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LIGHTING UP THE NIGHT - Local residents Brian and Nadine Mercieca have partnered with the Palgrave Rotary Club in order to brighten the festive spirit through lights to the Caledon community. For more on their impressive display, please see Page 10.

CONTRIBUTED PHOTO



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Caledon to lose two seats at Regional table in 2022

Written By ALYSSA PARKHILL
LOCAL JOURNALISM INITIATIVE REPORTER

Caledon will lose two voices from the Regional Council table following the 2022 Municipal Election.

The decision was made on December 17 for Brampton to gain two seats at the Peel Regional Council table at the expense of Caledon.

What began as a walk on motion at the November 26 Regional Council meeting is now

an approved bylaw.

Caledon Council has consistently supported Brampton gaining more representatives at Regional Council since 2015 but was not prepared to lose two of their own in the process.

Regional Council is made up of 24 members of the three municipalities of Caledon, Brampton and Mississauga: Mississauga with 12 members, Brampton at seven and Caledon at five.

With the new bylaw underway, Mississauga

will remain with 12 members, Brampton will be increased to nine and Caledon left with three representatives.

"The actions being taken today to remove seats from Caledon all but silence our voice at the table," remarked Mayor Allan Thompson before the approval. "This isn't about fair representation because we all know the difference between urban and rural representation, it's about power and control."

Continued on page 5

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Students to learn remotely through at least January 11

Written By BROCK WEIR

It will be back to remote learning for area students through January 11, as the balance of Ontario is set to join Peel, York Region and Toronto in lockdown effective Boxing Day.

The new Province-wide lockdown will impact Southern Ontario for at least 28 days, while communities in Northern Ontario will be impacted for at least 14 days.

Under the new rules introduced Decem-

ber 21, all publicly-funded and private elementary and secondary schools will move to teacher-led remote learning at the end of winter break on January 4. At press time, parents can plan to see their elementary school students return to in-person learning on January 11, while secondary school classes will resume in-person learning on January 25.

Until then, secondary school students will continue remote learning.

Continued on page 2

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Meals on Wheels supports seniors for Christmas amid pandemic



CONTRIBUTED PHOTO

Written By ALYSSA PARKHILL
LOCAL JOURNALISM INITIATIVE REPORTER

Caledon Meals on Wheels (CMOW) is working to support Caledon seniors this upcoming holiday season through a variety of initiatives.

Senior residents have been coping this year by relying on relatives, neighbours and community organizations such as CMOW amid the COVID-19 pandemic. Due to being a part of the vulnerable age group, seniors are in constant isolation to protect them from the virus.

In order to keep seniors stocked with necessities, CMOW has been supplying meals through their Hot and Frozen Meals program, as well as grocery programs and phone and in-person wellness checks.

“We know that this can be a lonely time for many, but the additional restrictions have been particularly hard on people this year who normally would have enjoyed holiday parties and visits with neighbours, friends and families,” said Executive Director Christine Sevigny. “We have tried to make our doorway wellness visits a bit more festive.”

Staff members at CMOW, though masked, have been wearing festive hats while delivering gifts, cards, as well as important information and resources.

“We have sent out special letters and gifts to our meals clients as well in an effort to brighten their day,” Sevigny.

As part of the holiday festivities, seniors receive free turkey dinners as a part of Caledon Meals on Wheels’ annual tradition.

The community has joined together to help CMOW support Caledon seniors in the area through donations of different gifts, whether it be food, gift cards or other gifts of kindness.

“It warms my heart to hear of all of the stories of neighbours helping neighbours [and] local businesses despite these tough times, offering food, meals and gifts, and faith communities putting together bas-

kets [for] those in need,” said Sevigny. “It is truly wonderful to have the support of individuals, service clubs and businesses who donate not only to Caledon Meals on Wheels but to all the great organizations in Caledon who are working so hard to support the community.”

CMOW communicates daily with the community through social media with the different available programs and ways they can help.

For the upcoming season, staff at CMOW have encouraged residents to “gift the perfect gift to a senior in your life” through Caledon Meals on Wheels gift certificates that can be used for hot or frozen meals as well as grocery delivery.

President of Bolton Kin John Stegeman have sponsored a Christmas Turkey Dinner initiative for local seniors to enjoy their holidays.

Additionally, residents were sent a resource card this past fall to have the information and contacts easily available for when they are need in food, information, and even companionship.

“We continue to do what we can despite the less-than-ideal circumstances out there,” said Sevigny. “We are hopeful that 2021 will start to get us all back to the life and activities that we enjoyed so much.”

For more information or to learn how you can help, please visit cmow.org.

Continued from FRONT

Ontario-wide lockdown begins Boxing Day for at least 28 days

Before- and after-school programs will also be closed, but emergency child care will be provided for health care and frontline workers.

“I want to be clear: Schools are not part of the problem of COVID in our communities, but out of an abundance of caution, school closures over the winter break will be extended,” said Premier Ford. “Asking students and staff to stay home a little longer will help ensure we do what is needed to control the spread.”

Under the Province-wide lockdown, indoor organized public events and social gatherings, except with members of the same household (the people you live with) will be prohibited, while “individuals who live alone may consider having

exclusive close contact with one other household.”

Big box retailers will be limited to 25 per cent capacity for in-store shopping, while pharmacies, supermarkets, grocery stores, and other stores that sell food will operate at a 50 per cent capacity.

Indoor and outdoor restaurant dining is also prohibited, and restaurants, bars and other food and drink establishments will be permitted to operate take-out, drive-thru and delivery.

Monday’s announcement was a “difficult” one, said Premier Ford, but necessary as COVID-19 numbers “continue accelerating at an alarming rate.” An additional concern, he noted, was people travelling from places already in Grey

(Lockdown) Zones into places with fewer cases of the virus and, therefore, looser public health restrictions.

“COVID is spreading rapidly from high outbreak areas to areas with fewer cases,” said Ford. “As it does, our hospitals are filling up more each day. We have seen a 70 per cent increase in hospitalizations and 80 per cent increase in ICU admissions in the past few weeks. Remember, 75 per cent of our intensive care unit beds at any given time are taken up by people who have had car accidents, or heart attacks, or other emergencies. Above all, we need to preserve capacity in our ICUs and our hospitals. But, because of increased cases of COVID-19 filling up our hospitals, we’re on the verge of cancelling more elective surgeries and we already have thousands and thousands of backlogged surgeries.”

“The vaccine has started to trickle in but due to limits in supply, it will be

months before we have mass immunization. In the meantime, we need to do everything in our power to protect our hospitals and our most vulnerable. We need a runway for the vaccine to roll out.”

As the lockdown will be a challenging time for many businesses, the Province has announced the launch of a new Ontario Small Business Support Grant which will see a minimum of \$10,000 and up to \$20,000 for eligible small businesses to help them through this difficult time.

Further support was also announced by Health Minister Christine Elliott for Peel, York Toronto, Durham and Ottawa: a \$42 million investment to deliver three “key interventions” including “tailored community outreach and engagement so that people are aware of the services and supports available; increased access to testing, including more locations tailored to the unique needs of Ontario’s many and varied communities, transportation assistance and the use of rapid testing; and wraparound supports using a case management approach that will allow individuals to isolate safely...whether that is at home or an isolation facility.”

“These measures will help to contain the virus in our high-risk communities,” said Ms. Elliott. “Issuing a Province-wide shut down was not an easy decision, especially right before the holidays, but we have reached a tipping point. While the Province-wide shut-down is in effect, the Chief Medical Officer will assess and apply lessons learned thus far to the COVID-19 response framework to ensure appropriate and effective measures are in place to help protect the health of Ontarians and enable economic recovery after the shut-down ends. With the arrival of a vaccine, the light at the end of the tunnel grows brighter every day but we must remain vigilant.”



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“2020 Reflections: The Year of Resilience,”

by Chrissy Jarvie, Communications Lead



In her book ‘Resilience: Reflections on the Burdens and Gifts of Facing Life’s Adversities’ author Elizabeth Edwards writes “*Resilience is accepting your new reality, even if it's less good than the one you had before. You can fight it, you can do nothing but scream about what you've lost, or you can accept that and try to put together something that's good.*”

Penned a decade ago, this still applies in 2020. A year with more adversity and challenges than many have faced in their lifetime. This year resilience has been key to staying the course and moving forward toward the new normal. And, it hasn’t been easy.

At the onset community charities across Canada, Caledon Community Services (CCS) included, saw a surge of people, families, young and old needing assistance. Every service provider had to find creative and innovative ways to meet the need and even increase services wherever they could.

At CCS we have continued to provide food and basic needs support, to a growing list, now more than 375 families. Safety is paramount and things are being done differently to ensure the wellbeing of all. We continue to provide grocery hampers and grocery cards, utility supports and internet subsidies,

help people find jobs and upskill their abilities with virtual training workshops. Seniors’ services have been a lifeline to those we serve. Our buses have continued to roll, providing rides for medical and other essential trips and we’ve continued to connect people with other social service providers, helping them navigate a complex system.

Looking ahead to 2021, we could dwell on challenges, focus on how much we miss friends and loved ones, clients and colleagues. How drained we are from in-home learning and virtual meetings. Or we can celebrate the support, compassion and empathy that has risen to the top in Caledon and communities all around. We can see the humour and significance in one of 2020’s most popular new phrases, ‘You’re on mute,’ and together look forward with a smile and hope.

So far CCS’ Santa Fund has received 360 gifts realizing, \$96,200.00 of the \$110,000 goal. Between December 14th-18th CCS’ Exchange collected 14,200 lbs of food. “Thank you Caledon,” says Nicole Hand, Chief Development Officer. “Many of these generous gifts have been made in lieu of hosting holiday gatherings or traditional gift exchanges. 2020 hasn’t stopped Caledon from finding the ultimate holiday spirit and bringing hope to someone in need,” she concludes.

From all of us at CCS we wish you Happy Holidays and a safe and happy New Year. Learn about our services, make a donation or contact us by visiting ccs4u.org.

How Do You See It?

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

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CPL joins 500 libraries across Canada in first bilingual digital book club

Written By ALYSSA PARKHILL
LOCAL JOURNALISM INITIATIVE REPORTER

The Caledon Public Library (CPL) has joined over 500 other Canadian libraries in the first bilingual digital book club.

One eRead Canada is a national digital reading initiative that connects libraries and their readers across Canada to come together as one. It was developed by the Canadian Urban Libraries Council (CULC). It is the first digital reading program of this size.

The program began last year, having taken place in the month of June, where libraries and their readers enjoyed *Glass Beads* by Dawn Dumont. It was chosen to recognize and support the Indigenous community and a Canadian author.

This year, for the first time, One eRead Canada has selected a bilingual title for the initiative called *Vi* by Kim Thúy beginning on January 1 to the 31.

Readers in multiple communities across the country will have digital access to *Vi*, available on various platforms including eBook and audiobook. The title will be available in both English and French.

CPL is ecstatic to join this year to bring readers together, and what better time for it then now.

“As members of the Southern Ontario Library Service’s shared Overdrive collection, Caledon Public Library has the opportunity to automatically be a part of One eRead Canada,” said Megan Renkema, Manager of Information Services

at CPL. “CPL embraces every opportunity to promote literacy, bring people together through reading, and highlight our digital collections.”

eBooks have become an easier to access way for readers to gather new titles on devices such as eReaders and reading apps on their mobile devices. Local libraries, such as CPL, have seen increases in uses of eBooks or audiobooks. CPL just this year saw an increase of 43 per cent eBook and eAudio collections.

“eBooks, as well as books, are an important means of connecting and understanding the world around us and the importance of access to digital content has never been so clear as we’ve seen through this pandemic,” said Renkema. “Libraries continue to work with the big publishers to establish fair pricing models for libraries that can benefit everyone and ensure equitable access to digital content such as eBooks and eAudiobooks.”

CPL encourages local readers to participate in their first bilingual national digital book club and join in all the other readers across the country.

Readers can join by creating an Overdrive account, which is free with a CPL library card, and borrowing *Vi* by Kim Thúy either eBook version, or eAudiobook. Anyone in need of assistance with getting an Overdrive account or receiving the digital book can reach out to reference@caledon.library.on.ca for help or call (905) 857-1400 ext. 244.

Residents can also participate in nation-



Caledon Public Library (CPL) is joining the first bilingual national digital book club through One eRead Canada.

FILE PHOTO

al online discussions as well as live virtual events that will be hosted by One eRead Canada on their Facebook page.

CPL will also be reading *Vi* as a part of their “Reading Other Lives” online book club which will be discussed on Zoom on January 15.

Vi by Kim Thúy shares the experiences and lives of Vietnamese refugees in Canada. The title was a finalist for the 2019 Governor General’s Literary Award as well as longlisted for the 2018 Scotiabank Giller Prize.

“It is an excellent choice for a Canada-wide shared reading experience,” said Renkema,

“Everyone benefits from stronger and better eContent in libraries”, said Colleen Lipp, CPL’s CEO and Chief Librarian. “One eRead Canada is raising awareness about library access to eContent and encouraging dialogue about a wonderful Canadian book. This initiative falls perfectly in line with our mission to nurture connections, collaboration and creativity.”

For further information, please visit Caledon.library.on.ca.

Numbers climb as Ontario prepares for Boxing Day lockdown

Written By ALYSSA PARKHILL
LOCAL JOURNALISM INITIATIVE REPORTER

The province is preparing for the rest of Ontario to join Peel Region, York Region and Toronto in a lockdown effective Boxing Day.

Ontario is showing an increase of 2,123 cases as of December 21, totally 158,053 cases across the Province, including 17 new deaths.

Peel has reported 468 new cases in the region with 4,443 active cases, 30,081 resolved, and 423 deaths.

Peel Public Health has reported 1,202 cases in Caledon, 22,293 in Brampton and 11,961 in Mississauga.

Before Monday’s announcement of the Province-wide lockdown, which will impact Southern Ontario for at least 28 days and Northern Ontario for a minimum of 14, both Peel and Toronto region were set to remain in the Grey-Lockdown level until January 4. This would have then be re-assessed to either move into a lower level or remain in lockdown.

“With public health indicators continuing to worsen in Toronto and Peel, we are making the difficult but necessary decision to extend public health measures to stop the spread of COVID-19, protect our hospital capacity and safeguard the key services we rely on,” said Christine Elliott, Deputy Premier and Minister of Health, last week.

Toronto and Peel have been in lockdown for the past month, where numbers have continued to rise amid the strict restrictions.

According to the province, Peel’s case

rate increased by 8.6 per cent to 199.1 cases per 100,000 and Toronto from 37.5 per cent to 127.5 cases per 100,000.

Hospital visits and stays have increased by 54 per cent in Peel and 40.9 per cent in Toronto.

“The trends in key public health indicators in Peel and Toronto remain concerning and we have made the decision to keep them in the Grey-Lockdown level to ensure the continued safety of communities in the Regions,” said Chief Medical Officer of Health, Dr. David Williams before Monday’s announcement.

That all changed on December 21.

Measures provided by the province on Monday include restricting indoor public events and social gatherings, prohibiting in-person shopping in most retail stores, curbside pick-up and delivery can continue. Grocery stores, supermarkets and pharmacies will remain open and operate at 50 per cent capacity.

Mall access will be restricted, as well as indoor and outdoor dining at restaurants, bars and other food or drink establishments.

“This was not an easy decision before the holidays, but we have reached a tipping point,” said Minister Elliott. “We continue to see sharp increases in hospitalizations and occupancy in intensive care units is reaching concerning levels. Urgent action must be taken to prevent our health care system from becoming overwhelmed. By implementing a Provincewide Shutdown, we can work to stop the virus in its tracks, safeguard hospital capacity, and save lives.”

RETIREMENT ANNOUNCEMENT

December 31, 2020 will be my last day of clinical practice. To many of you this may be of little importance but, to me it will be an auspicious day. I became a licensed veterinarian on May 15, 1984 and since that time I have been practicing veterinary medicine to the best of my abilities in the areas surrounding Bolton.

I initially became a veterinarian to provide care to horses and within 2 years of graduation found my love of caring for and extending the lives of companion animals the focus of my skills. Dogs, cats and the occasional rat, gerbil, guinea pig and rabbit have come through the doors of first North Hill Veterinary Service and then North Hill Animal Hospital over the last 30 odd years. I have enjoyed being “The other family Doctor” and have met many wonderful animals and equally wonderful people giving care to those animals. I marvel and am humbled by the joy animals bring, the dedication we have to each other and the depth of love we can all impart to these four legged family members.

No one goes through this life alone and in the profession I hold dear I could not have been effective without the people who have chosen to work along side of me. Lisa, Cheryl, Bonnie, April, Megan, Allison, Steve, Nick, Alyssa, Dana, Alex, Catherine, Simona, Ashley, Sarah, Amanda, Carley, Kaitlyn, Lauren, Josie, Kiara, Christine and many others have helped, guided, supported and pushed me over the years and to this day. We are defined by the people we associate with and I have been very fortunate to have been surrounded by spectacular, awesome, very kind and loving people.

Family is paramount and although I have a North Hill family my immediate family is the reason for the joy in my life. My wife Lisa of 37 years and my grown children Amanda and Tyler make me proud, happy, fulfilled and very thankful for all they have put up with.

As mentioned above I have cared for many patients, too many to begin to name. Along with those patients come caregivers who have become friends, colleagues, mentees and to me, very special people. Thank you for allowing me to care for your family members, it has been an honour, a privilege and a humbling experience.

I am retiring from clinical practice but not from veterinary medicine. For the past 2 years I have been mentoring newly graduated veterinarians in all aspects of real world veterinary medicine and I will continue this in hopes of easing the transition from school to real life for these incredible people.

I love veterinary medicine and although I entered the profession liking animals more than people, I have come to learn we live in an interesting world with warm, caring and compassionate people who love animals as much, if not more, than I do.

Thank you from the bottom of my heart for allowing me to be a part of your lives.

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Continued from FRONT

Caledon to lose two seats at Regional table in 2022

Both Brampton Mayor Patrick Brown and Mississauga Mayor Bonnie Crombie disagreed with Caledon's points of representation, stating that Brampton has been in need of more representation through representation by population.

"It is unequitable, the current dynamic in the Region of Peel," stated Brown. "Representation by population is a democratic tradition in Canada."

"How would you feel in Brampton? How would you feel being a Brampton resident where your voice is 1/6th of a Caledon voice? Why are our residents in Brampton worth less than residents in Mississauga and Caledon?" he continued.

All Regional councillors were in agreement that the new composition of representatives is appropriate and fair, aside from those from Caledon.

A Brampton Councillor represents over 97,000 residents, a Mississauga Councillor represents 65,000 and Caledon 15,000.

"This is only getting us to 75,000," said Brown.

A public meeting took place before the Special Council Meeting where members of the public delegated to Regional Council where majority of delegations were in

support of the bylaw, with only a couple against.

A total of 64 written submissions were also received by the Region.

A decision had to be made in a timely matter for the bylaw to be passed before December 31 for it to be implemented in time for the next municipal election in 2021.

Four out of the five Councillors from Caledon left the meeting out of protest before the final vote, besides Ward 5 Regional Councillor Annette Groves who stuck around but opposed the bylaw.

Mayor Thompson took to social media to thank Caledon residents for fighting alongside him and although the outcome wasn't what they wanted, Council plans to continue this conversation with the province.

"I want to assure residents that this is not over. We are going to continue to engage in dialogue with the Province to ensure that Caledon residents have a say over our future and that means Caledon plans Caledon," he said. "Stay tuned because we may need you to step up again."

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Headwaters Health Care Centre reporting two deaths amid outbreak

Written By PAULA BROWN

Headwaters Health Care Centre has reported the death of two patients who tested positive for COVID-19, as the local hospital continues to face an outbreak of the virus.

Headwaters Health Care Centre in Orangeville announced through a press release last Friday, December 18, that three patients in the medical in-patient unit (F-wing) of the hospital had tested positive for COVID-19. Two patients, one with hospital acquired COVID-19, and another with community acquired have also died.

Wellington-Dufferin-Guelph Public Health (WDGPH) reported two deaths related to COVID-19 in Dufferin County last week.

WDGPH communications specialist Danny Williamson said that the individuals were a 56-year-old man and a 90-year-old man.

Kim Delahunt, President and CEO, at Headwaters Health Care Centre confirmed that the two deaths reported by Public Health were the same as those reported by the local hospital.

Four staff members in the F-wing have tested positive for hospital acquired COVID-19, and are at the time of print are self-isolating, as well as three other staff members. The hospital said five F-wing staff members are self-monitoring at work.

Continued on page 6

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It’s beginning to look a lot like Christmas – kind of

Written By ALYSSA PARKHILL
LOCAL JOURNALISM INITIATIVE REPORTER

With the COVID-19 pandemic still on-going, the most festive holiday of the year is looking a little different than previous years – but many community organizations are continuing to keep spirit alive.

Community organization Caledon Community Services have been increasingly active with a variety of programs and initiatives to help raise funds and support in order to give back to the community this holiday season.

In partnership with the Caledon Fire Department, the annual Santa Fund has been ongoing, and proving successful with the help of residents and other organizations.

The yearly event, which has been a vital holiday event since 1982 has proved to be needed more than ever this year.

“Planning for the 2020 Santa Fund was a process that was highly directed by Public Health restrictions and recommendations. Client, Volunteer and staff safety was of highest priority while concurrently balancing the need to pro-

vide essential supports to those in most need over the holidays,” explained Michelle Veinot, Director of Community Resources in a previous interview. “Through direct client outreach and surveys, we were able to determine what supports were logically the best to distribute during the pandemic.”

Several donations, large and small, have been made to the Santa Fund including a \$10,175 donation from Verne Camplin and Topac Express on December 16.

Staff, students and families from St. John Paul II School raised \$1,000 to donate on December 4, as well as a generous donation from Husky Injection Molding Systems Ltd, who matched the first \$25,000 raised.

Additionally, the Town of Caledon’s Winterfest has been continuing with several different initiatives and activities for families participating in preparation.

Some of these events included the Alton Mill Artful Giving Sale and Show hosted by the Alton Mill for local shopping and showcasing of different locally made items. The Inglewood Food Drive took place this past Sunday at the



Topac Express generously donated over \$10,000 to Caledon Community Services for this year’s Santa Fund initiative. PHOTO BY CCS

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HILLS of HEADWATERS COLLABORATIVE

CAREGIVERS IN THE HILLS

Providing an unpaid caregiver with an i.d. card. It's a simple concept that can have a big impact for caregivers.

This is Kat, a local caregiver with her son, Atlas and his assistant dog, Harris.

Caregivers in the Hills is a program developed to provide recognition and validation of the caregiver role within healthcare; recognizing the caregiver as an essential partner in care and part of the healthcare team.

Caregivers in the Hills is partnering with The Alzheimer Society of Dufferin County and Dufferin Child and Family Services caregivers in Phase 1 of the program.
Visit our website to participate in our survey:
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Inglewood Fire Hall, as well as a guided snowshoeing hike.

Peel Public Health has advised residents, social gatherings in person with those inside or outside your household are strongly discouraged. Individuals who live alone can join another household, but only if necessary.

Residents are asked to stay home except for essential purposes.

Caledon Town Hall will be closed for the holidays beginning at noon on December 24 and the closure will extend until January 4. Fire and emergency services, as well as provincial offences administration will also close for the holidays on Christmas Eve until January 4.

For more information, please visit Caledon.ca.

Vince’s steps up online shopping experience

When the pandemic struck, Vince’s responded quickly with their own home delivery and store pickup services. This was well received by their customers – many of them older – who were worried about the possible risks of in-person shopping.

Turnaround times were good, but the small independent grocer knew they could do even better. Vince’s is now stepping up the service by partnering with one of the leading online grocery platforms in North America.

Instacart is already working with some of the largest retailers in Canada, but Vince’s is their first smaller, regional grocer with multiple locations.

“Our customers are going to get a best-in-class e-commerce platform,” said Vince’s partner Giancarlo Trimarchi. “That is something we were unable to do on our own.”

The technology is cutting-edge, with Instacart’s in-store shoppers able to communicate in real time with customers. While the shopper is picking items, they can react instantly if something is out of stock or requires a substitution, or if they need clarification on the size or ripeness of produce. By texting through the app, they can resolve these issues with their client and adjust the order as needed.

It is all part of the Instacart service, enabling same-day delivery – often in less than five hours.

Delivery radius is approximately a 30-minute drive from each Vince’s location, and customers can confirm they are within it by entering their postal code in the app. Typically, the Instacart shopper will visit the closest store, and then deliver direct to home. “From start to finish, it is roughly the same timeframe as doing your own shopping,” added Trimarchi.

An added benefit of picking items in-store, rather than at a large central warehouse, is that online customers enjoy Vince’s attentiveness to freshness, no matter the product.

“We rotate everything in our ‘fresh’ departments daily,” said Trimarchi. “We bake fresh every day. In our deli, meats are still being sliced to order, not pre sliced. Overall, the customer is receiving the same experience – and quality – as if they were shopping themselves.”

Because Vince’s is known for fresh foods, these are all available on Instacart – along with a wide selection of products they normally carry. “We’re updating that list every week to keep it fresh as well,” Trimarchi continued. “So as items come in and out of season, we ensure that our Instacart store reflects that.”

This applies to core produce items that are always in stock – for example apples from Washington and New Zealand. These are usually available year-round because of their growing season. “But as soon as we have the first-of-the-season Ontario Macs, they will be available online.”

Fees depend on Instacart’s driving distance and promotional offers (when available). Depending on the size of the order it can be as low as \$5 or in the \$10-\$15 range. Check their website for pricing details.

“Because we’re small, we are able to micro-manage our offering to make sure we are giving customers what they want,” said Trimarchi. “That applies as much online as it does in-store.”

Continued from Page 5

Headwaters outbreak continues

Headwaters Health Care Centre’s Occupational Health team and Infection Prevention and Control Practitioner as well as Public Health have conducted investigations to identify linkages or sources for transmission.

“We have not found the source of this outbreak and continue to work with Wellington Dufferin Guelph Public Health,” said Delahunt.

“Sometimes there is a very clear path and sometimes you can’t exactly match the point where it originated, to the outbreak,” said Williamson.

An outbreak was declared at the hospital by WDGPH on December 4 following four positive cases of COVID-19 in the F-wing. An outbreak is declared in facilities such as hospitals when there is one or more confirmed case of the virus within the facility.

Headwaters Emergency Department, ambulatory care services, and scheduled surgeries are not impacted by the outbreak.

According to Headwaters the earliest the hospital can be declared out of an outbreak is December 24.

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HONDA: Limited time lease offers available through Honda Financial Services Inc. (HFS), to qualified retail customers on approved credit. Weekly payments include freight and PDI (ranges from \$1,670 to \$1,840 depending on model), tire & environmental fee (\$21) [This fee covers the cost to Honda Canada of collecting and recycling tires], A/C charge (\$100), and OMVIC fee (\$10). Taxes, licence, insurance and registration are extra. *Representative weekly lease example: 2020 Civic LX Sedan MT (Model FC2E5LEX) // 2.99% lease APR. Weekly payment is \$60.21/ \$86.37 with \$0 down or equivalent trade-in and \$0 total lease incentive included. Civic LX Sedan MT lease offer includes the \$1,000 Honda Bonus. Down payments, \$0 security deposit and first weekly payment due at lease inception. Total lease obligation is \$15,654.71 // \$22,456.78. 100,000 kilometre allowance: charge of \$0.12/km for excess kilometres. PPSA lien registration fee of \$40.00 and lien registering agent's fee of \$6.50, due at time of delivery are not included. Total lease obligation is \$23,504.41. 100,000 kilometre allowance: charge of \$0.12/km for excess kilometres. PPSA lien registration fee of \$24.00 and lien registering agent's fee of \$6.50, due at time of delivery are not included. *Representative finance example: 2020 CR-V Black Edition (Model RW2H9LKN1) with a selling price of \$44,806.50 (includes freight, PDI, levies, OMVIC fee, and PPSA: excludes licence and HST) on a 36-month term at 0.99% APR, the monthly payment is \$1,263.71. Finance amount is \$44,806.50. Cost of borrowing is \$687.06 for a total finance obligation of \$45,493.56 with \$0 down or equivalent trade-in. *Must be leased/financed through Honda Financial Services (HFS), on approved credit, and delivered by January 4, 2021. Honda Bonus: (i) will be deducted from the negotiated vehicle price after taxes; (ii) can be combined with lease or finance rates advertised by HFS; and (iii) cannot be applied to past transactions. No cash surrender or other value. Offer subject to change or cancellation without notice. Dealer trade may be necessary (but may not be available in all cases). See Bolton Honda dealer for details. ΔOnly compatible with certain devices and operating systems. Operation may be dependent upon GPS satellite signal reception and available cellular data and/or voice connection. Associated charges (incl. data plans, roaming charges or other amounts charged by your wireless carrier) may apply. For Android Auto data use and privacy policy, see Terms and Privacy Policy for Android Auto app or contact Google Inc. at www.google.com. Android Auto™ is a trademark of Google Inc. 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Total lease obligation is \$12,196/\$10,954. Weekly lease payment of \$55/\$77 for a 48/33-month walk-away lease. Down payment of \$695/\$0 and first monthly payment required. Trade-in value may be applied to down payment amount. Lease offer includes Delivery and Destination charges of \$1,725/\$1,825 levies and all applicable charges (excluding HST). Lease offer excludes registration, insurance, PPSA, and licence fees \$0 security deposit on all models. 16,000 km allowance per year applies. Additional charge of \$0.12/km. *Boxing Month Bonus price adjustments of \$500 available on select in-stock 2020/2021 vehicles only, on lease, finance and cash purchase from December 1, 2020 to January 4, 2021. Price adjustments are applied before taxes. Offer is non-transferable and cannot be assigned. Model inventory for which the price adjustments are applicable may vary from dealer to dealer and from region to region. See your local Hyundai dealer for further details and applicable model inventory. *\$500 Winter Tire Credit available on the finance, lease or cash purchase of in-stock 2020 Venue/2021 Venue/2020 Kona/2021 Kona models. The Winter Tire Credit cannot be applied to any Kona Electric models. Customer may decline the Winter Tire Credit and instead apply the credit amount to the purchase price of the new vehicle. Winter Tire Credit applied before taxes. Offer can be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. Tire installation and balancing are not included in the offer. See your local Hyundai dealer or visit hyundaicanada.com for details. *0 payments (payment deferral) for 90 days is available on promotional finance offers of in-stock 2020/2021 Hyundai models. Payment deferral offers to only promotional finance offers on approved credit and proof of income may be required. If the payment deferral offer is selected, the original term of the finance contract will be extended by 2 months (60 days). Hyundai Auto Canada Corp. will pay the interest during the first 2 months (60 days) of the finance contract, after which the purchaser will pay all principal and interest owing in equal installments over the remaining term of the contract. Payments on finance contracts are paid in arrears. *For finance contracts payable on a weekly and bi-weekly basis, purchasers who select the payment deferral offer may have to make their first weekly or bi-weekly payment sooner than 90 days from purchase. Down payments are not subject to the payment deferral offer, and are due on the date the contract is signed. Hyundai Auto Canada Corp. reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. *Offers available for a limited time and subject to change or cancellation without notice. V™/®The Hyundai name, logos, product names, images and slogans are trademarks owned or licensed by Hyundai Auto Canada Corp. All other trademarks and trade names are the property of their respective owners. NISSAN: Rogue offers available from December 1, 2020 to January 4, 2021. Payments cannot be made on a weekly basis, for advertising purposes only. *Representative finance offer based on a new 2020 Rogue S FWD. Selling Price is \$28,708 financed at 0.0% APR equals 84 monthly payments of \$342 monthly for a 84 month term. \$0 down payment required. Cost of borrowing is \$0 for a total obligation of \$28,708. Finance Cash of \$750 and \$750 bonus cash included in advertised offers on 2020 Rogue S & TA. Freight and PDI charges \$1,830, air-conditioning Levy (\$100) where applicable, applicable fees (all which may vary by region), manufacturer's rebate and dealer participation where applicable are included. Licence, registration, insurance and applicable taxes are extra. Offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice. Retailers are free to set individual prices. Vehicles and accessories are for illustration purposes only. See Bolton Nissan for complete details. Kicks offers available from December 1, 2020 to January 4, 2021. Payments cannot be made on a weekly basis, for advertising purposes only. *Representative finance offer based on a new 2020 Kicks SR CVT. Selling Price is \$26,058 financed at 0.0% APR equals 84 monthly payments of \$310 monthly for a 84 month term. \$0 down payment required. Cost of borrowing is \$0 for a total obligation of \$26,058. Finance Cash of \$0 and \$0 bonus cash included in advertised offers on 2020 Kicks SR BVA. 90-day finance payment deferral is not combinable with 0% for 84 months. Offer is available on select new and previously unregistered in-stock 2020 Qashqai (S FWD MT/S FWD/SV FWD/S AWD/SL AWD/SL AWD/SL Platinum) vehicles that are financed through NCF, on approved credit, and delivered from an authorized Nissan dealer in Ontario between December 1 and January 4, 2021. Periodic finance payments are deferred for 90 days. Contracts will be extended accordingly. Interest charges (if any) will not accrue during the first 60 days of the finance contract. After 60 days, interest (if any) starts to accrue and the purchaser will repay principal and interest over the term of the contract, but not until 90 days after the contract date. Customers are responsible for the down-payment (if applicable), licence, registration and insurance payments upon contract signing. Conditions apply. See dealer for details. 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Representative example based on a financed amount of \$30,639 for the 2021 CX-5 GX (NVXL81A00) the cost of borrowing for a 36-month term is \$237, monthly payment is \$858 with \$0 down payment, total finance obligation is \$30,876. Offer includes freight and P.D.E. of \$1,950, \$10 OMVIC fee, \$20.00 Tire Stewardship fee (all models - covering the cost to Mazda Canada of collecting and recycling tires), \$100 Air Conditioning charge and \$59.38 PPSA. Offer excludes HST. Winter Tire Credit offer is available to qualifying retail customers who cash purchase/finance/lease a select new and previously unregistered, in-stock 2020/2021 Mazda model from an authorized Mazda dealer in Canada between December 1, 2020-January 4, 2021. Eligible models and maximum credit amounts are: \$500 on 2020 Mazda3/Mazda3 Sport, 2020/2021 CX-3, 2020/2021 CX-30, \$750 on 2020 Mazda3/Mazda3 Sport, \$1,000 on 2020/2021 Mazda6, 2020 MX-5 ST, 2020 MX-5 RF, 2020/2021 CX-5, 2020/2021 CX-9 models. Customer can elect to substitute a cash discount in place of Winter Tire Credit. Cash discount substitute applied before taxes. Wheels and installation extra. Some conditions apply. See dealer for complete details. Mazda Unlimited refers only to an unlimited mileage warranty program under the terms of which there are no mileage limitations on the following specific Mazda warranties: (i) 3-year new vehicle; (ii) 3-year roadside assistance; (iii) 5-year powertrain; and (iv) 7-year anti-perforation. Mazda Unlimited is standard on all new models. All Mazda warranties remain subject to the terms, limitations and restrictions available at mazdaunlimited.ca. Licence, insurance, taxes and down payment (where applicable) are extra and may be required at the time of purchase. Dealer order/trade may be necessary on certain vehicles. Offers valid December 1, 2020-January 4, 2021, while supplies last. Lease and finance on approved credit for qualified customers only. Offers subject to change without notice. Visit motionmazda.com for complete details.

Brock’s Banter

Setting the Tone

Written By BROCK WEIR

It might as well have been a lifetime ago, it seems a world away and, in some respects, I wouldn’t mind the chance to hit the rewind button for a few seconds to make a few tweaks. Of course, all this comes with the benefit of hindsight.

Around this time last year, we were preparing to wind down the paper for a week ahead of ringing in the New Year.

It was, at least on the surface, a holiday season like any other. We gathered, as we did every year, at an area restaurant for the office Christmas party, a great opportunity to catch up with our coworkers before we each went our separate ways for the couple of weeks that followed.

Even our “separate ways” were almost routine, going to visit friends, breaking bread with family, getting a few last-minute items and, if you were lucky enough, putting the finishing touches on some long-held travel plans.

For me, the routine was almost invariable. There were two Christmas dinners to attend, there was some much-needed downtime, and the only thing that seemed slightly amiss was the rest of the time was a staycation due to some logistics that couldn’t be worked out.

So, the objective was finding New Year’s fun close to home.

Thankfully, many friends were also staying close to home last December 31, so we started the early afternoon at a relatively new boardgame café. A delightful few hours poring over murder mystery strategy was followed by a wonderful dinner out and, shortly thereafter, meeting another group of friends a few hours later to ring in 2020 at a bar dedicated to vintage pinball.

Despite the cacophony of game cabinets, it was a nice, relaxing and calm way to close out 2019.

Over the last decade or so, I’ve made a concerted effort to celebrate the New Year doing something I’ve never done before. It doesn’t have to be big. In fact, it can range from spending the occasion with friends I have just met to turning it up to eleven in Times Square.

Call me superstitious, but I like to think that how you ring in the New Year can help set the tone for the next 12 months. So, the year that is almost in the history books should have had some semblance of relaxation and calmness to it, right? Fat chance.

Although we had heard the first rumblings of a virus heading our way just before the New Year, the excitement the endless possibilities a New Year can bring came to a halt little over a week later with the downing of a plane over Tehran on January 8, claiming the lives of 176 people including, locally, Dr. Parisa Eghbalian and her daughter Reera Esmaeilion.

The deaths of all those lost in the crash saw a moving display of grief which swept across the country, including York Region, where many members of the Iranian community have settled and planted new roots.

A community vigil at the Dr. Bette Stephenson Centre for Learning, which brought out hundreds on a cold January night, was warmed with unity. Of course, there was anger in the air, but there was a moving sense of the power of people coming together in both grief and determination to find better days ahead.

We all know what happened in the months that followed.

Within a month, we knew there were more challenges on the horizon. Another month still, we realized these challenges were going to be greater than we had previously anticipated. One more month, it was clear there would probably be no fully going back to the world we had taken for granted, at least for the foreseeable future, and we were in for a long slog together.

And yet, as I sit down to write this end-of-year column, I find I am buoyed by the good news stories that have come out of adversity.

We have had people taking time out of their day to come out of their front doors to bang pots and pans in solidarity with our frontline heroes. We have seen kids and teens harness their musical talents for the greater good, taking on the challenge of mounting driveway jam sessions to not only entertain neighbours but collect donations for local food banks in the process, or coming out onto their porch every night to play the bagpipes as frontline workers change shifts.

We have seen businesses pivot their operations towards the development of PPE, including face masks and, in the case of Beattie’s Distillers, amongst others, shaking up their vodka and gin lines with lines of hand sanitizer. Medical professionals have also been stepping up to the plate with pivots of their own, including Dr. Kaveh Kavooosi, a doctor at Stevenson Memorial Hospital, developing the “Tube in a Cube” to help stop the spread.

We have seen community organizations step up to the plate with renewed vigour to help those in our communities make ends meet and residents redouble their efforts to shop local as small businesses struggle to survive.

We have seen hundreds of people take the necessary precautions to safely stand up against systemic racism and racial injustice in the hopes of creating a better world.

We have seen men and women who stepped up to the plate to serve their country in the darkest days of the Second World War answer the call again, whether they are soldiers, bowed with age, walking to raise money for frontline heroes or former Land Girls who kept allied nations fed during the conflict rallying their neighbourhoods and residences to collect non-perishables.

Perhaps most importantly, we have seen a redefining of what it means to be a frontline hero and a renewed and newfound appreciation for not only our doctors and nurses, but our teachers, school support staff and caretakers, store owners and grocery clerks, all of those who have gone above and beyond the call of duty to keep us healthy, safe and fed amid this turmoil.

In a year where we have to count our wins where we can find them, these are the instances I will express gratitude for over Christmas and through New Year’s. I think they will also be my key take-aways as the light at the end of the tunnel continues to grow.

This New Year’s, it will be tough to avoid doing something new or celebrating in a new way, whether we like it or not. But, if this year has taught us anything, how you set the tone is ultimately up to you. It might not work out the way you planned, but it’s worth a shot.

I wish you all a safe and merry Christmas, a happy and healthy New Year. We’ll see you back here on January 7.



God and the universe, one in the same?

by Mark Pavilons



“And God saw all that He made, and it was very good.”
Genesis 1:31

After decades of looking out into the deep reaches of space, Hubble sees all that He made. And it is beautiful.

“The Hubble Space Telescope is more than remarkable. It has answered just so many of those fundamental questions that people have been asking about the cosmos since people were able to ask questions.” – John M. Grunsfeld

If you get a chance, locate some Hubble images online, or through NASA’s website. The gallery of photos are some of the most breathtaking images you will ever see.

Some of the latest images to be released of far-off galaxies look like celestial Christmas light displays, on the scale that only God himself could muster.

It’s so amazing and humbling, it really does make you sit back and think.

Tracy K. Smith wrote that you can’t look at these images and “not feel like something else is going about its business out there.” Something else, indeed.

Even Billy Graham weighed in on the subject, noting even Hubble hasn’t found the end of this universe, adding “we don’t know that is has any end.”

“The heavens declare the glory of God; and the firmament sheweth his handywork.” “The heavens declare the glory of God, and the sky above proclaims his handiwork. Day to day pours out speech, and night to night reveals knowledge.” – Psalm 19:1-2

At this most-Christian time of year, we prepare to huddle together, in the midst of a pandemic, and be thankful. Our family units may shrink a bit, but it’s by no means any less meaningful. In-person church services are now gone in lockdown zones such as ours. Of course, we can likely find a handful online. It will definitely be a very different Christmas this year. But that doesn’t mean we should ignore it or skip the beauty of it all. And by all, I mean all creation. As an armchair astronomer, I’ve been fascinated with the heavens above since my high school years. I devoured books on space and became a died-in-the-wool Trekkie.

I still love sci-fi adventure tales, which explore the endless possibilities of what’s out

there.

I hope I live long enough to see concrete proof of life on other worlds.

The vastness of the expansive universe is mind-boggling.

We are relative newcomers in this universe of course. Our Earth is only perhaps 4 billion years old, and the rest of the universe is estimated to be roughly 14 billion years old.

Maybe, God became better at his craft in recent eons, perfecting his planet-building skills when it came to Earth.

After all, “... He is before all things, and by Him all things consist.”

The source of all things is, according to the theorists, the Big Bang – the massive single explosion that created everything.

It gets better. Just how big is the universe?

Scientists speculate the visible universe is roughly 93 billion light-years in diameter, but others say the Bayesian model of averaging puts it at least 250 times that, or 7 trillion light-years in diameter. We are but specks dust, tiny microbes in this huge tapestry.

Scientists have been trying to figure out the origins of the universe for thousands of years. We’ve made only baby steps in that regard.

Like the proverbial “missing link” in our species’ evolution, there are many missing pieces in this massive cosmic puzzle.

Just what conditions or elements came together at just that moment to set off such a cascade of wonder, and stardust and life?

What was going on before that momentous occasion?

How can something come from nothing? Some argue that science and religion are at polar opposites, but that’s not true. In fact, they can go hand in hand in some respects.

No one argues that the universe is a breath-taking wonder that cannot be fully explained. As such, it’s open to speculation and educated guesses.

Maybe God awoke from a slumber that day some 13.8 billion years ago, and hit the reset button. Maybe he felt it was time to begin anew.

Just recently, in the skies above we saw a rare occurrence. Jupiter and Saturn were visible low in the southwestern sky. They appeared extremely close on the night of December 21.

This could be similar to what our ancestors witnessed on the night of June 17, 2 B.C., called the “Star of the Magi.” Venus and Jupiter were so close they seemed to touch and this was deemed a sign from Heaven.

Are planets and celestial objects just bopping around the void of space, in no particular pattern, orbit or purpose?

Or are these magnificent creations part of God’s magical canvass?

Look up, and be humbled. My friends, whatever your beliefs, embrace one another for we all are incredibly unique creations, on par with any star or nebula! All the best and let’s hope and pray for better things in 2021.

Submit your
**LETTERS
TO
THE
EDITOR**

Caledon Citizen
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Caledon Citizen

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Make a Memory

There's a small town I used to visit when returning from my travels in the northern part of Central Ontario.

In many ways it is a non-descript place, but it still has a lot of charm.

You pass a park as you enter the town where you would see local kids bobbing about on inner tubes on a man-made lake on a hot summer day. There's a path that runs through the park and crosses over the dam providing a picturesque place where the water cascades into the lower river.

Entering the town, the main road goes down a hill leading to the business district.

At the bottom of the hill there is a popular local restaurant. It isn't fine dining – it's picnic tables, a flat roof, part ice cream parlor, part burger joint and part fish and chips.

I can't remember the first time I stopped there, but it impressed me enough that it became a habit that I would time my travels to arrive in town around dinner time so I could order a burger and fries and sit at one of the tables and just enjoy the surroundings and the tranquility of small-town life. And the burgers are really good.

When friends were with me, I would convince them we had to stop there on the way

home.

One summer I noticed the first few houses entering the town had blue and white ribbons hanging from the front porch.

I saw the same colour ribbons hanging from trees in the park and at the top of the hill.

By the time I got into town, I noticed all the buildings, trees, and lampposts were festooned in blue and white.

I pulled the car into the familiar restaurant parking lot. An older couple pulled in beside me.

Pointing at the ribbons, I asked them what was going on.

"It's homecoming weekend!" the man said enthusiastically.

Apparently it's a tradition there, that this one weekend every summer, those that have left the town for greener pastures return to their home town to see old friends, family, and reminisce about what was special about growing up there.

It's those memories of youth, and growing up, and meeting friends at the park to go swimming, and diving off the dock, that are in the back of your mind and buried in your heart forever.

BRIAN LOCKHART FROM THE SECOND ROW



We are currently living in a difficult, challenging, and stressful time.

This holiday season, in many ways, will be very different than any we have seen in the past.

Holiday parties have been canceled or never planned in the first place. Private gatherings are discouraged if not downright illegal.

Many Christmas dinners this season, will be immediate family only, not the traditional gathering of in-laws, extended family, and those cousins you only see at holidays and special events.

Somehow a Secret Santa gift exchange isn't as much fun when there's only three of you.

It does seem strange that you can be in violation of a law and risk being fined by the state for being the sixth person at a holiday meal.

For many people, Christmas can be a lonely time of year – even in a good year. Not everyone has family they can rely on or look forward to seeing.

Some of us lost family members this year and will be celebrating the season with a heavy heart.

Many people already suffering with men-

tal health issues can feel a crush of loneliness and depression when the holidays arrive.

I know a few people who won't be able to travel to see their family and friends and will most likely be spending Christmas alone.

Maybe this is the year we can all make a little extra effort and reach out to those who won't be with family when the turkey is served and brighten their day with just a few words or a gesture of thoughtfulness.

It works in the movies, but quite often those movie moments never translate to real life.

It doesn't take a lot of effort to make a phone call or buy one extra gift that can be placed on a porch with a note of encouragement.

In spite of these desperate times and dark days, we can still have a holiday filled with new memories that people will remember for a lifetime.

Merry Christmas to all, and to all a good night.

Caledon gets coal for Christmas

I'm sure we can all agree on one thing and it's that the end of 2020 can't come soon enough. My fear is that 2021 will be no better and recent actions taken at the Regional Council table, reducing Caledon's representation by 40%, appear to support this fear. If Caledon was looking for any kind of an early Christmas gift, it woke up disappointed on December 18. It appears all of the letters and delegations to "Santa" Nando Iannicca (and there were well over 60 of them) fell on deaf ears and were misdirected to the address of the Grinch. Caledon, it doesn't matter if you were "good" this year, you're getting a lump of coal in your stocking.

What follows, edited for clarity, is my delegation to the Regional Council table. There were many excellent delegations made by esteemed members of our community; like Angela Panacci, Sara Clarkson and Derek Clark, each of whom spoke eloquently to the issue of why Caledon's voice cannot and should not be taken away, particularly at a time of exponential growth. I am grateful to them for stepping forward with their informed comments and for their willingness to go on record with their concerns. I am happy to go on public record again, with mine:

"The history of the formation of the Region of Peel is lengthy. Formed in 1974, it was to bring efficiencies of scale to matters of public interest

for ALL citizens of the region – not just Brampton and Mississauga but Caledon too. Having a shared common approach to the environment, waste removal, water services, snow removal and more just made good fiscal sense. That's what the Region of Peel is supposed to be about. It was NEVER about representation by population but rather, about the efficiencies to be gained by working together and to protect the development of the land on which we all live, work and play. In other words, it was in our best interests to work together and it still is.

"That Mayor Brown initiated this move now is also of concern (and that's putting it mildly.) It's a global pandemic, we cannot meet or delegate in person, and in fact – perhaps you were hoping folks would be too distracted by the concerns of family, job loss, food insecurity, loneliness and the threat of dying from COVID, to pay too much attention to this sneaky move. That's what makes it all the more troubling. As well, that you want to reduce our seats at the table at a time when Caledon is poised for exponential growth over the next thirty years just doesn't make sense. We already account for more than 50% of the Region's combined landmass and our population is set to double by 2031. I would politely suggest to you, now is not the time to remove seats from Caledon, rather maintaining the status quo is the bare

minimum you should consider.

"...In the past you have asked us to support your growth and infrastructure development...it seems now that you have breached the outermost reaches of your own borders, you either seek to control ours or to abandon your fiscal accountability to us...

"Mayor Brown...I ask you respectfully, what faith can we have in due process over any issue concerning Caledon in the future when you were willing to bring a walk on motion to the table? ... What faith can our citizens have in the ability to obtain social, health, mental wellness and infrastructure supports from services across the Region and during what is potentially their greatest time of need, when even at the Regional level there is no evidence of a willingness to work together towards the common good?"

"Caledon is at a crossroads as a community and I, along with the great majority of our community, implore you to do the right thing. That is – unequivocally – to maintain every, single, one of the Caledon seats at the regional table. Failure to do otherwise is literally, a failure of the democratic process...A move to cut our representation by 40% is unacceptable. It's that simple. I'm asking you to reconsider your position...because we believe in due process, doing the right thing and in the right way. Do

SHERALYN ROMAN TALK CALEDON



you?"

We all know the outcome. It didn't matter what was said, who said it or the many relevant facts that were quoted in defence of our position. It didn't matter that, as Derek Clark "reminded" those seated at the table, "You took an oath to serve the people... [and that] you not only represent Mississauga and Brampton but you also represent Caledon at the Regional level.

You need to stand by your words and your oath, and now more than ever you need to stand up for the people of Caledon."

Sadly, there was no "Christmas Miracle," and no sign of Santa. Only The Grinch and his cohorts, cleverly disguised as Councillors from Mississauga, Brampton and yes, one from Caledon too. To say it was disappointing to learn that representation, democracy, and the spirit of working together for the common good was all missing from the table is an understatement.

At a time when Caledon really is at a crossroads, our stockings were hung by the chimney with care – but all we received was a worthless lump of coal.



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York United’s attention to South American talent could be a game changer



NEW ON BOARD – Midfielder Sebastian Gutierrez is amped to be a part of York United's new vision. The Colombian international signed with the Nine Stripes from Llaneros from Primera B.

CONTRIBUTED PHOTO

Written By ROBERT BELARDI

Every soccer culture has their niche. There's a method to the madness. A wick to the candle. The Italians are known for goalkeeping and defence. The Germans are known for tactical dominance and proficiency. The French produce some of the finest midfielders in the world and the Brazilians, well, although they attack like wild-fire, they also know how to defend. So, when management personnel gather in the boardroom over freshly brewed coffee, there's always one question that looms above all of their heads like an animated bubble in a comic book: who do we want? That is usually answered, corresponding to the club's values and identity. Managing Consultant Angus McNab addressed these fine margins of conversation a few weeks ago while unveiling the club's new crest. It was important to him, and rightfully so. And one answer York United fans received last week was loud and clear. The club has been keeping an eye on South American players and, most particularly, domestic leagues in Colombia. "I feel that it offers phenomenal value and there are a larger proportion of young talents that would be realistic targets for us in both the 1st and 2nd divisions than in other competitions in South America," McNab said in York United's statement last week. The club announced their first signing under the new brand.

Midfielder Sebastian Gutierrez arrives from Llaneros in Primera B; Colombia's second division of soccer. Colombia, much like its South American neighbours, have predicated their system on attacking football. Players, such as Radamel Falcao, James Rodriguez and Duvan Zapata are forwards from the nation with a keen eye for goals. York also signed Lisandro Cabrera not too long ago. The Argentine spent some time in Colombia and Argentina before securing a move to York United. The 23-year-old Gutierrez, Cabrera, Brazilian William Wallace and Argentine Mateo Hernandez will provide the attacking element the club is looking for. In the Island Games last year, York struggled to finish clinical chances. Out of their eight goals scored in the competition, only two goals were from open play. Thankfully, fans have the opportunity to see video of how Gutierrez plays. Being from a second division in a country like Colombia, it is quite difficult for soccer fans to truly know what kind of player you are getting. Head to YouTube and search "Sebastian Gutierrez Futbol Pro" to see his highlight reel. You'll see his tenacity in the midfield. The ability to use his offensive prowess to burst through midfielders and defenders to create a chance that the naked eye wouldn't see. He has an exquisite touch from free kicks

and vision that can open up the game. McNab never completely classified what the York United values were, but if some moves have made any indication, these South American acquisitions can develop a strong argument this is the influence he might want to draw in the roster along with a one German player, one Spanish player and the rest of the group straight

from Canada. All foreign acquisitions compliment a dominant Canadian roster. Gutierrez said he is excited to join York United and intends to be a fundamental part of the new era of the club moving forward. The contract is a deal through 2021 with an option to extend for two more seasons.

What’s the mental health solution? The youth might be

Written By ROBERT BELARDI

It's important to look at the facts before anything else. Before the pandemic began, even well before, you wouldn't be at fault to surmise that mental health, particularly in youth, had been at risk. Even adults, who continue to face challenges as well into their lives. Mental health is one of the most prevalent discussions today. It's truly staggering to look at it. And it might be because of the infectious globe we live in. Competition. Money. Success, are all compounds to distress. I can tell you first hand, as a 26-year-old man, it's taken a toll on me at times. It's taken a toll on my family members. Going to school. Earning an education. Paying off debt and somehow affording a decent home in this real estate market. These are some areas that grind my gears. No wonder pre-pandemic youth minds were practically at civil wars with themselves and we've never known it. The Centre of Addiction and Mental Health knew it. "When we broaden it to moderate and serious psychological distress, we see really high numbers as well. For example, over half of girls report moderate to serious psychological distress. That's 56 per cent," said Tara Elton-Marshall, an Independent Scientist for the Institute for Mental Health Policy Research at Centre For Ad-

what the numbers might look like due to COVID-19. For youth, it hasn't been confirmed, but for adults, on CAMH's COVID-19 survey, it has. Between the ages of 18-39, 31.2 per cent of Canadians have been experiencing severe levels of anxiety while 27.1 per cent of Canadians aged 40-59 reported moderate to severe anxiety. In the binge drinking category, 29.8 per cent of Canadians between the ages of 18-39 have indulged in binge drinking and 26.8 per cent have done it between the ages of 40-59. More statistics can be found directly on the CAMH website. But the light at the end of the tunnel isn't simply to have the youth shut out and the adults left to ponder upon numerous hypotheses to fix these issues. Senior Scientist in the Child, Youth and Emerging Adult Program at CAMH and Associate Professor in the Department of Psychiatry at the University of Toronto, Joanna Henderson says the resilience from the youth has been remarkable. "When we look around the world and we look at who is driving change, we see youth leaders. We look at some of the things happening around Indigenous rights, rights for Black and other racialized people. We see youth leading," Henderson said. She is studying how the youth can co-create an existential solution that would show how services are being delivered and if there are more prominent solutions to deliver positive messages of change. How do we increase awareness? How do we indicate to someone to recognize when their mood swings shift because of the content that they are sub-consciously processing? When do we simply take a break? For some that live in the web of media, there's no way to work around it. Elton-Marshall says youth who are exposed to high levels of social media suffer from psychological distress. Most of the services even used for school revolve around social media. But, limiting some of the content may work without falling back into withdrawal. But reducing it would be an option. Tune out some of the noise. Be aware when platforms study your algorithms. When a website that you would normally never visit before shows up on your feed, be aware of that promotion and how it affects you. For as long as the pandemic looms, for adults the numbers say it all. For youth, pre-pandemic numbers might influence your opinion to be around the same neighbourhood of what has been seen before; maybe worse. But to create a bona fide society, one that may have despondent thoughts, it's time to research how we all can benefit from the education on mental health and preach its findings and concerns to others. That first starts with a conversation. Then it turns to action. It's much easier said than done but when you study and craft a method for improvement much like CAMH has, it can become an open conversation. And when we as a society are unafraid to speak about these issues, that's how it gets better. To know it's okay. Because it is okay to feel what you feel and it is possible to improve it. To some degree, we've all been there.

Drive through lightshow brightens up Palgrave

Written By ALYSSA PARKHILL
LOCAL JOURNALISM INITIATIVE REPORTER

Local residents Brian and Nadine Mercieca have partnered with the Palgrave Rotary Club in order to bring the festive spirit through lights to the Caledon community. With over 80,000 bright lights lit up for the Christmas holiday, residents are able to enjoy the show from the seats of their own vehicle and have the opportunity to donate to the Palgrave Rotary.

The Coates Hill Christmas Lightshow has taken place since 2008, hosted by the Mercieca family who enjoy putting together the display and being able to donate to local organizations and charities in need. In previous years the lightshow donated to organizations such as Sick Kids Hospital. The lightshow will take place until January 1, located at 5 Coates Hill Court in Palgrave. To learn more, visit BN Mercieca Lightshow on Facebook.

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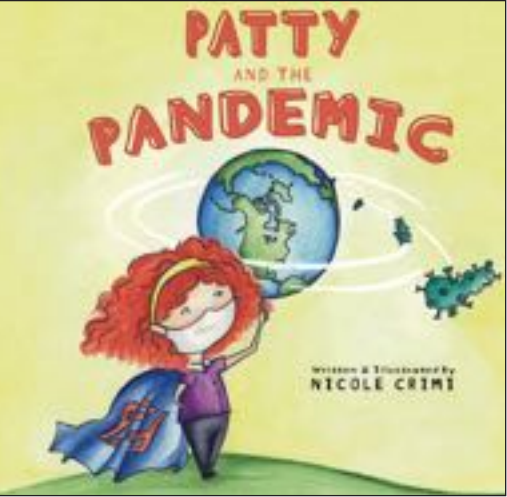
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Children’s book helps kids understand pandemic

Written By MARK PAVILONS



The pandemic has caused a lot of stress for everyone.

While adults have found ways to cope, children are more vulnerable and have many questions.

A King resident has created a children’s book, entitled “Patty and the Pandemic,” which aims to alleviate some of those stresses.

Nicole Crimi said she hopes the book will educate and empower children 3-8 years old.

She wrote and illustrated the book and it has been peer reviewed and edited by specialists.

Crimi said 100% of the profits made from book sales are being donated to Face the Future Foundation, which provides life saving/changing surgeries for children in developing countries.

“This project is very close to my heart, and has been incredibly impactful thus far, selling over 4,000 books in just over a month, and receiving amazing endorsements and feedback from schools, families, children, and even Premier Ford and Minister Lecce,” she said.

Currently a medical student at McMaster University, Crimi said she found knowledge and awareness of her own health to be incredibly empowering. This became even more true when COVID-19 resulted in major lifestyle changes, and instilled a lot of fear.

“I felt incredibly privileged to have access to reliable health-education resources, and empathized with the little ones who were essentially having their lives turned upside down with little explanation as to why. The common argument to not explaining it in depth to young children is that it might result in unnecessary anxiety. I wanted to create a reliable resource that would not only educate children, but also be fun and empowering so that children can feel in charge of their own health.”

Crimi said she always wanted to write a book and dreamed of being an author as a child.

“As an artist, medical student, and someone who loves writing, when I realized this gap in resources available to children, creating a book seemed like a natural and exciting solution.”

Creating this book really put her outside her comfort zone. She admitted she’s more of a traditional oil painter, and the process of making her artwork digital and then styling and formatting a print-ready book was an incredibly steep learning curve.

Something significant she learned about the process is the importance of your intention.

“Creating the book started off as something fun. I literally created the first draft jokingly by a bonfire. It quickly became all-consuming, and at times very stressful since I was also in school full time.”

She constantly asked herself why she was doing this and what she hoped to gain. It was the purpose that motivated her to keep creating, work harder and make the sacrifices necessary to get the book out in a timely manner.

“I realized that for myself, my intention was to spread kindness and hope in a challenging time, which is what led me to donate all of the profits to Face the Future Foundation.

“The awareness of my intention not only enabled me to persevere and challenge myself to work outside my comfort zone, but it is what made my project meaningful and gratifying to me, because now I can smile knowing that not only are kids enjoying this book, but someone in some other country will have their life changed by a free surgery thanks to this book and the supportive community that it formed.”

The tone is very light, fun and empowering. Each page has rhyming verses that at times may even make readers giggle. The theme, she said, is that we do not need to be afraid. With education and teamwork, we will get through this together. It emphasizes Patty’s pals and encourages readers to be one of them, working with Patty to defeat the “bad bug.”

Patty has generated quite a lot of interest, from across Canada and the U.S. Many are purchasing the book and sending it to family abroad.

The book is not only a hit with families, but those who operate day cares, clinics catering to children, hospitals, etc.

“Teachers have expressed that Patty has been an excellent learning tool and a great

discussion starter, even sending me photos of them creating lessons based on the book! People have reached out to me to share stories of how they sent Patty in care packages to children who had bad experiences with COVID.”

Crimi said she’s “incredibly pleased” with the results. Despite all of the current social isolation, she says she feels so connected to her community.

“All of the positive responses, and heartwarming stories about how people are using this book to help others have made me feel incredibly empowered.”

But that’s not all. The sales raised a significant amount of money for Face the Future Foundation.

“I could not have dreamed of a better outcome.”

Started by Toronto’s Dr. Peter Adamson,

Face the Future includes a team of noted medical professionals and surgeons who provide facial plastic reconstruction services to children in developing nations.

“Patty and the Pandemic” is available for purchase at www.pattyandthepandemic.org, as well as amazon!

To learn more, visit www.pattyandthepandemic.org, or @pattyandthepandemic on Facebook or Instagram.

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SERVICES

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

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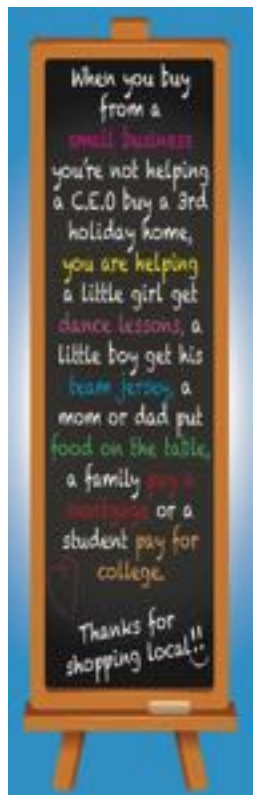
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OBITUARIES

McKILLICAN, Bernal Roy (Bernie)
Peacefully at Headwaters Health Care Centre on Friday, December 18, 2020 at the age of 84. Beloved husband of Marjorie McKillican (nee Lather) (Dec. 23, 2017). Dear father of Boyd (Mary) and Andy. Cherished grandfather of Alexander. Predeceased by his brother Donald, Doug, Ken and his sister Joyce. Bernie will also be greatly missed by other relatives and many friends. A Private Family Funeral Service will be held at the **Dods & McNair Funeral Home, Chapel & Reception Centre**, 21 First Street, Orangeville, Ontario on Tuesday, December 22, 2020. Interment to follow at Forest Lawn Cemetery, Mono. Memorial donations to the Canadian Cancer Society or Headwaters Health Care Foundation would be appreciated by the family. A tree will be planted in memory of Bernie in the Dods & McNair Memorial Forest at the Island Lake Conservation Area, Orangeville. The next annual dedication service will be held on Sunday, September 12, 2021 at 2:30 p.m. Condolences may be offered to the family at www.dodsandmcnair.com

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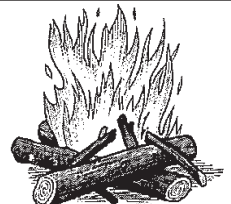
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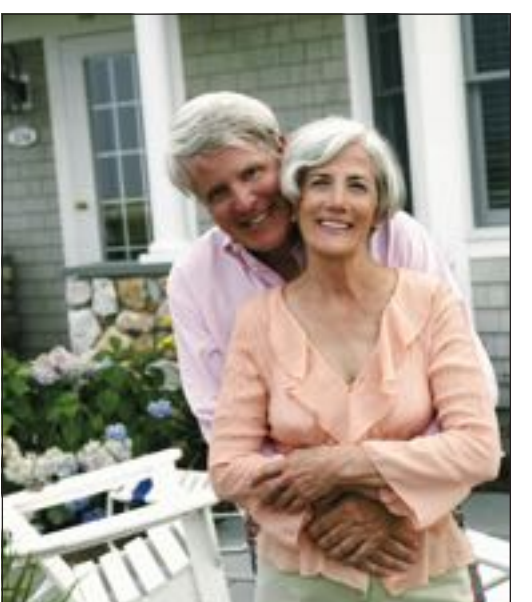
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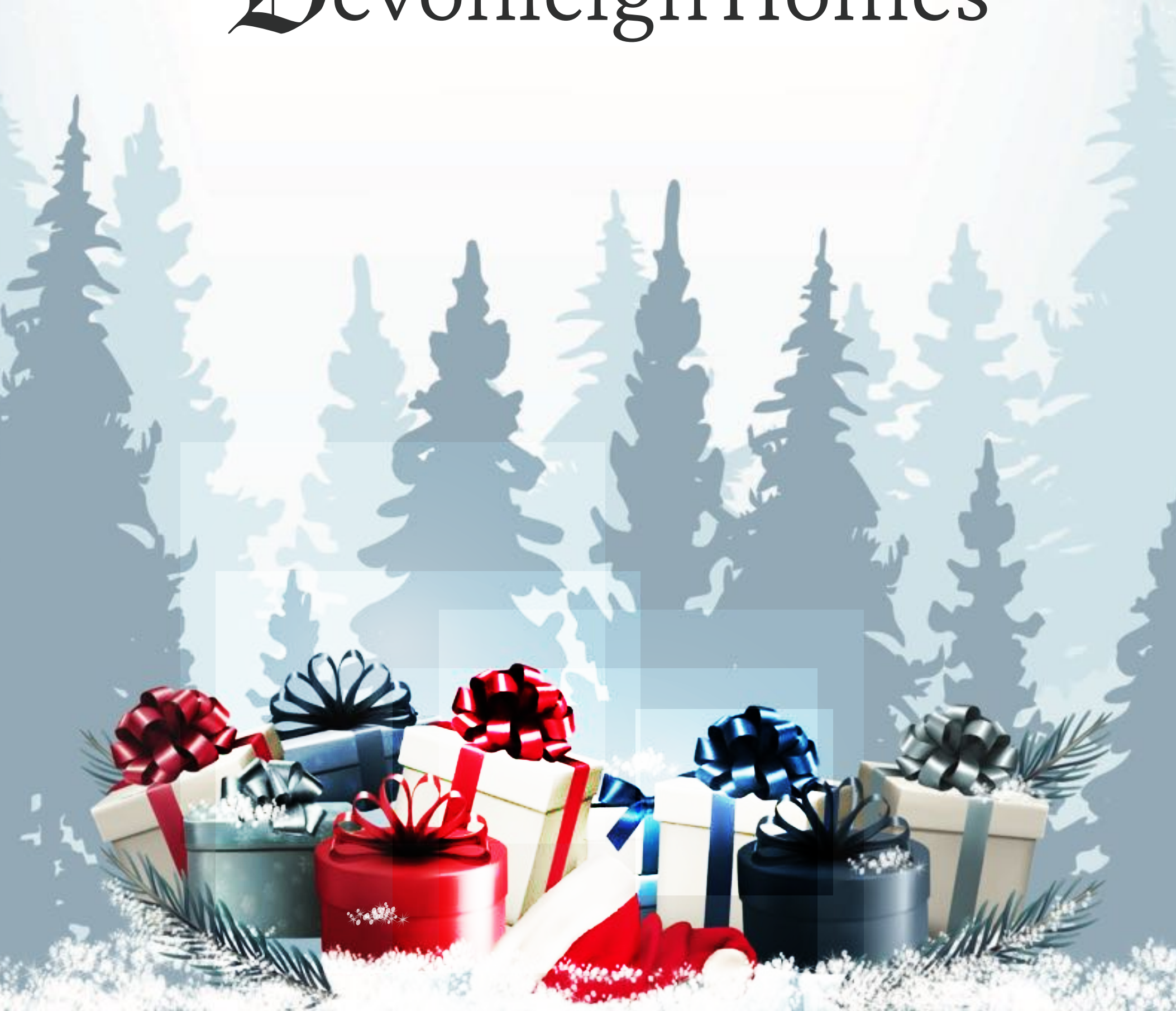
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4 ideas for family game night



FAMILY GAME NIGHTS can be a great way for families to disconnect from their devices and spend quality time together. Much in the way that family dinners can facilitate conversation and closeness, game nights can spark companionship and hours of fun.

Game nights are easy to organize and are particularly handy on those nights when there's not much to do or when the weather makes outside activities impossible.

To get started, use these game ideas as a catalyst for fun.



1 STICK TO THE CLASSICS. Certain games remain tried and true family favourites. These include Monopoly, Trouble, Risk, Clue and Scrabble. Adults who had a favourite game growing can play it with their children and see who outsmarts who.

2 LEARN CARD GAMES. From War to Spades to Gin to Uno, many card games have withstood the test of time. This is a great way to bridge gaps between grandparents and grandchildren. The older generation can teach these familiar games to children, and everyone can join in the fun.

3 STRENGTHEN DRAMA SKILLS. Charades is a game in which teams must act out a word or phrase based on certain categories and have others on their side guess what is being mimed. Charades often lead to lots of laughs and stumped participants.

4 SHOP FOR NEW FUN. Take a family trip to a toy store or another retailer and browse the games aisle. Let each family member pick out a game that appeals to them and then include them in your family game night rotation.

Families can engage and converse over entertaining games that bridge generations.

Get Christmas crafty with homemade ornaments

HANDMADE GIFTS, trinkets and treats help make the holiday season special. Although cookies and other baked goods are some of the most popular homemade creations this time of year, gift-givers young and old can put their talents to use with various craft projects. Ornaments and decorations are one such idea. Here are some clever and, not-too-time-consuming craft projects to try this holiday season.

Mini sleighs: Create miniature replicas of Santa's famous sleigh. Paint several popsicle sticks to form the main body of the sleigh and glue them together. Put one at the top perpendicular to the others to serve as the steering rudder. Two silver-painted popsicle sticks placed on their thin sides act as the blades of a sled.

Popcorn garland: Garland made of popcorn is a classic handmade holiday project. For a new twist, toss the popcorn with food colouring and allow it to dry before stringing for some bright colour on the tree.

Photo ornaments: Print out several different photos that you love. Purchase round or square thin wood pieces from a craft store and attach the photos with Mod Podge. When dry, drill a hole through the top and thread with twine.

Advent calendar: Make an Advent calendar to count down to Christmas by covering a foam board with fabric. Use paper tags or small ornaments and write a number on each for each day of the month. Hang these all from the board. As each day passes, move the tag or ornament to the tree.

Wooden snowflakes: Have children collect small twigs from outdoors, as well as holly leaves and some sprigs of evergreen. Arrange similarly sized twigs in the shape of snowflakes and glue them together, or tie with twine. Embellish with stickers, glitter, dried berries, and more.

Dough ornaments: Anyone can have fun moulding their ornaments, letting them dry and then painting them. Use cookie cutters to get perfect



holiday shapes. Craft stores sell various types of modelling clays and lightweight modelling materials. Or, make your own salt dough.

Reindeer bottle topper: Put to use any wine corks you have lying around. Attach googly eyes and a small fuzzy nose to the front of a cork. Insert twisted, brown pipe cleaners to make the

antlers up top. Add ribbons, small snippets of faux fur or any other extras you desire.

Sweet sentiments: Use old Scrabble letter tiles to form a favourite holiday phrase, like Joy to the World. Glue the tiles together and hang from the tree on a piece of ribbon.



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2nd Course
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3rd Course
Pan-seared Red Snapper with bell pepper salsa
Or
Veal Parmigiana
Or
Pollo Piccata

Dessert
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Dec. 27th 3pm - 7pm
Dec. 31st 11am - 9:30pm
January 1st CLOSED



FOR YOUR CRANBERRY AND TABLE: SWEET POTATO STUFFING

(NC) Looking for something special to serve up this holiday season? Add some colour and flavour to your table with this delicious stuffing. A perfect marriage of sweet and savoury, this is a recipe the whole family will love.

Cranberry and Sweet Potato Stuffing

Prep time: 20 minutes Cook time: 20 minutes
Serves: 4

- INGREDIENTS:
- 1 loaf Promise Gluten Free soft white bread, breadcrumb
 - 2 tbsp (30 mL) olive oil
 - 30 g unsalted butter
 - 1 medium onion, finely chopped
 - 2 small sweet potatoes, grated
 - 100 g dried cranberries
 - 75 g shelled pistachios, roughly chopped
 - Handful of flat leaf parsley, chopped
 - Pinch of saffron threads soaked in 3 tbsp (45 mL) water
 - 1 bunch of red currants

- INSTRUCTIONS:
1. Heat oil and butter in a pan with a lid. Add onions and sauté over medium heat for 5 minutes until softened.
 2. Add grated sweet potatoes and continue to cook for another 3 minutes.
 3. Add the ingredients in the pan to your breadcrumbs, parsley and saffron with soaking water; mix.
 4. Season with salt and pepper.
 5. Bake at 365°F (185°C) for 15-20 minutes until golden brown.
 6. Stir the cranberries, pistachios and herbs into the breadcrumb and sweet potato mixture.
 7. Garnish with a bunch of red currants.
- For more recipe inspiration, visit www.promiseglutenfree.ca.
www.newscanada.com

A sweet and spicy mocktail to enjoy this season



(NC) Tired of too-sweet mocktails? This booze-less option is made with sugar-free ginger ale flavoured sparkling water and naturally sweetened with honey syrup and pomegranate juice.

The result is a subtle, sweet and spiced sipper you'll want to make all season long. If you want to add alcohol, try a splash of white rum or vodka.

"You'll make more spiced honey syrup than you need for four mocktails, but the leftovers will keep in the fridge," shares Michelle Pennock, executive chef for the President's Choice test kitchen. "Use it to sweeten coffee, tea or sparkling water, or brush over cake layers before icing to keep the cake extra moist."

Sparkling Ginger Pomegranate Mocktails

Prep time: 10 minutes
Cook time: 15 minutes
Serves: 4

- INGREDIENTS:
- Spiced Honey Syrup:**
- 4 black peppercorns
 - 3 whole cloves
 - 1 each cinnamon stick and star anise
 - 1 piece (about 3 inches/7.5 cm) fresh ginger, sliced
 - 2/3 cup (167 mL) honey

- Mocktails:**
- 1 ½ cups (375 mL) ice cubes
 - 1 cup (250 mL) 100 per cent pomegranate juice
 - 1/2 cup (125 mL) spiced honey syrup
 - 1/2 cup (125 mL) PC ginger ale flavour sparkling water
 - 4 sprigs fresh rosemary
 - 8 pieces crystallized ginger (optional)

- DIRECTIONS:
1. To make the spiced honey syrup, combine peppercorns, cloves, cinnamon stick, star anise, fresh ginger, honey, and 1 cup water in a small saucepan. Bring to a boil; reduce heat to a simmer and cook 10 minutes. Discard star anise. Let cool to room temperature. Discard peppercorns, cloves, cinnamon stick and ginger. TIP: Refrigerate in sealed jar or airtight container up to one week.
 2. To make the mocktails, divide ice among glasses. Pour ¼ cup pomegranate juice and 2 tbsp spiced honey syrup into each glass. Top with sparkling water, dividing evenly. Stir to combine.
 3. Garnish glasses with rosemary sprigs. If using, thread crystallized ginger onto wooden cocktail skewers and place in glasses.

Nutritional information per serving: calories 80, fat 0g, sodium 5 mg, carbohydrates 21g, fibre 0g, sugars 20g, protein 0g.


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Merry Christmas!



Regional Councillor
Annette Groves



Happy Holidays



Ward 5 Area Councillor Tony Rosa

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I am grateful for the hard work and commitment of our front line workers in healthcare and the food industry; and I am thankful for the diverse community we live in and the giving spirit that is shown at this time of year.

Whatever your customs or traditions, I wish you a joyful season.

Wishing you a Merry Christmas and Happy New Year.

Mayor Allan Thompson & Members of Town Council



- Serves 10
- 12 tablespoons (112 sticks) unsalted butter, softened
 - 14 cup packed fresh flat-leaf parsley leaves, chopped, plus 4 whole sprigs
 - 1 large sprig fresh rosemary, leaves chopped, plus 2 whole sprigs
 - 1 tablespoon chopped fresh thyme, plus 4 whole sprigs
 - 15 leaves fresh sage, chopped, plus 3 whole leaves
 - 34 teaspoon kosher salt, plus more for the turkey
 - 12 teaspoon freshly ground black pepper, plus more for the turkey
 - 1 15-pound turkey
 - 1 lemon, quartered
 - 8 shallots, peeled and halved
 - 1 head garlic, cloves separated and peeled
 - 4 cups low-sodium chicken broth or stock
 - 23 cup dry white wine
 - 3 tablespoons all-purpose flour

DIRECTIONS:

1. In a small bowl, combine the butter, chopped parsley, chopped rosemary, chopped thyme, chopped sage, salt, and pepper, and mix well.
2. Position a rack in the bottom third of the oven and preheat the oven to 450 F. Sprinkle the main cavity of the turkey with salt and pepper. Place the whole sprigs of parsley, rosemary and thyme and the sage leaves into the cavity. Add the lemon, 4 shallot halves and half of the garlic cloves.
3. Starting at the neck end, carefully slide a hand between the skin and the breast meat to loosen the skin. Spread 3 tablespoons of the herb butter over the breast meat under the skin. Tuck the wing tips under the skin, and tie the legs together to hold the shape. Season the turkey generously all over with salt and pepper.
4. Place the turkey on a wire rack set in a large roasting pan. Rub 4 tablespoons of the herb butter over the turkey. Roast about 30 minutes, until golden brown, and reduce the heat to 350 F. Baste the turkey with 12 cups of the broth. Cover only the breast

area with a sheet of heavy-duty aluminum foil. Scatter the remaining shallots and garlic cloves in the pan around the turkey.

5. Continue to roast the turkey for about 1.5 hours, basting with 12 cups of broth every 30 minutes. Remove the foil from the turkey breast. Continue to roast the turkey, basting with pan juices every 20 minutes, about 1 hour longer, until its golden brown and a thermometer inserted into the thickest part of the thigh registers 165 F. Transfer the turkey to a platter and brush with 1 tablespoon of the herb butter. Tent it loosely with foil and let it rest for 20 minutes before carving.
6. Using a slotted spoon, transfer the shallots and garlic from the roasting pan to a plate. Transfer the pan juices to a medium bowl, then skim off and discard the fat. Set the pan over two burners on medium-high heat. Deglaze the pan with the wine and 1 cup of chicken broth, scraping up any browned bits. Bring the sauce to a boil, reduce the heat to medium, and cook until it's reduced by half, about 4 minutes. Pour the sauce into a large measuring glass. Add the degreased pan juices, and broth, if necessary, to equal 3 cups of liquid.

7. Blend the flour into the remaining herb butter until combined. Pour the broth mixture into a medium saucepan and bring to a boil. Gradually whisk in the herb-butter mixture. Add any accumulated juices from the turkey platter and boil until the gravy thickens enough to coat a spoon, whisking occasionally for about 6 minutes. Add the remaining shallots and garlic to the gravy and simmer for 1 minute. Taste and adjust the seasonings, if necessary. Serve the turkey with the gravy. **RESTING TIP:** Slow-roasted meats need far less resting time (pretty much none) than those that are traditionally roasted. The reason for resting meat that has been roasted at a high temperature is to allow juices that have collected in the cooler centre time to migrate back into the dryer (hotter) exterior sections after it comes out of the oven. Because slow-roasted meats are cooked evenly and at a temperature that keeps most of the juices in place, a resting period is largely unnecessary. A brief resting time does allow the meat to become a little firmer as it cools, making it easier to carve.

Recipe from Yolanda Banks
"Cooking for Your Man" (Broadway Books)

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How to involve kids with holiday baking

The holiday season is steeped in tradition. Many holiday traditions are centred around food, with much of the focus on all of the decadent treats and desserts taking centre stage at many family gatherings.

Many parents hope to involve their children in as many family holiday traditions as they can. Holiday baking is one kid-friendly tradition, and parents can make it even more so by taking a few simple steps before they get started.

Purchase kid-friendly baking equipment. Bakers rely on lots of tools to make cookies, cakes and other delicacies. That equipment is even available in kid's sizes. Kids may be more excited about baking if they have their own equipment, and such gear also can make it easier for them to lend a hand. A spatula made for youngsters can make it easier for kids to move cookies from a baking sheet to a platter, while colourful measuring cups and their own whisk can excite youngsters about baking.

Plan ahead. Seasoned bakers know that it's imperative to have the right supplies, including ingredients, on hand before beginning a baking session. That's even more necessary when baking with kids, who might not be as patient as moms and dads hope if a baking session has to be paused to run to the store for a missing ingredient or to dig out some tools

from the back of the pantry. Plan ahead by setting everything out and assembling all the necessary ingredients the night before you plan to bake.

Delegate wisely. Young kids may want to do everything mom and dad do, but baking is a delicate science that requires careful attention to detail and a strict adherence to recipes. It is important that parents delegate wisely when involving children in holiday baking. Whisking, stirring and topping off cookies with frosting and sprinkles are fun, kid-friendly tasks.

Add some fun foods to the menu. If you plan to bake holiday cookies, purchase kid-friendly holiday cookie cutters before your baking session so youngsters have as much fun as possible. Kids may have more fun if they get to make Santa Claus, Frosty or Rudolph cookies.

Make a mess. Don't be afraid to get a little messy when baking with children. Moms and dads may love a clean kitchen, but kids tend to have more fun in the kitchen when things get a little messy. Douse each other with a little flour and make a joke of things if some ingredients find their way onto the counter or the floor instead of into your mixing bowl.

Parents can make the holiday baking that much more fun by letting their kids pitch in this year.

Wickedly Decadent
Deep Chocolate
Truffles

Makes 24

- 6 ounces semisweet chocolate
- 6 ounces very low-fat fromage frais
- 2 tablespoons confectioners sugar
- 12 teaspoon vanilla extract
- 12 ounces semisweet chocolate, grated

1. Break the chocolate into a bowl over a pan of simmering water. Let it melt, stirring occasionally.
2. In a separate bowl, whisk together the fromage frais and sugar. Whisk in the vanilla.
3. When the chocolate is melted and smooth, remove from the heat and allow to cool slightly. Slowly whisk the chocolate into the fromage frais mixture, using a rubber spatula to incorporate every bit of chocolate. Cover with plastic wrap and chill for an hour.



4. Line a baking sheet with waxed paper. Scatter the grated chocolate on a plate. Scoop out the chilled chocolate mixture in teaspoonfuls, roll into balls, then roll the balls in the grated chocolate and put on the prepared baking sheet. Cover with plastic wrap and refrigerate until firm.
5. Put the truffles in small paper cases. Store in an airtight container in the refrigerator until ready to use.

Per truffle: Total fat: 2 g; saturated fat: 1 g; unsaturated fat: 1 g; cholesterol: 1 mg; sodium: 3 mg; calories: 52.
Recipe from Low Fat for Life, (DK) by Sue Krietzman.

Wishing you
and your loved ones a festive
holiday season and happy new year!



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An ice cream cake to serve all holiday long

(NC) Ice cream nestled on cake and wrapped in toasted meringue is so irresistible. We're struggling to figure out why the baked Alaska disappeared from popular culture in the '60s.

As luck would have it, this impressive layered dessert is poised for a comeback, and we're leaning into it hard with our peppermint hot chocolate-inspired version.

"This delicious dessert is the perfect way to finish off a festive celebration or indulge in a little weekday treat," says Michelle Pennock, executive chef for the President's Choice test kitchen. "If you're feeling a little extra decorative, top with crushed candy canes or festive sprinkles."

Peppermint Hot Chocolate Baked Alaska

Prep time: 30 minutes
Cook time: 20 minutesServes: 10

INGREDIENTS:

- Cake:
1/3 cup (83 mL)
- each all-purpose flour and cocoa powder
baking powder
- 1/4 tsp (1 mL)
1 large egg
1/2 cup (125 mL)
1/4 cup (60 mL)
4 cups (1 L)
- granulated sugar
vegetable oil
PC peppermint hot chocolate ice cream, softened at room temperature for 20 minutes
- Meringue:
- 3 large egg whites
- 1/2 tsp (2 mL)
- 3/4 cup (188 mL)
- cream of tartar
granulated sugar

DIRECTIONS:

1. For the cake, begin by preheating oven to 350°F (180°C). Line bottom and sides of 9- x 5-inch (2 L) loaf pan with parchment paper, leaving 1-inch (2.5 cm) overhang on two opposite sides.
2. Whisk together flour, cocoa powder and baking powder in small bowl; set aside. Whisk together egg, sugar and oil in large bowl. Add flour mixture to egg mixture and stir with wooden spoon or rubber spatula until smooth. Scrape into prepared loaf pan, smoothing top.



3. Bake until puffed and toothpick inserted in centre comes out with a few small crumbs attached, 18 to 20 minutes. Let cool completely.
4. Scrape softened ice cream over top of cooled chocolate layer, smoothing top. Freeze until firm, about 4 hours.
5. For the meringue, beat egg whites with cream of tartar in separate large bowl using electric hand-mixer on high speed until soft peaks form. Reduce speed to medium high and gradually beat in sugar, 1 tbsp (15 mL) at a time. Increase speed to high, beat until glossy and stiff peaks form, about 1 minute.
6. To assemble the baked Alaska, line baking sheet with foil. Lifting with parchment, remove cake from pan; peel off parchment and place cake on prepared baking sheet. Spread meringue all over top and sides of cake, making layer on top of ice cream thicker than sides. Using back of spoon, make swirly peaks in meringue. Freeze 30 minutes.
7. Preheat broiler to high. Broil cake on middle rack, rotating baking sheet once or twice to toast evenly, until meringue peaks are golden, 1 to 2 minutes. Watch closely or broil with oven door slightly ajar to ensure meringue doesn't burn.
8. Cut into 10 slices. Serve immediately.

Tip: For mini baked Alaskas, divide the chocolate batter among 10 greased wells of standard muffin tin and bake on middle rack of 350°F (180°C) oven 10 to 12 minutes. Let cool, then remove to a foil-lined baking sheet and top each round with a scoop of ice cream, dividing evenly. Freeze 2 hours, then spread meringue all over tops and sides. Freeze 30 minutes. Broil as directed in recipe above.

Nutritional information per slice: calories 260, fat 11 g, sodium 50 mg, carbohydrates 31g, fibre 1 g, sugars 34 g, protein 4 g.

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Double Chocolate Chip Cookies

Makes about 12 large cookies

- 5 tablespoons unsalted butter, softened
5 tablespoons granulated sugar
5 tablespoons light brown sugar, sifted
1 large egg, beaten
12 teaspoon pure vanilla essence or chocolate extract (see note)
1 cup plus 2 tablespoons self-rising flour
3 tablespoons unsweetened cocoa
14 teaspoon salt
23 cup (or more) dark and white (or milk) chocolate chips (or roughly chopped chocolate)
A heavy, nonstick baking sheet
-

1. Preheat the oven to 350 F.
2. Using an electric mixer, cream the butter and sugars together until pale and fluffy. Beat in the egg and vanilla essence.
3. Sift the flour with the cocoa and salt in a small bowl. Fold into the egg mixture with the chocolate chips.
4. Place 4 heaping tablespoonfuls of the mixture on the prepared baking sheet, spacing them well apart. Press down and spread out to about 14-inch thick with the back of a wet spoon or with dampened fingers (you may like to scatter some more chocolate chips over the top). Bake for 10 to 12 minutes. Let cool on the baking sheet for 1 minute, then transfer to a wire rack. When cool, store in an airtight container. Repeat with the remaining mixture.

Note: Chocolate extract is a fat-free flavouring ingredient made from a blend of roasted cacao beans, water and alcohol.

Recipe courtesy of Maxine Clarks Chocolate: Deliciously Indulgent Recipes for Chocolate Lovers (Ryland, Peters & Small)



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