits high at

Ceremony held December 14

BY ZACHARY ROMAN
LOCAL JOURNALISM
INITIATIVE REPORTER

The Alton community came together to share Christmas cheer last weekend. On December 14, the Alton Village Association and Alton Legion hosted their annual



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Alton tree ceremony

tree lighting ceremony event.

Residents sang Christmas carols, counted down together before the tree was lit, and listened to Caledon's Town Crier Andrew Welch.

The tree lighting ceremony took place at the Alton Village Square, a quaint and beautiful park in the heart of the village.

After the tree was lit, residents were invited to the Alton Legion for refreshments and fellowship.

Santa Claus even came out to visit at this wonderful community event.



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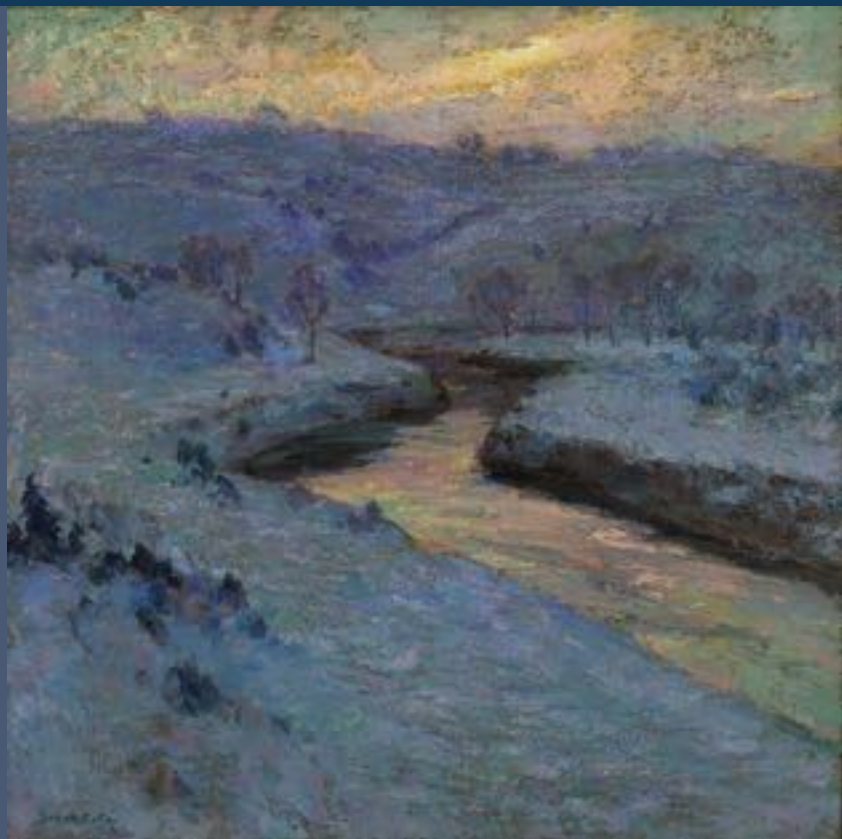
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TOP: Clarence Gagnon (1881-1942), *Honfleur* (detail), 1928/1933, gouache over colour monotype on paper, 20.5 x 19.9 cm, Gift of Colonel R.S. McLaughlin, McMichael Canadian Art Collection; BOTTOM: Marc-Aurèle de Foy Suzor-Coté, *Sunset, Nicolet River / Couché de soleil, rivière Nicolet*, 1925, oil on canvas, 116 x 116 cm, Collection of the Musée d'art de Joliette, Gift of the Clerics of St. Viator of Canada, 2012.043, Photo: Guy L'Heureux

Brain Boost: A guide to mental health and cognitive wellness for seniors

BY BRANDON JONES

As a retired journalist, I've always been fascinated by the stories of resilience among seniors in Southern Ontario. Now, as I reflect on my own journey, I realize the importance of prioritizing mental health and cognitive wellness as we age. In my research, I've identified several key areas that contribute to keeping our minds sharp and addressing issues such as depression and cognitive decline. In this article, I'll discuss what experts say are the top six:

1. Recognizing the signs of depression

One of the most vital lessons I've learned is the importance of recognizing the signs of depression. It can be easy for feelings of sadness or withdrawal to creep in, especially during challenging times. Symptoms like prolonged sadness, lack of interest in activities, or changes in sleep patterns are red flags to watch for. Sometimes, I find myself feeling overwhelmed by daily tasks or losing interest in hobbies I once loved. Recognizing these signs early is crucial because it allows us to seek help before the situation worsens. Talking to a friend or consulting a

professional can provide the support needed to navigate these emotions effectively.

2. Accessing resources and support

Knowing where to find resources and support is crucial for maintaining your mental well-being. Ontario's Health 811 helpline is available 24/7 for health advice and information. For immediate support, contact Connex Ontario (1-866-531-2600), which helps people who need support and information about the mental health, gambling, and addiction services that are available in Dufferin County. You can also find services and programs through local health units and community health centres.

3. Maintaining social connections

Engaging with family and friends can significantly reduce feelings of isolation and loneliness, which are common struggles among seniors. I often make it a point to host regular gatherings with loved ones, whether it's a simple coffee chat or a larger family dinner. These moments not only bring joy but also strengthen our bonds. Maintaining social connections is vital for

emotional well-being; it helps us feel more grounded and connected to the world. Additionally, volunteering for local organizations has introduced me to new friends and given me a sense of purpose, further enriching my social life.

4. Engaging in physical activity

Staying physically active has been a game-changer for my mental health. Whether it's a daily walk or a YouTube aerobics class, regular exercise boosts my mood and keeps my mind alert. I've noticed that even small bursts of activity can elevate my spirits and provide a sense of accomplishment. Engaging in physical activities not only improves your physical health but gives you a wonderful opportunity to socialize. Activities like gardening or dancing can provide both physical movement and social interaction, making exercise enjoyable and beneficial.

5. Sustaining a healthy diet

Nutrition plays a significant role in your mental health. I've embraced a balanced diet rich in fruits, vegetables, whole grains, and

lean proteins. Foods such as salmon, blueberries, and nuts are packed with nutrients that support brain health. Cooking has become a fun and engaging activity for me, allowing me to experiment with new recipes while nourishing my body. I've found that what we eat can directly impact our mood and cognitive function, so nourishing our bodies is just as important as nourishing our minds. Additionally, staying hydrated is crucial, as dehydration can affect our mental clarity and overall well-being.

6. Fostering sleep hygiene

As a sufferer from severe apnea, I've come to recognize the crucial link between sleep and mental health. Quality sleep rejuvenates the mind and supports cognitive function. To improve your sleep hygiene, establish a calming bedtime routine, limit screen time before bed, and create a comfortable sleeping environment. I've noticed that prioritizing sleep has dramatically improved my mood and cognitive clarity. Quality sleep is essential for maintaining emotional balance and enhancing our overall well-being. I find that practices such as reading or listening to calming music help me unwind before sleep, promoting a more restful night.

Last words

As we navigate the journey of aging, prioritizing mental health and cognitive wellness becomes increasingly important. By recognizing signs of depression, accessing resources, and fostering social connections, we can keep our minds sharp and resilient. Let's support one another in this journey, ensuring that we all thrive as we embrace the beautiful years ahead. Remember, it's never too late to start prioritizing our mental health—let's take that step together!

Brandon Jones is a retired journalist and magazine publisher. He lives in Alliston.

REMEMBER TO SHOP LOCAL!

Ontario SPCA and Humane Society celebrates milestone

The Ontario SPCA and Humane Society has achieved a significant milestone to close out 2024.

The not-for-profit organization is celebrating the completion of over 8,000 spay/neuter surgeries this year.

"That's not just a number – it's the prevention of an estimated 480,000 unwanted puppies and kittens who may have ended up in shelters, or on the street," said the Ontario SPCA and Humane Society in a press release.

Since launching high-volume spay/neuter services in 2009, the Ontario SPCA has performed more than 150,000 surgeries at its clinics in Barrie and Stouffville.

"These clinics, which also provide basic veterinary care for families without the means to take their animal to a local veterinarian for routine care, ensure no pet is left behind – regardless of income or geography," said the Ontario SPCA and Humane Society's press release.

The Society's efforts extend even further with its SPCA Mobile Animal Wellness Services unit, which has been stationed in Sudbury for the past two years to deliver essential care to Northern communities, and with MASH-style pop-up clinics ready to make an impact wherever they're needed.

"Spaying or neutering your pet is more than just a procedure – it's a commitment

to tackling overpopulation and keeping animals safe," said Dr. Jill Kirk, chief veterinary officer at the Ontario SPCA and Humane Society. "By providing accessible services, we're giving communities the tools to make a lasting difference for animals and their families."

The benefits of spay/neuter extend beyond population control.

"Fixed pets are less likely to roam, reducing the risk of accidents and injuries, and they experience lower health risks, reduced stress, and even improved behavior. It's a simple act with transformative results," said the Ontario SPCA and Humane Society in the statement.

ADVERTORIAL



All-new Two Brothers restaurant at Osprey Valley open to the public

Caledon Citizen Staff

There's an amazing new addition to Caledon's vibrant dining scene.

Located in the newly-built clubhouse at TPC Toronto at Osprey Valley in Alton, Two Brothers restaurant is open to the public year-round and offers elevated comfort food made with only the finest local ingredients.

Its beverage list includes hand-crafted cocktails and brews from Caledon's best craft breweries like Caledon Hills, GoodLot, Sonnen Hill and Badlands.

The restaurant has a picturesque view of the 18th hole of TPC Toronto's North Course, which will be the host of the 2025 RBC Canadian Open. And while it's not golf season right now, Two Brothers' cozy ambiance makes it the perfect place for a nice meal in the winter months.

The restaurant is named after Roman and Jerry Humeniuk, the two brothers who built Osprey Valley and always dreamed of making it a world-class golf destination. Roman's son, Chris, is now the President of Osprey Valley.

Andre Walker is the executive chef at Two Brothers, and he's crafted a wonderful menu of universal favourites like smash burgers (which have gained a cult following), fresh salads, pizzas and sandwiches.

Osprey Valley's new clubhouse opened earlier this year as part of extensive renovations to the property. Coming next year will be another restaurant in Osprey Valley's second clubhouse; an upscale dining experience with an extensive wine list.

Osprey Valley offers event space for weddings and parties, boardrooms, a year-round indoor golf academy, and will soon even have on-site accommodations.

Two Brothers is open from 5 p.m. to 9 p.m. Wednesday to Friday, 11 a.m. to 9 p.m. Saturdays, and from 10 a.m. to 9 p.m. on Sundays. From 10 a.m. to 1 p.m. on Sundays, a brunch menu is served.

To learn more about Caledon's most exciting new restaurant, visit ospreyvalley.com/twobrothers or check it out on Instagram.



Seasons Greetings!

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Sloan, Abou-Marie, and Lang lead Caledon Admirals to 3-2 win over Burlington Cougars

BY JIM STEWART

Blake Sloan's 56-save performance, Nasser Abou-Marie's game-winning goal, and Cam Lang's two-point performance propelled the Caledon Admirals to a 3-2 upset victory over the Cougars in Burlington last Tuesday evening.

The road win at Central Arena revealed significant improvement by Caledon's Junior A hockey team.

The rookie-laden club has won four of its last 10 games after winning only once in its first 21 games.

Admirals' Head Coach Chris Taylor credited the players for sticking together through the tough times earlier in the season.

"We have a team that's beginning to believe in itself after a rough start. So many

of our young players came from winning programs so the first month of Junior hockey was a shock to them. We have a team of mostly 17-year-olds growing up together and supporting one another. It's been great to see their improvement as a team."

Caledon's four recent victories have been predicated on solid goaltending and timely scoring which were evident against the play-off-bound Cougars on Tuesday. Coach Taylor complimented Sloan's spectacular performance between the pipes in Burlington.

"He stole the game. Blake's just a young kid. He's just 17, but he's known to make big saves. He was really dialed in against Burlington and made some of those 'wow' saves that picked up his teammates. Sloan backed everybody up and created a great feeling on our bench."

The rookie netminder stymied the Cougars' potent offence which is ranked #1 in the OJHL West. He turned aside all 21 shots in the first period, 19 of 21 in the middle frame, and all 16 in the third period to preserve the Admirals' victory.

Sloan's .966 save percentage earned him First Star of the Game honors as selected by OJHL staff.

While Sloan's Herculean performance was the key to victory, a quick start on the road by the offence was also beneficial to the young club. The Admirals led 2-0 at Central Arena before the game was ten minutes old.

Shyler McGahey opened the scoring with his first goal of the season at 2:43.

Exactly six minutes later, Lang—with assists from Curtis Freeman and Abou-Marie—scored his fifth of the season to create a two-goal cushion for Caledon.

Although the home side tied the game 2-2 with goals by Evan Dantas at 2:58 and

Ryan Gagner at 7:51 of the second period, Abou-Marie fired home the game-winner at 14:52 of the final frame with help from Lang. It was Lang's 18th assist of the season. Coach Taylor complimented his team's leading playmaker: "Cam's another young kid on our roster. When he's going, our team is going. Lang sees the ice so well and he makes everyone better. He was able to flip the puck to Nasser and Nasser batted it out of the air into the net for the winning goal. It was a great play by both players. Cam's going to put up some great numbers once he's played 60 Junior games."

Lang leads the Admirals in scoring with 23 points in 28 games. Abou-Marie's big third period goal was his team-leading ninth of the season.

Both are rookies on a Caledon roster comprised of 21 first-year players that are clearly rowing in the right direction as the 2024-25 season unfolds.

Team Orangeville wins silver at Oireachtas competition

BY BRIAN LOCKHART

A group of dancers from the Celtic Academy in Orangeville went to the Oireachtas Regional Irish Dance Championships held in Toronto on November 29 – December 1 and achieved good results after winning silver in their category.

The word Oireachtas is a Gaelic word referring to the regional competition and is used in Irish Dancing when there is a high-level competition.

Team Orangeville participated in the U8 division.

Celtic Academy owner and director, Mary Foley, said that Irish dancing is an activity which is more of a sport than an art. It requires training, concentration, and physical ability.

"Irish dancing is no longer just a passion, it's my life," Foley said of her dedication to working with her dancers. "It's becoming such a high-level sport now. People are saying Irish dance should be at the Olympic level. It's physically demanding; I teach at a gymnasium, I teach at community centres where you see hockey and lacrosse and other sports. Irish dancing is open to every ethnicity – it's taught in 37 countries. You need 40 countries to make a bid in the Olympics. We're giving kids sports, you're engaging them, you're keeping them active. We're

keeping kids in sports and we're using modern up-beat music."

Competing at the Oireachtas is a huge deal for those involved in the Canadian competition.

"It's a core moment for them," Foley said "They may never get a chance in life like this again."

The local team that went to the championships was started in 2022.

"Our team took second place, they were on the podium for the under 8 age group," Foley said. "This was the big event – it's the Canadian Irish Dance championship. The event runs for three days and competition is fierce. We also had two soloists who made the podium."

The winning team, with members Nora, Mat-talyn, Charlotte, Claire, Isolde, and Ellie, were all between the ages of four and seven years old.

In total, there were around 1,000 dancers competing at the event from all over Canada.

Irish dancing has become increasingly popular, especially over the past few years with many adults deciding to once again dance and do what they enjoyed in their youth.

"Some people don't just want to go to the gym," Foley said. "They want to dance."



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Lots begin closing at 5pm on Dec 13th.

Features: an overflow of sporting goods, hunting and fishing accessories, edged weapons, ammunition, reloading gear, vintage publications and more. Note: There will not be any firearms in this auction.

Still looking for more? The next Straight Shooter Sale returns on February 18-22 with an outstanding Enfield Collection that will be up for auction!



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OBITUARIES

IRMGARD RUTH AMMOSER

Peacefully at Maple Grove Community, Brampton on Wednesday, December 11, 2024, Irmgard Ammoser, at the age of 95, beloved wife of the late Werner Ammoser. Loving mother of Sabina, Corinna, and Elke. Grandmother to Aaron, Amanda, Andrew, Sara, Jason, Adam, Amy, Jack and Carmel.



As per Irmgard's wishes, cremation has taken place. Condolences for the family may be offered at www.EganFuneralHome.com

OBITUARIES

CHARLES (CHUCK) FREDERICK DAVIES

Charles (Chuck) Frederick Davies was a friend to every human and animal he ever met. He leaves behind particularly his wife and soulmate Donna, as well as his son Craig, his stepchildren Scott (Linda), Randy (Noelle), and Lori (Allen), and his grandchildren Eden (Stefan), Gemma, Kyra, and Garrett, as well as the world's luckiest cat, Honey.



Raised in Brantford, ON, by Elmer and Leta Davies with one brother Lorne, all of whom are deceased. Chuck spent his 87 years in the very best way possible — making other people smile. A fierce advocate, loyal friend, devoted animal lover, enthusiastic golfer, and loving husband, father and grandfather. Chuck's impact will be felt by those who were lucky enough to know him, for the rest of their lives. Though his career as an accountant was with Coca Cola and affiliated companies, his retirement was spent working with horses whom he loved and as a revered school bus driver and crossing guard in his home of Caledon East. He loved people so much and so well and was so fond of the children he was able to help.

He passed away in his sleep on December 10, 2024, after valiantly fighting many issues.

The family will receive their friends at the Egan Funeral Home, 203 Queen Street S. (Hwy 50), Bolton (905-857-2213) on Sunday, December 22 from 2 to 4 o'clock.

A Ceremony of Remembrance will be held in the chapel on Monday, December 23 at 2 pm, with a reception to follow.

In lieu of flowers, the family asks you to consider making a donation in Chuck's name to the Upper Credit Humane Society (uppercredit.com) in Erin.

Condolences for the family may be offered at www.EganFuneralHome.com



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Features: CCCS Graded \$1-\$50 CDN Banknotes & Silver Dollars; RCM 2019 The Elements \$3 Silver Coins Set; 1937 Bank of Canada \$50 Banknote; 2016 CDN 90th Birthday 1oz Silver Coin; 1923 CDN 25 cent shinplasters; RCM 1976 Montreal Olympiad \$10 Silver Coin; CDN \$5 Misprint Banknote; 2011 RCM 'Gifts From Santa' 50 Cent Coin; RCM Collectible \$20 Fine Silver Coins including 2003 Rocky Mountains; 1944 Germany & France Allied Scripts; 1986 CDN \$2 Sequential Uncirculated Banknotes; RCM Collectible Coloured Coins; CDN & U.S. Silver Dollars; International Coin Sets & Bank Notes and so much more!

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Frozen Rock Lobster Tail 2oz each tail

3.99

Longo's Sea Salt, Himalayan Pink Salt or Black Peppercorn Grinder 100-215g bottle

5.99

SAVE UP TO \$3.00

SAVE \$2.00

Longo's Country Churned Butter Sticks 454g pkg selected varieties

6.49

SAVE \$1.00

Josh Cellar Cabernet Sauvignon 750mL bottle

16.99

NATURALLY AGED FOR A MINIMUM OF 21 DAYS FOR TENDERNESS AND MARBLED FOR FLAVOUR!

Cut from Canada AAA Grade Longo's Certified Angus Beef Tenderloin Steak 7.714/kg

34.99 /LB

SAVE \$10/LB

Cut from Canada Prime Grade Longo's Certified Angus Beef Top Sirloin Medallion 33.05/kg

14.99 /LB

SAVE \$3/LB

Cut from Canada AAA Grade Longo's Certified Angus Beef Striploin Medallion 44.07/kg

19.99 /LB

SAVE \$10/LB