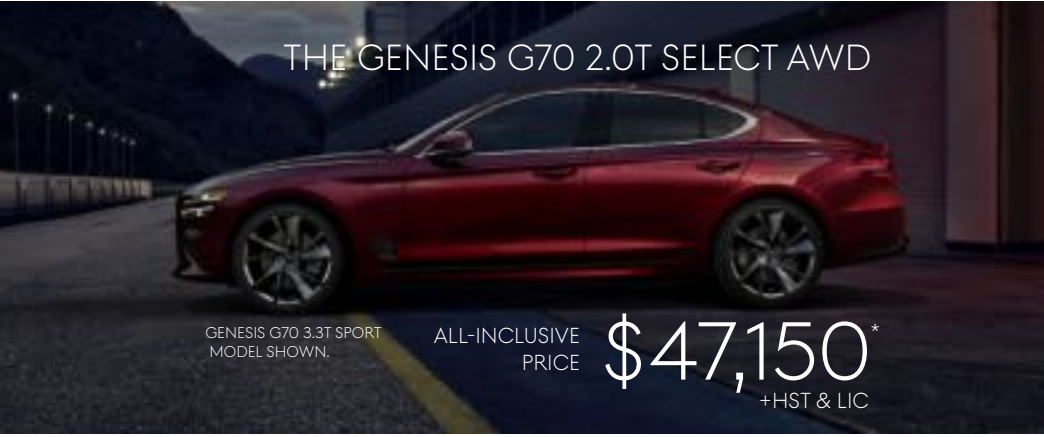


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FREE Thursday, June 8, 2023 Volume 43, Issue 23



Hannah Bell, Cassandra Seymour, and Kat Tanga will be competing for Canada at the World Dance Challenge this July. PHOTO BY ZACHARY ROMAN

## Local teens to compete for Canada at World Dance Challenge

BY ZACHARY ROMAN

Many long days spent training will soon pay off for three local dancers.

Kassandra Seymour, 13, Hannah Bell, 16, and Kat Tanga, 19, are traveling to Mexico from July 22 to 29 for the International Dance Organization's World Dance Challenge.

Seymour and Bell live in Caledon, while Tanga lives in Brampton. All three train at the House of Fame Dance Academy and are a part of the Canadian National Dance Team this year.

The World Dance Challenge hasn't been able

to be held for the past few years due to the pandemic, and the 2023 competition marks its return.

It's being held in Monterrey, Mexico at the Cintermex International Convention and Exhibition Center.

Seymour, Bell, and Tanga have been training in multiple dance disciplines, such as contemporary, lyrical, jazz, hip hop, ballet, and salsa. Over the years, the three dancers have trained in pretty much every dance discipline there is to train in.

Bell explained the World Dance Challenge is a four- to five-day competition, and before it even starts, there are conventions to attend where

choreographers from around the world will teach routines.

"There's famous teachers from all over the world," said Bell. "I'm very excited for that part... definitely a once in a lifetime experience, the choreographers will be amazing."

For the competition itself, countries can enter their dancers in as many disciplines as they'd like. There's solo, duet, trio and group performances, and Bell, Seymour, and Tanga are each in five or six different dances.

Continued on Page A5

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**WHAT A PARTY!**

The Caledon Italian Heritage Day festival took place at the Albion-Bolton Fairgrounds on Saturday, June 3, with a great line-up of music and Italian food vendors. For more, see Page A15.

**PHOTO BY BRIAN LOCKHART**

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# Close to 700 people attend Elvis tribute concert in support of Library

BY ZACHARY ROMAN

An amazing turnout to a fundraising concert has the Caledon Public Library (CPL) saying “thank you, thank you very much.”

On June 2, the CPL held an Elvis Presley tribute concert at the Albion Bolton Fairgrounds. Two different Elvis impersonators performed at the concert: Bruno Nesci and Eric Evangelista.

The weather was great and close to 700 people came out to see the show. The Friends of the Caledon Public Library held a 50/50 draw at the show and \$1,900 in tickets were sold.

Meanwhile, the Caledon Seniors Centre and CPL sold concessions to raise money for their respective organizations.

The tribute concert was made possible thanks to Dreamers Entertainment and the Stage Academy Theatre Association.

Ticket sales and proceeds from the concert are going towards the CPL’s new memory station, which it’s hoping to launch at its Albion Bolton branch this summer. The station will allow CPL users to convert old home movies, vinyl and audio cassette recordings, printed photographs, and slides into a digital format that can be shared online or saved to a USB key or hard drive.

“Preserving your priceless memories, archiving, and sharing them can be a powerful way to connect with friends and family. We want to make the process easy,” said Colleen Lipp, CEO of the CPL. “We appreciate Dreamers Entertainment and Stage Academy Theatre Association for granting us this opportunity to fundraise in conjunction with their amazing Elvis Tribute con-



(Above) Bruno Nesci, a finalist at the Graceland Elvis competition, performed at the Albion Bolton Fairgrounds on June 2. (Below) Mary Maw, CPL Communications Lead, Tony Rosa, Ward 5 Councillor, Bruno Nesci, Elvis impersonator, and Colleen Lipp, CPL CEO, at the Elvis tribute.

PHOTOS BY ZACHARY ROMAN

COMMUNITY  
events

*This column is provided as a free public service to non-profit organizations to announce up-coming events. Please contact the Caledon Citizen by calling (905) 857-6626 or emailing [admin@caledoncitizen.com](mailto:admin@caledoncitizen.com) if you wish to have an announcement published.*

TOPS (Take Off Pounds Sensibly) ON 1344 Bolton – Real People, Real Weight Loss is a non-profit group. We meet weekly on Wed. evenings in the basement of Bolton United Church. Weigh-ins are 6:00-6:30 followed by a meeting. The initial annual fee incl. a bi-monthly magazine and starter kit is \$59, and monthly dues are \$20. Today is the best day to make changes to your lifestyle! If you have weight to lose and/or want to improve your health, we can help! We promote healthy eating and support the efforts of all our members, and your first meeting is free. Come join us. For more information call Marion at 905-857-5191 or see [www.tops.org](http://www.tops.org). Online memberships are also available.

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

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

The Board of Directors of Boston Mills Cemetery invites the community to share in its 73rd Remembrance Service and the 200th Anniversary of the Cemetery on Sunday June 11, 2022 at 2:30 p.m. To be held at the cemetery, 1942 Boston Mills Rd., Caledon.

The last Toonie Sale before the fall is scheduled for Saturday, June 17 from 10am to 1pm in the President's building at the Bolton Fairgrounds. Check it out at [www.boltonkin.com/toonie-sale](http://www.boltonkin.com/toonie-sale).

Wednesday June 21, 2023 - Open to all - Electric Vehicle Society Caledon Chapter meetings. Come out to learn from the expertise of electric vehicle owners and enthusiasts about helping Canadians transition to electric transportation through education and advocacy. Local meetings are held in the Southfields Community Centre - Community Room from 7pm-9pm. Meetings are free. For more info: <https://evsociety.ca/caledon/> or email [Kenneth.bokor@evsociety.ca](mailto:Kenneth.bokor@evsociety.ca)

The Albion Bolton Historical Society is holding their next meeting on Monday, June 19th - 7:30 pm start, at the Albion Bolton Community Centre, 150 Queen Street South, Bolton, Meeting Room C, 2nd floor. Nathan Hiller will present “Canada’s History: Through the Lens”. Questions, please contact Nathan at 905-584-2801 or [nhillerphoto@bell.net](mailto:nhillerphoto@bell.net) Visit our website: [boltonhistory.com](http://boltonhistory.com)

cert. To all of those who enjoyed this fun evening out and supported CPL — as Elvis would say — ‘thank you, thank you very much’.”

Town of Caledon recruiting new volunteer firefighters

BY ZACHARY ROMAN

Caledon’s newest class of firefighter recruits has graduated, and it’s time to start training the next class.

On May 31, the Town of Caledon announced it is once again recruiting firefighters to join the Caledon Fire and Emergency Services team.

Volunteer firefighters respond to emergencies and non-emergencies including fires, medical emergencies, and vehicle collisions. Volunteer firefighters are paid for time spent responding to calls.

In order to be eligible to volunteer, one must be 18 years of age or older, have a valid Class G driver’s license, and live within eight kilometres of a Caledon fire station.

Interested parties must attend one of three upcoming information sessions. The first is being held at 1:30 p.m. on June 14 at the Caledon East Community Complex (6215 Old Church Road). The second is being held at 7 p.m. on June 26 at the Southfields

Community Centre (225 Dougall Avenue). The last is being held at 7 p.m. on July 12 at the Caledon East Community Complex.

Caledon’s Fire Chief Dave Forfar said it doesn’t matter what someone’s full-time career or profession is; they can still become a volunteer firefighter and help their community.

“When you join our team you are also gaining a family. You’re learning more about your community, helping to keep your family and friends safe, and you receive valuable medical and fire training,” said Forfar. “I encourage anyone interested to attend an information session and find out more about helping keep our community safe.”

Interested parties can begin applying on June 15, the day after the first information session. The final date to apply is July 13, the day after the final information session.

Those interested in learning more about becoming a volunteer firefighter and attending an information session can visit [caledon.ca/fire-recruitment](http://caledon.ca/fire-recruitment).

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# Pride flag raised in Bolton to mark start of Pride Month



Dmytro Basmat, President of Youth Activists Inc., Julia Bertola, founder of Caledon Pride, and Loucas Loucaides, Executive Member, Youth Activists Inc., came together to raise the Pride flag in Bolton on June 2, to mark Pride Month.

CONTRIBUTED PHOTO

BY ZACHARY ROMAN

Two community organizations have come together to recognize Pride Month in Caledon. On June 2, Caledon Pride and Youth Activists Inc. teamed up to raise the Pride flag in Downtown Bolton to mark Pride Month, which occurs each June. Both Caledon Pride and Youth Activists are dedicated to promoting equality and fostering acceptance within the Caledon community. Julia Bertola, founder of Caledon Pride, said raising the Pride flag is a powerful testament to committing to creating a Caledon where everyone can be who they are and love who they want. “This Pride Flag raising symbolizes the progress we have made and serves as a reminder of the work that lies ahead, to build a

more inclusive Caledon for everyone,” said Bertola. Dmytro Basmat, president of Youth Activists Inc., agreed with Bertola and said youth engagement is important in the fight to advance progress for 2SLGTBQ+ communities. Basmat said the Pride flag represents the resilience and courage of 2SLGTBQ+ people. “We stand united, driven by the belief that diversity must be celebrated, and we encourage young people to continue to be a strong voice for a more inclusive future,” said Basmat. During Pride month, Caledon Pride has planned multiple events with themes of community engagement, education, and celebration. Bertola said the events will be an opportunity for individuals of all backgrounds to come together and learn from one another, thus creating a stronger community.

“Let us embrace the spirit of Pride Month, educate ourselves, and stand in solidarity with the LGBTQ+ community, promoting a Caledon where love and acceptance know no bounds,”

said Bertola. For more information on Caledon Pride’s events, those interested can visit [youthactivists.ca/caledon-pride](http://youthactivists.ca/caledon-pride).

## Drag fundraiser coming to Rainbow Ridge for Celebrate Your Awesome

BY SAM ODROWSKI

A Drag Burlesque Show and Dance is coming to the Rainbow Ridge Resort this Friday, June 9, featuring a lineup of fabulous performers. The event starts at 7:30 p.m. and serves as a fundraiser for the local Pride and diversity group, Celebrate Your Awesome, which will host its annual event on June 17 at Alexandra Park in Orangeville. “It’s just a really fun event, go and see a drag show, participate in the dance and be around a bunch of the LGBTQ community,” said Ricky Schaede, committee member of Celebrate Your Awesome. “It’s a really great space at the Rainbow Ridge, it has nice outdoor areas, and, it’s going to be like a fun party, raising money for Celebrate Your Awesome.” A similar fundraiser was held last year, raising over \$800; this year, organizers aim to double that to \$1,600. Schaede said he heard lots of positive feedback from attendees of the Drag Show and Dance held at Rainbow Ridge to fundraise for last year’s Celebrate Your Awesome event.

“People had a lot of fun, they really enjoyed the show, and they really enjoyed the dance afterwards,” he told the Citizen. “The show kind of gets you in a good mood, and then you get to dance.” There will be a bonfire at the event as well. The Rainbow Ridge is one of four LGBTQ-friendly campgrounds in Ontario, located at 203138 County Road 109, East Garafraxa. The 72-acre property features a 350-person capacity campground and provides a non-judgemental and comfortable space for people of all sexual orientations and gender identities. For the Drag Burlesque Show and Dance, there will be a food truck on-site, and raffle draws for attendees. Tickets are \$20 and can be purchased at the door. The event can accommodate a maximum of 200 people. “If you’re a fan of Celebrate Your Awesome, and you want to support us, you should definitely come out to the fundraiser,” said Schaede. “It’s going to be a super fun time, and if you come, I’ll dance with you.”

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EVENT SCHEDULE:	
2 p.m.	Caledon Day gates open, food & Cheers Caledon vendors open from 2-10 p.m.
2 p.m.	Sandhill Bicentennial March from Town Hall
2 – 8 p.m.	Tim Horton’s Community Zone, Vendors Market, Electric Vehicle Test Drive
2:15 – 2:50 p.m.	Pride Walk from Downtown Caledon East to the Culture Stage at Caledon Day
2:50 - 6:35 p.m.	Culture Stage opens at 2:50 p.m., showcasing a variety of talent from across the Region
6:35 - 6:50 p.m.	Performance by the Caledon Concert Band Location: in-front of the Main Stage
7 - 7:30 p.m.	Main Stage opens with greetings from Mayor Groves and Members of Council.
7:30 – 8:30 p.m.	DJ Puzzo on the Main Stage
8:30 – 9:45 p.m.	The Sheepdogs
9:45 – 10 p.m.	Fireworks

- TRANSPORTATION OPTIONS:
1. Shuttle Buses

Shuttle Buses will run round-trip from both Southfields Community Centre and Caledon Centre for Recreation and Wellness to Town Hall between the hours of 2 – 11 p.m..
2. Home James

Need a ride home? Home James is dedicated to getting event-goers home safely.
3. Paid Parking

Paid parking is available at CECC and Town Hall for \$5 per car. No in and out.
4. Bike Valet

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For full event details visit [caledon.ca/caledonday](http://caledon.ca/caledonday)





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### FATAL COLLISION INVESTIGATED

Officers from the Caledon Detachment of the Ontario Provincial Police (OPP) are currently investigating a fatal collision on Shaws Creek Road.

“On May 29, 2023, shorter after 1:30 a.m., Caledon OPP and emergency crews responded to a single motor vehicle collision on Shaws Creek Road, in the Town of Caledon,” say Police. “Sadly, the 23-year-old male driver from Brampton and lone occupant was pronounced deceased at the scene.

“Shaws Creek Road between Caledon East Garafraxa Townline and Highpoint Sideroad was closed for several hours while the OPP Technical Collision Investigators and Reconstructionists assisted with the investigation. The investigation is ongoing.”

Anyone who may have witnessed the collision or has dashcam footage is asked to contact Caledon OPP at 905-584-2241 or 1-888-310-1122.

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

### STOLEN PROPERTY RECOVERED

Members of the Caledon Detachment of the Ontario Provincial Police (OPP) have laid charges in connection to a stolen property investigation.

“On May 19, 2023, the Caledon Community Street Crime Unit (CSCU) was engaged in a stolen property investigation,” say Police. “A Mac Tools Tire Changing machine and a Mac Tools Wheel Balancing machine were reported stolen from a business in the Town of Caledon. On May 26, 2023, with the assistance of OPP’s Covert Deployment Unit, a suspect was arrested, and the property was recovered.”

As a result of the investigation, Antonio Calabro, 55, of North York, was charged with:

- Possession of property obtained by crime - over \$5000
- Traffick of stolen goods over \$5000
- Theft over \$5000

The charges have not been proven.



The following property was seized:

- Stolen Mac Tools TC5000 Tire Changer
- Stolen Mac Tools WB4505 Wheel Balancer
- Stolen 2009 Uhaul car trailer

If you suspect illegal activity in your neighbourhood, call 1-888-310-1122. You can also provide information anonymously by contacting Peel Crime Stoppers at 1-800-222-TIPS (8477) or online at [www.peelcrimestoppers.ca](http://www.peelcrimestoppers.ca). When you contact Crime Stoppers you stay anonymous, and you never have to testify.

### SUSPECT INFORMATION SOUGHT

Members of the Caledon Detachment of the Ontario Provincial Police (OPP) are requesting the public’s assistance to identify a person of interest.

“On June 16, 2022, officers were dispatched to a report of a suspicious person/vehicle in the area of Finnerty Sideroad, near Centreville Creek Road, in the Town of Caledon,” say Police. “The victim reports being followed by an older-model silver Toyota Corolla, with rust at the bottom of the driver-side door. It’s a vehicle observed in the same area previously.

“The male driver is described to be in his 50’s, Caucasian, medium build, bald head, grey goatee, brownish green eyes, and a possible tattoo on his right shoulder.”

If you have information that may assist with the investigation, please contact Caledon OPP at 1-888-310-1122. You can also provide information anonymously by contacting Peel Crime Stoppers at 1-800-222-TIPS (8477) or online at [www.peelcrimestoppers.ca](http://www.peelcrimestoppers.ca). When you contact Crime Stoppers you stay anonymous, and you never have to testify.



### WEAPONS CHARGES

The Dufferin Detachment of the Ontario Provincial Police (OPP) have charged an individual with assault with a weapon along with other charges following an investigation in the Town of Orangeville.

“On June 4, 2023, shortly after 10:00 p.m., Dufferin OPP officers responded to a disturbance in the area of Third Avenue in Orangeville,” say Police.

As a result of the investigation, Braden Copeland, 30, from Caledon has been charged with:

- Assault with A Weapon
- Possession of Weapon for Dangerous Purpose
- Fail to Comply with Probation Order

The charges have not been proven.

The investigation is ongoing and anyone with information regarding this incident is asked to contact Dufferin OPP at 1-888-310-1122 or Crime Stoppers to remain anonymous at 1-800-222-8477 (TIPS) or [www.ontariocrimestoppers.ca](http://www.ontariocrimestoppers.ca).

### OPP OPEN HOUSE

Detachment Commander Inspector MaryLouise Kearns and officers from the Caledon Detachment of the Ontario Provincial Police (OPP) are pleased to invite you to their annual Detachment Open House.

“The Caledon OPP Open House will be held on June 17, 2023, from 2:00 p.m. to 5 p.m.” say Police. “The event is taking place in conjunction with Caledon Day. It is an opportunity to get a tour of the Caledon Detachment, learn more about OPP services, network with community partners, and also meet two newly promoted officers into the Caledon OPP command team.”

For more information on Caledon Day, visit: <https://www.caledon.ca/en/living-here/caledon-day.aspx>

Parking will be available at Caledon Town Hall or at the Caledon East Community Centre. Signage will be in place guiding you to the Detachment via the trail system. Limited parking will be available at 15924 Innis Lake Road and will be dedicated to those with mobility issues only.

More about the two new members of the command team:

When you buy from a **small business** you’re not helping a C.E.O buy a 3rd holiday home, you are helping a little girl get **dance lessons**, a little boy get his **team jersey**, a mom or dad put **food on the table**, a family **pay a mortgage** or a student **pay for college**.

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#### S/Sgt Kathe Kiamos

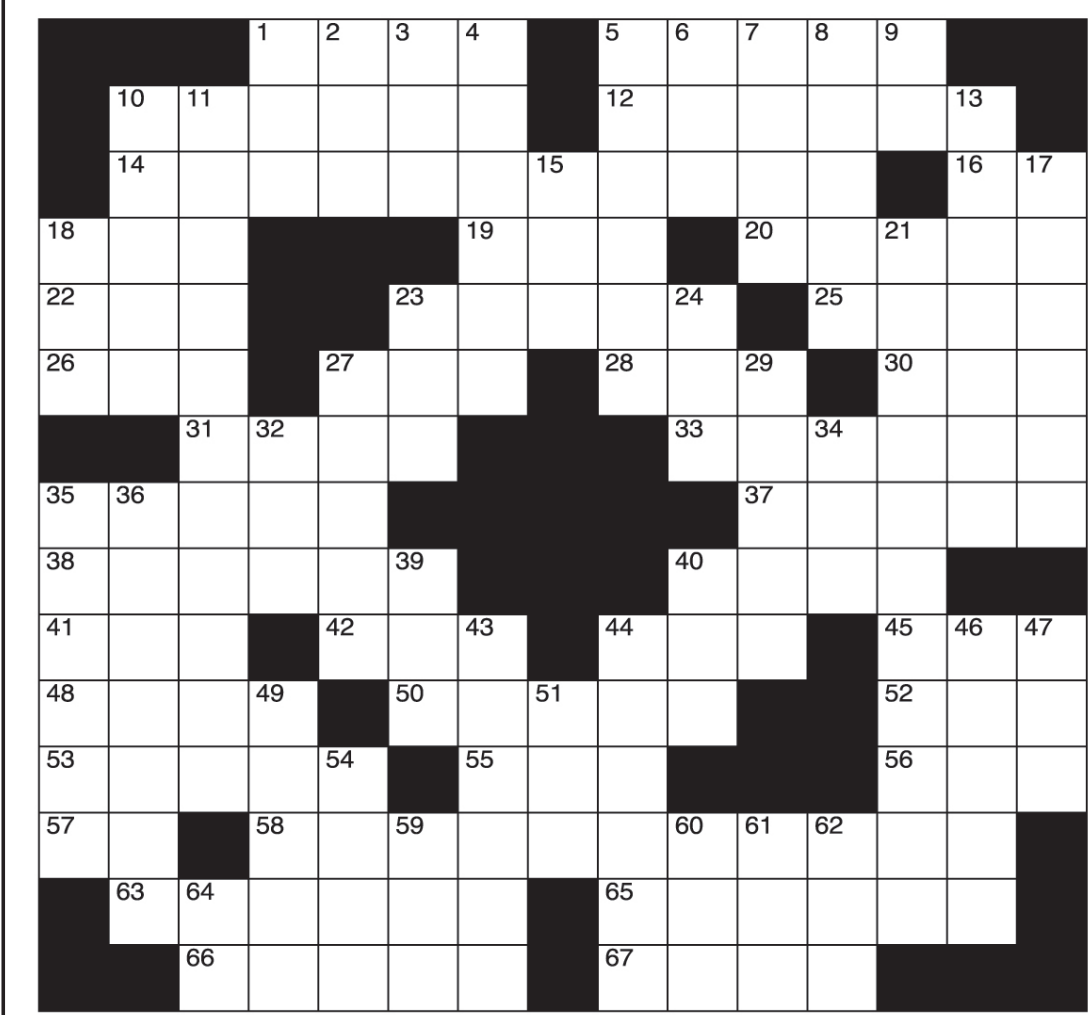
S/Sgt Kiamos is in her 23rd year of policing. She has been at the Caledon OPP Detachment for 15 years where she served as a front-line member, front-line supervisor, School Resource Officer, and a Seasonal RIDE team member. She was a member of the OPP’s next generation firearm selection process at the FBI Academy in Quantico, Virginia. She also holds membership in various community groups and committees. Prior to joining the OPP, S/Sgt Kiamos worked for Peel Regional Police for over seven years where she held similar functions, was a coach officer and a member of a tactical unit for the Toronto 18 terrorists. She is a cancer survivor and driven by community engagement and collaboration.

#### S/Sgt Jeff Dudzinski

S/Sgt Dudzinski served his entire 26-year policing career with the OPP, 12 of which have been at the Caledon OPP Detachment. He started off his career in Shelburne (now Dufferin) OPP, became a Breath Technician, Scenes of Crime Officer, and a Technical Collision Investigator. He then moved to a specialized unit called UCRT (USAR CBRNE Response Team) where he became an ERT (Emergency Response Team) member, and CBRNE (Chemical, Biological, Radiological, Nuclear, Explosive) specialist. He was further trained in various rescue equipment and operations. He was also an Explosive Disposal Unit member with additional training in homemade explosives, and large vehicle counter measures. As displayed in his career so far, S/Sgt Dudzinski embraces the vast diversity of opportunities, experiences and opportunities locally and across the province and even beyond our borders. Outside of Ontario, he was a designated Special Constable with the Quebec Provincial Police to provide CBRNE assistance. He has received various certifications and training internationally throughout the United States such as at the A & M University in Texas and Homeland Security. As a newly appointment S/Sgt, he’s looking forward to the new opportunities and to share his knowledge and experiences.

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## The Citizen CROSSWORD



### Solution in CLASSIFIEDS

<b>CLUES ACROSS</b>	31. Expectorated	63. Gadget whose name you forget	15. Go quickly
1. Flat tableland with steep edges	33. Falsehood	65. Another recording	17. Toast
5. Where there’s __, there’s fire	35. Prickly, scrambling shrub	66. Small blisters	18. A team’s best pitcher
10. Talked incessantly	37. French river	67. Dark brown or black	21. A Philly culinary specialty
12. Skill	38. Told on	<b>CLUES DOWN</b>	23. Small child
14. Without shame	40. Hillside	1. Licensed for Wall Street	24. Unhappy
16. Where teens spend their days (abbr.)	41. Peyton’s little brother	2. “__ and flow”	27. Trims away
18. Boxing’s GOAT	42. Soviet Socialist Republic	3. A very large body of water	29. Characterized by crying eyes
19. Used to anoint	44. Cathedral city in Cambridgeshire	4. Accumulate on the surface of	32. Soft touch
20. Cluster cups	45. Witness	5. Central cores of the stem	34. American spy organization
22. Footballer Newton	48. Brews	6. Angry	35. A person’s chest behind to win
23. They make up a forest	50. Yellowish-brown	7. Ceramic jar	39. Fall back
25. Split pulses	52. Arctic explorers, abbr.	8. Scraped a car	40. Nellie __, journalist
26. Self	53. Mexican agave	9. __ route	43. Great places to kayak
27. Post-office box	55. A type of “cast”	10. Soviet labor camp system	44. Suffer patiently
28. Test for high schoolers	56. Encourage	11. Strong hostilities	46. Majestic bird
30. Large, flightless bird	57. Atomic #52	13. Vitamin of the B complex	47.
	58. Relating to position north of south of equator		

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



# New mural brightens up Bolton’s core

BY MARK PAVILONS

Bolton’s four corners is now a little brighter, thanks to a large, full colour mural.

Blaze Wiradharna, aka “Blazeworks,” was commissioned the Downtown Bolton Revitalization Task Force & Town of Caledon to make this mural a reality and ensure public art is a centerpiece in the core.

“In Bloom” is located on the Ume Sushi Building at the intersection of Queen Street and King Street. The art is inspired by the wildflowers and wildlife of Ontario and represents diversity and the coming of spring.

Blaze’s artistic journey began with a “spark of inspiration from graffiti.”

“Drawing had always been a passion of mine, but it was the dynamic and expressive nature of graffiti that set my creative path ablaze.”

He established Blazeworks while still in university, and began taking on commissioned mural work.

After graduation, he pursued a career as a freelance mural artist, graphic designer, and illustrator.

Over the years, he’s worked with various clients, including Facebook, the City of Toronto,



CONTRIBUTED PHOTO

TVO, and many other businesses and privately commissioned works.

Throughout his 10 years as a professional mural artist, the “narrative of my artwork has always been a top priority. I view graffiti and illustration as powerful forms of storytelling that can express the adversity we face in life. I focus on culture, technology, and our relationship to the environment in my work, using art as a vessel to communicate my messages and tell my stories.”

Last year, he was commissioned to do work on the Bolton Well building along the Humber River in the core. That mural is a continuation of his “Humber River” mural project in downtown Bolton.

# Local teens to compete for Canada at World Dance Challenge

Continued from FRONT

Other than Seymour’s journey to Florida for a dance competition, this will be the first time the three dancers have traveled outside of Canada to compete.

Traveling to an international competition doesn’t come cheap, and Seymour explained she and her fellow dancers have created sponsorship packages to seek support from local businesses. In turn, the dancers will promote their sponsors online and thank them.

Bell said right now, Seymour, Tanga and her are training between 10 and 15 hours per week at their studio. Additionally, three to six times a month, they’re training with the Canadian National Dance Team for eight to 12 hours.

“I’m really excited to see all the different dancers from different countries, because dance from one place to another — even from one studio to another — is completely different,” said Bell.

Seymour agreed and said it’s going to be nice to see how people from other countries dance and how it differs from dance in Canada. Tanga said training with new choreographers will help her, Seymour, and Bell grow as dancers.

Bell said dance is one big community.

“Every dancer is connected, that’s what I love about it,” she said. “You go to competitions and you make friends there.”

Even though they’ve been training so much already, the three dancers will continue to learn new dance routines as the competition approaches. Once they’re in Mexico, they’ll still keep practicing right up until the competition begins.

Maintaining energy is no easy task during the dancers’ grueling training schedule. Bell said it’s very important that they get lots of sleep, eat right, actually take their break days, and drink lots of water.

Seymour said for some of the more complex and demanding moves like flips, it’s better to not practice them every single time in a routine. By just marking the move, the dancer can save valuable energy during those eight- to 12-hour training sessions.

Tanga said growing up as a competition dancer, she always wanted to see how far she could go, and attending an international competition is the next step for her. Bell said she’s always wanted to compete in an international competition since her cousin did it years ago. Seymour said competing for Canada is an amazing chance to showcase her skills.

Bell said the House of Fame Dance Academy is a very supportive studio and that she wants to inspire the younger dancers by attending the World Dance Challenge.

While the competition is in beautiful Mexico, Tanga said the trip will not be a vacation. The dancers will have very busy schedules, almost down to the minute.

Bell is most excited for a group dance choreographed over Zoom by a man from Africa named Hope. Hope created the song Bell and her group will be dancing to himself, and Bell said the way the beat and the dance moves came together is amazing.

Seymour is most excited for a group dance in which every member of the Canadian National Dance Team will participate. She said each member is going to have a chance to shine during the seven-minute dance that goes through a variety of different songs.

Tanga is most excited for the group jazz routine.

“I love the choreography, I love the style of it, jazz has been my favourite style forever,” said Tanga.

# BLACKHORSE COOKS UP WILDLY FUNNY FARCE

Nominated for a Tony Award, “Don’t Dress for Dinner” is sweet and spicy comedy filled with mistaken identities with hilarious results.

Bernard is planning a romantic weekend with his chic Parisian mistress in his charming converted French farmhouse, whilst his wife, Jacqueline, is away. He has arranged for a Cordon Bleu cook to prepare gourmet delights, and has invited his best friend, Robert, along too to provide the alibi, setting the stage for a collision course of assumed identities and outrageous infidelities. The cook is Suzette, the lover is Suzanne, the friend is bewildered, the wife is suspicious, the husband is losing his mind and everyone is guaranteed a good time at this hilarious romp through the French countryside.

Written by Marc Camoletti and adapted by Robin Hawdon, “Don’t Dress for Dinner” is a sequel to the better-known hit comedy, “Boeing-Boeing” that went from the Broadway stage to the big screen starring Tony Curtis and Jerry Lewis.

The Blackhorse Theatre first performed “Don’t Dress for Dinner” in June of 1997, and is proud to restage the production for their 50th anniversary season. Director Melanie Burgess leads a brand-new cast of talent.

“Don’t Dress for Dinner” opens on June 7, with weekend performances continuing until June 25, 2023. Please visit [www.blackhorsetheatre.ca](http://www.blackhorsetheatre.ca) to purchase tickets or for more information on dates, admission and showtimes.

The Blackhorse Theatre is a volunteer-based, not-for-profit, charitable organization located at 17272 Mount Wolfe Road and the corner of Hwy. 9, Caledon. Box Office 905-880-5002.

Public Notice

Region of Peel  
working with you

KING STREET CULVERT REPLACEMENT IN TERRA COTTA, TOWN OF CALEDON  
PROJECT 17- 4850

PROJECT UPDATE: Road closure on King Street will start on June 15, 2023, and the road will open on September 25, 2023.

Where is the work happening?

King Street Culvert over Credit River Tributary is located 100 meters west of north leg of Winston Churchill Boulevard in Terra Cotta.

Why the King Street culvert needs replacement?

The recommendation to replace this culvert is a result of extensive assessment of this structure, to alleviate existing structural concerns, address safety concerns related to water flow and possible flooding, expand fish passage, and improve the existing road conditions for all road users by widening of shoulders.

Construction schedule

We expect construction to begin in June 2023 and to complete this project by the end of September 2023.

Traffic impacts

A full road closure will be required to replace the King Street culvert. This temporary road closure is expected to take place from June 15, 2023, until September 25, 2023 (weather permitting). During this time, detours will be clearly marked with road signs.

Why a full road closure is required

· There is not enough space to demolish and rebuild the culvert while leaving any part of the existing culvert open.

· To protect the environment, the in-water works are only permitted at certain times of year, as per Ministry of the Environment, Conservation and Parks regulations (June 15-September 15, in the case of the Credit River Tributary).

· The temporary road closure will provide the best safety protection to drivers, pedestrians, cyclists, and construction workers.

Project Updates

· The Region of Peel will keep you informed of any substantial changes in the project scope or schedule.

· Construction project updates can also be found at [peelregion.ca/construction](http://peelregion.ca/construction)

Who can you contact?

Olek Garbos, Region of Peel Project Manager at 905-791-7800 ext. 7827 or email at [olek.garbos@peelregion.ca](mailto:olek.garbos@peelregion.ca)

The map illustrates the project location and detour routes for the King Street Culvert Replacement in Terra Cotta, Town of Caledon. The project is located on King Street, between Winston Churchill Boulevard and Side Road 27. The map shows the following roads and their directions:

- Winston Churchill Boulevard (Northbound and Southbound)
- King Street (Eastbound and Westbound)
- Side Road 27 (Northbound and Southbound)
- Side Road 17 (Northbound and Southbound)
- Mayfield Road (Eastbound and Westbound)
- Old School Road (Northbound and Southbound)
- Heritage Road (Northbound and Southbound)
- Mississauga Road (Northbound and Southbound)

The legend indicates the following:

- ROAD CLOSURE (Hatched area)
- DETOUR ROUTE (Dashed line)
- DETOUR DIRECTION (Arrow)



BROCK WEIR  
BROCK'S BANTER

Not “small potatoes” anymore

When you have a chance to look back, sometimes the issues that mattered to you in your youth might seem like relatively small potatoes.

Math and numbers were never my strongest suit in my youth – and not much has changed on that front, I have to admit – and when my seemingly stellar Grade 4 record of A-s and B+s was tarnished by a C- in some generic math, at the time I felt it was the beginning of the end and all my hopes and dreams at the time of being an archeologist were being metaphorically buried in sand blowing in from parts unknown.

Yet, at the end of the day, somehow this blight on my Provincial report card didn’t haunt me for the rest of my days as I envisioned at the time. It was a bit of a quick-healing bruise – no more, no less – but go tell that to an academically-minded kid in Grade 4!

A few years later, in Grade 8, ahead of Nelson Mandela’s visit to Toronto, the most important issue in my mind was securing one of the few tickets allocated to our school for a youth rally he and his wife, Graca Machel, were holding at the SkyDome.

In order to score a place at my particular elementary school in Newmarket, our South Africa-born teacher prescribed a number of tasks and objectives, and as soon as the make-shift syllabus was available, that was the only thing that mattered to me.

Don’t get me wrong, there’s nothing wrong with having drive and ambition, but if I had a time machine I might zip back to that surprisingly competitive time just to tell my young self to “slow my roll” and calm down.

Not much changed in high school; as we worked our way up the grades, our student council decided to hold some sort of music event at school featuring a Toronto artist who was duly booked for the date – only for the principal to decide their “image” was less than appropriate for the school and the date duly cancelled.

For a couple of weeks, it was a top cause celebre, but something more important came along in which we could direct our respective energies and we moved on accordingly.

In retrospect, some of these vignettes from my own educational journey will undoubtedly spark an eyeroll or two. Energy may have been misdirected in some instances, but one thing I would never apologize for – nor, I suspect, would any of my peers – is the passion that we brought to the table.

But, as stated above, these instances were little more than small potatoes.

Much has changed since then. Students today are more connected than ever before – to each other and the world around them. The same can be said for the teachers that are now guiding them through the heady journey that is youth.

Those embarking on or currently on that journey have a lot more to consider these days and, in turn, they are being encouraged to use their voices to advocate for the issues that matter to them. And rather than an elementary school math grade, a nosebleed section ticket for the SkyDome, or who may or may not perform in the high school “cafetorium” they are consequential indeed and should matter to all of us.

By the time you’re most likely to read this on Thursday, June 8, students within the York Catholic District School Board (YCDSB) are planning a walk-out in protest of the YCDSB’s decision last week to reject calls

from students, along with calls from many teachers and parents, to raise the Progress Pride flag at their Catholic Education Centre (CEC), the Board’s headquarters on Bloomington Road in Aurora.

Through social media organized by students themselves, the objective, they say, is to “show the YCDSB that we need change NOW!” (Emphasis theirs)

Students prepared to walk out are encouraged to get up and out of the classroom at 1.15 p.m. and “wear rainbow colours instead of your uniform.”

“Our trustees and administration have failed us. Now we must act,” say organizers. “When we reference ‘administration,’ we specifically mean the Board’s senior administration, because principals, vice-principals, and staff have been extremely supportive. On June 8, walk out of your schools and classes in support of 2SLGBTQ+ respect, dignity, and visibility.

“The YCDSB has shown us that they do not value their students, staff, and community members. We must act now! There is no time to wait for next year or the year after, when 2SLGBTQ+ students are suffering. We need to show [the YCDSB] that we care, and we will not be set aside.”

To those of you who did not attend or view the May 29 meeting at the CEC, the students’ position might seem hyperbolic, but, in my opinion, it is not.

Trustees who voted against flying the Progress Pride flag did not discount that more needs to be done to make students who identify as members of the 2SLGBTQIA+ community feel safer and more welcome in the school environment but argued that flying the flag wouldn’t make much of a difference... despite students who walk the halls of their respective schools insisting that it would, indeed, be a good first step in the right direction.

Heck, even Student Trustees who shared their experiences and those of their peers at the Board table, as is the job assigned to them by the Board, were shut down after stating that Board members who framed those supporting the flag as viewing the pennant as a “panacea” that will solve all issues identified to the Board as “useless and a bit ignorant.” “There is a massive campaign of hate around the western world against the 2SLGBTQIA+ community and it hurts knowing our Board is making national headlines for being a place where this hate is demonstrated,” said Student Trustee Jonah James before he was cut off.

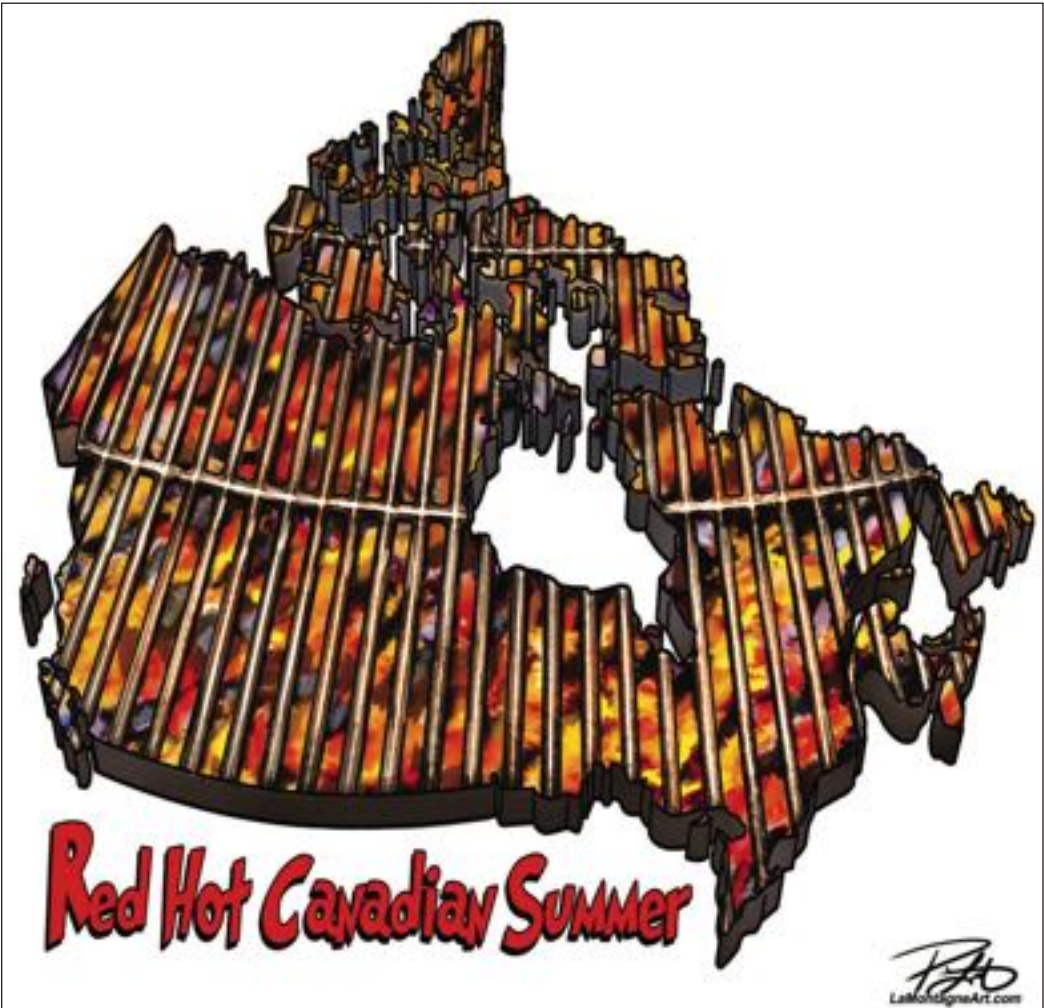
“Students have chosen to come to this Board meeting whether in person or online to stand together and make their voices heard,” he continued. “Students, particularly those of the 2SLGBTQ+, are risking their right to a safe, equitable, fruitful and quality education just to see a little shine of light at this Board that serves them. To say no today is honestly just a slap in the face to every student here at the YCDSB.”

I look forward to seeing what comes out of the walkout this week, if it indeed, transpires – and what the Board’s response might be.

After all, a response might be only a few hundred metres west of the CEC on Bloomington Road where, as of Tuesday, ESC Renaissance, a French-language Catholic school under the jurisdiction of Conseil Scolaire Catholique MonAvenir doesn’t seem to have any problem flying an iteration of the Pride flag.

ily support, location, language, age and financial resources. Privatizing health care will only exacerbate the problem. Doug cut \$22 million from our health care budget this year alone. I implore our Provincial government and Doug Ford not to privatize our healthcare.

TRINA MINER  
BEETON



Going “home” through nostalgic lenses



There are plenty of songs, poems and quotes about the desire to “go home.”

Sorry to say, it’s just not possible. We can never really go back home.

Time is not very kind to us humans. If we could only freeze it, capture those special moments and hold on to them like the safety harness on a roller coaster.

But we can’t. For us Boomers, all we have are some really bad photos of our youth, our early days, wearing strange hairstyles and shorts. And most are tucked away in envelopes from some photo finishing lab that no longer exists. Sure, we may have several stacks of those ringed photo albums, but how often do we pull them out, flip the sticky pages and rekindle those emotions? Hey, I’m all in favour of reminiscing, but others see it as being “stuck in the past.” But isn’t that just where we want to be on occasion?

I recently joined a Facebook group that discusses 1970s Camaros and it’s so interesting to see what some owners have done with these classic muscle cars. It’s also neat to read comments from former owners who no longer have their favourite cars. I’m in that group. I briefly owned a 1970 1/2 RS with a split front bumper. It was a bit of a fixer-upper, but man I loved that thing. Sold it shortly after I started college. I cry every day.

In another Facebook group, hundreds of “older” men share their hobby of building models, mostly WW2 era planes, tanks and ships. I’ve built models since I was a teen and I remember, as a boy, going into hobby shops browsing the shelves. In some stores, they had display cases of painted models and dioramas that customers built. This was truly a “kid in a candy store” feeling. Nothing filled me with such child-like joy as this.

My hobby was sidelined and hobby shops have faded from the landscape. I picked it up again about eight years ago, purchasing small-scale kits from Japan. While these models come pre-painted, I had to add my personal touches to them.

In posts on the Facebook forum, many of the hobbyists are men in their 50s, 60s and 70s, who have picked up the hobby again, after decades of neglect. From the posts, it seems like so many of these guys have found joy again, in these simple pleasures. And some have quite nice work stations in their man caves!

Boys will be boys. “To this day, I have the most fond memories of some of my old toys,” Michael Keaton said, add-

ing that “guys never really get over their toys.” You’re quite right, Michael. But then again, most of us don’t have a Bat Cave!

I remember as I got tired of the countless models I built as a kid, I took them outside to a sand pit behind our house. There, I trashed them in mock battles with firecrackers, bb guns and the like. My mom never understood why I would destroy something i spent so much time creating. In my 20s, I transitioned through MicroMachines, and Star Trek offerings from Playmates. Recently, I amassed many tiny Star Wars models (X-Wing) made by Fantasy Flight Games. We mature people like to call our toys “collectibles.” They are action figures, vintage vehicles, classic comic book characters. They are valuable, we tell our spouses. They will be “worth something someday.”

This may not really be a way to venture back home, but boy does it bring back those childhood memories.

For me, it’s like a foggy sense of calm and inner peace. It’s simple. It stimulates the imagination as we mentally don our flight jackets and prepare to meet the enemy in foreign skies. It allows us to perch on the turret of a tank, heading home from victory.

Jason Mamoa once told his wife: “One woman, lots of toys!”

Men are not alone when it comes to favourite playthings. When the topic comes up at home, my daughters have very fond memories of their Polly Pockets, Littlest Pet Shop, Gogos Crazy Bones, and, of course, Barbies. And yes, I joined them on the rug many times.

“The heart is always the place to go. Go home into your heart, where there is warmth, appreciation, gratitude and contentment,” according to Ayya Khema. Can our hearts carry all these childhood feelings and memories forever?

Apparently so. Dorothy once admitted “there’s no place like home” and she was right. Dorothy didn’t have a scale model of Manfred von Richthofen’s Fokker triplane, but she likely had some sentimental knickknacks!

Maybe it’s age, relative wealth or boredom that drives “mature” men back to the toy bench.

Even spending \$10 on a model kit when we were young pretty much depleted our allowance.

Today we have a bit more cash (or access to credit cards) to spend on these things.

While nostalgia may manifest this way in men, all of us share a love for classic songs by Elvis and the Beatles, coin-operated juke boxes, banana seats on bikes, Spirograph, Nestle Quick, 45s, and even those ice cream cups with the wooden spoons.

The wise among us knew the value of such things and hid them away, untouched. Today, they command decent prices for collectors.

Who wouldn’t want a vintage juke box, pinball machine or even Rock ‘Em Sock ‘Em Robots?

Maybe it’s through these exact things that we can “go home again,” or at least relive some great moments.

Apples are great, but an hour a day with models and paints definitely keeps the gremlins away!

Our Readers Write

Two tiers aren’t solution to healthcare

I’m a palliative care patient at Doane House Hospice and the Odette Cancer Center at Sunnysbrook. I’ve encountered many roadblocks along my journey but nothing compared to people living outside the GTHA.

The wait lists are long, just like a back log after a highway closer, however the solution is not a two-tiered system. The barriers to health care are numerous, from access to a family doctor, fam-

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CONTACT BROCK@LPCMEDIA.CA

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# Black gold, Texas tea

“Come and listen to my story about a man named Jed, A poor mountaineer, barely kept his family fed, And then one day he was shootin’ at some food, And up through the ground come a bubblin’ crude. Oil that is, Black gold, Texas tea.”

Black gold indeed. Whether we like it or not, petroleum is an important part of our civilization.

For all those people who denounce automobiles as bad for the environment and protest against oil, consider this: That vacation you went on to Cuba and posted your photos on-line to brag to your friends – the jet fuel that got you there, the tar mac you landed on, the road you drove on to your resort, the iPhone you used to take the photos, and the memory chip that made it possible, are all related to the petroleum industry in one way or another.

During that trip you also used all sorts of other petroleum-based products. From the plastic cups you drank from to the rubber tires on the golf cart when you played 18 holes – all petroleum based. And the list goes on.

If you really wanted to eliminate petroleum products from your life, you would be living a very frugal existence. You would have to eliminate your

computer, your refrigerator, your phone, a lot of your furniture, food containers, and lot of your kid’s toys. And that’s just to name a few.

The natural gas you mostly likely use to heat your home is also a bi-product of the petroleum industry. Try turning off the gas and hauling coal or firewood into your home in the middle of February, then decide if you think using natural gas is a good method of staying warm.

I was watching a movie that was set in the outskirts of Los Angeles. Shirley MacLaine played a woman had an oil rig pumping away, almost in her back yard. The hilly area surrounding her house covered with oil rigs, all pumping oil a litre at a time.

I was curious about this and posted a question on a forum I frequent, asking Los Angeles residents about oil rigs in the that city.

Sure enough, the city has hundreds of the rigs pumping out black gold every day. In more urban areas they are disguised under buildings so you can’t see them – but they are there.

The heyday for oil in Los Angeles is over, but the wells that are there are still producing oil.

# But first, traffic...

It seems that lately, I’ve been talking a lot about infrastructure. Of course, as a layperson, I am no expert on the topic. Sometimes however, and I have my own personal experiences to support this, an expert is not what’s needed to bring attention to a particular issue but rather, the collective “us” is what matters. It’s the “us” (the people) who are occasionally able to apply a lens of common sense to the issues which impact us daily. Today, I’m talking to you Southfields residents. It’s time to loudly, but appropriately, advocate for the application of common sense to be applied where traffic in your community is concerned.

Living in the southern portion of Caledon has become somewhat of a nightmare. Traffic is horrendous - there is simply no other word for it. Infrastructure, poor planning, and questionable decision-making are to blame and while it has certainly landed in the lap of the current Council and administration to resolve, it has been years in the making. Regardless, lives are at stake and the time for action was long before Southfields (and Caledon’s Anthem community too) was even built. If indeed the southern end of Caledon was a “master-planned community” then it’s time to actually ensure those plans, particularly road infrastructure, are actioned.

It is not enough for the current Council to say they are advocating on behalf of residents. It is not enough to do yet more traffic studies. We know that Southfields was planned to have more than one entry/exit point. Technically, at the moment, it has two,

but that’s only because Kennedy Road runs north/south so technically another exit exists. However, the northern exit is only one lane, requires navigating a roundabout, passing a school (where absolutely no one maintains the speed limit) and simply dumps residents onto a single lane, country road ill-equipped for the volume. There is no way to leave the subdivision from the east or west and the kicker? Now that the subdivision also includes several large warehouses, facilities that will no doubt rely upon increased truck traffic to support their existence, the traffic will absolutely ONLY GET WORSE.

Sold by at least one developer in their marketing materials as an opportunity to “Escape the hustle and bustle of the big city and find solace in the suburban-country oasis of Southfields, Caledon,” instead it is also now home to warehousing facilities that are being advertised as having easy access to Mayfield Rd. and the nearby 410 highway. Nothing could be further from the truth. The road on which these warehouses exist is a dead end in one direction and the other leads potential truck traffic directly toward the already astonishingly busy Kennedy Road – currently the only way in and out of this neighbourhood of thousands of homes. Adding to the mayhem, the main intersection at Kennedy and Mayfield Road has been under construction FOREVER. It’s not just an accident waiting to happen, they’ve already happened - multiple times - and no doubt will continue to happen but with increasingly tragic consequences

Whether we like it or not, we are still dependent on fossil fuels and will be for the foreseeable future.

Canada has the fourth largest oil reserves in the world with just over 177 billion barrels. While Iran is third with 208 billion, and Saudi Arabia second with 258 billion, it is Venezuela that tops the list with a whopping 303 billion untapped barrels of oil.

It is estimated that Canada has 111 years of production left. Iran is listed as 214 years, while Venezuela is estimated to continue producing for 1,578 years.

Just this past week I wrote a story on the “Auto Mayors’ conference. This was a conference for mayors of towns and cities in Ontario who are heavily impacted by auto manufacturers.

This is a huge industry in Ontario and is really the base of manufacturing in the province. The automotive industry may be changing but it’s not going away.

The number of Canadian oil refineries has decreased over the past 40 years, while the capacity of existing refiners has increased. Small, less efficient facilities have been replaced with more efficient, cleaner, and expanded facilities.

We should have cheap gas and home heating oil, but we don’t have the infrastructure in place.

The majority of oil produced in Western Canada is sent to the United States in the form of crude oil. Canada is a net producer of oil. From a business standpoint, this can be a good thing.

However, on the East Coast, oil is imported. In 2020, the nation imported \$11.5 billion of foreign oil – in a country with the world’s third largest reserve of the same product.

That just doesn’t seem to make a lot of sense.

Even if the entire world starts driving electric cars, we will still need oil in some form. A thousand years from now, there will still be machines, and all moving parts need to be lubricated.

Hopefully, industry chemists will someday be able to use a plant-based solution to replicate crude oil.

Jed Clampett got rich off of Texas tea, the rest of us just need it to sur-



**BRIAN LOCKHART**  
FROM THE SECOND ROW



**SHERALYN ROMAN**  
TALK CALEDON

as we add transport trucks to the mayhem.

So, about that infrastructure I mentioned earlier. If in fact these communities were “master-planned” years ago and those plans included multiple entry/exit points, you cannot now, in good conscience, continue to cite poor planning as a reason to support delay after delay after delay. You cannot collect the taxes of both the residents and the corporate citizens that you encouraged to flock to this area by building homes and warehouses right next to one another and then not spend some of that money on infrastructure to adequately support and keep those residents safe. You cannot continue to blame other levels of government without taking any meaningful action. You cannot continue to suggest the roads are a regional responsibility, unless of course once we are no longer part of the region you plan to immediately rectify the situation and build out the road to Heart Lake Road. Finally, and residents, some of this is on you as well, it’s time to get loud, get angry, and to advocate for your right to safe access to your homes and businesses.

But here’s the thing. Use social media as a tool not just as a keyboard warrior. Call, write, email, and visit the offices of the people who SHOULD be helping you and then do it all again, and again and again. Get in contact with your area councillor, your Regional Councillor, the Mayor, the Transportation Minister, our MPP. Use social media to coordinate a community wide campaign and strike a committee

of the Southfields Residents Group who will specifically advocate and work with all of the parties just mentioned in order to effect change. Don’t just ask for meetings, plan them and expect attendance from the folks running our community. Apply enough pressure and they’ll advocate for you higher up the chain. Sure, they might already be doing it but press harder. Go ahead and protest at the ONE main intersection you have in your community and call the media to cover the event. In addition to your own concerns about home and safety, there are three schools, one community centre and library, and one seniors residence in Southfields meaning students, seniors and young children are all at risk.

The voices of many carry weight but only if they are organized, have done their homework, speak with one voice and advocate for change with a common sense attitude that’s focussed on an end goal based on safety for all, not simply on complaints about what’s not working. How do I know this? Because other communities in south Caledon have been in your shoes. Don’t wait until there’s a near tragedy involving a car full of teenagers, a flipped vehicle that burst into flames and a terrible bridge with inadequate signage to do something about it. The solutions might not be perfect but they’ll be better than now.



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## Now Hiring Volunteer Firefighters



Why become a volunteer firefighter? You gain a family, give back to your community, learn new skills and more!

Did you know volunteers are paid for their time when responding to a call? They are!

In order to apply, you must attend one of our mandatory information sessions:

- Wednesday, June 14, 2023, at 1:30 p.m. at Caledon East Community Complex - 6215 Old Church Road.
- Monday, June 26, 2023, at 7 p.m. at Southfields Community Centre - 225 Dougall Avenue.
- Wednesday, July 12, 2023, at 7 p.m. at Caledon East Community Complex – 6215 Old Church Road.

Visit [caledon.ca/fire-recruitment](https://caledon.ca/fire-recruitment) for more details and to get started.

## Summer Registration is now open for residents

Looking for recreation programs to stay active? Find a swimming lesson, fitness program, or new activity to keep your kids busy this summer. Find Your Fit with Recreation Caledon!

Summer registration is now open for residents. Register today by visiting [caledon.ca/recprograms](https://caledon.ca/recprograms).

\*Registration for non-residents will open on Wednesday, June 14, 2023.



## Calling all artists in Peel Region



The Town of Caledon is looking for an artist to create a sculpture for display at the Humber River Centre opening this fall in Bolton. Visit [caledon.ca/art](https://caledon.ca/art) to learn more about the history of the building, project details and apply.

## June is Recreation and Parks Month



Get active and #GoPlay in Caledon.

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Staying active is an important part of a healthy lifestyle, and we’re here to make it easier for you.

Take advantage of FREE activities at our community centres and outdoor spaces all month long.

For full details on when and where you can get active, visit [caledon.ca/JRPM](https://caledon.ca/JRPM)

## Free activities in honour of Seniors Month

Join the celebrations!

**Caledon Public Library: Online Nature Journaling with Pencils, Paper & Nature**  
June 7, 2023 | 10:30 a.m. – 12:30 p.m.  
Virtual – Zoom

**Eat Local Caledon**  
Community Lunch with Palgrave United Community Kitchen and EcoCaledon  
June 7, 2023 | 12 – 2 p.m.  
Palgrave United Church

**Advance Care Planning Workshop**  
with Bethell Hospice  
June 8, 2023 | 2 – 4 p.m.  
Caledon Village Place

**Seniors Health and Fall Prevention Masterclass**  
Hosted by Dr. Vikas Puri of Intelligent Health Group  
June 12, 2023 | 6 p.m.  
Virtual – Zoom

**Afternoon Strawberry Social**  
with Caledon Seniors Centre  
June 15, 2023 | 2 – 4 p.m.  
Rotary Place Bolton

**Bingo Bash**  
with Caledon Meals on Wheels  
June 20, 2023 | 1 – 3 p.m.  
Caledon East Community Complex

**Seniors Summer Social**  
with Door to Door & More Inc.  
June 22, 2023 | 1 – 3 p.m.  
Inglewood Community Centre

**Watercolour Workshop** with PAMA  
June 27, 2023 | 2 – 4 p.m.  
Caledon East Community Complex



Registration is required for the events above. Please visit [caledon.ca/adult55](https://caledon.ca/adult55) or call 311.





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# Engaging hobbies for seniors

The value of hobbies is undeniable.

A 2014 study published in the Journal of Occupational and Organizational Psychology found that employees who engaged in creative hobbies outside of work were more creative on work projects and had a better attitude on the job, while a separate study published in Psychosomatic Medicine in 2009 reported that individuals who engaged in enjoyable leisure activities had lower blood pressure and a smaller waist circumference.

The myriad benefits of hobbies are good news for seniors, many of whom have ample time for leisure activities. Whether seniors are retired or still working but free from the responsibilities of parenting, the following are some fun and engaging hobbies to fill that free time.

**COOKING:** Years of hustling and bustling through the daily grind of personal and professional obligations might have forced individuals to embrace cooking emphasizing convenience over culinary skill. Now that there's more time to embrace one's inner Emeril, seniors can look to cooking classes or take the self-taught route and purchase a new cookbook filled

with delicious recipes. A well-cooked homemade meal can provide a sense of accomplishment and affords seniors an opportunity to control the ingredients in the foods they eat, which can be important for individuals with health-related dietary restrictions.

**WRITING:** Many successful individuals have penned their memoirs after long, notable careers and lives. While individuals needn't follow suit with the goal of making their memoirs public, writing can be a great way for seniors to document their own lives and the lives of their families. Interest in genealogy has risen considerably in recent years, as easily accessible websites like Ancestry.com and 23andMe.com have made it easier than ever for individuals to learn where they came from. Seniors can contextualize the information provided by genealogy websites by writing about their personal experiences and sharing what they know about the lives of their parents, siblings, grandparents, and other family members.

**GARDENING:** Seniors looking for hobbies that get them out in the great outdoors need to look no further than their own backyards. Gardening can benefit the body in myriad ways. According to the Mayo Clinic Health System, gardening can burn as many calories as working out in the gym. In addition, the MCHS notes



that individuals who grow their own fruits and vegetables are more likely to include those foods in their own diets, thus saving them money at the grocery store and also increasing their intake of nutrient-rich foods.

**SWIMMING:** Swimming is an ideal exercise for seniors, as it's low-impact but still a great way to utilize the entire body. A 2007 study published in the journal Quality of Life Research found that water-based exer-

cise improves older adults' quality of life and decreases disability. A separate study published in 2008 in The Journal of Sports Medicine and Physical Fitness found that water-based exercise can improve or help to maintain bone health in post-menopausal women.

These are just a few of the many hobbies seniors can pursue as they look for positive and fun ways to spend their free time.

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Celebrating SENIORS

3 tips for growing older with your pet

(NC) The idea of “growing old together” is a goal many of us aspire to. It doesn't matter if that special someone walks on two legs or four – both of your needs will change as you enter your golden years together. Age gracefully along with your furry family member with these tips:

1. Stay physically active and make your space more accessible for both of you. Reduced mobility is a common aspect of aging, and it applies to you as well as your pet. You may be used to your pet running circles around you or jumping up to your highest shelves, but as you two continue together, your pet's mobility will decrease faster than yours. Stairs can be challenging for pets to climb, particularly as they age.

Keep an eye on them and consult with your veterinarian if you have concerns about your pet's mobility.

2. Watch what you (and your pet) eat. A good diet may be an obvious part of a healthy lifestyle, but it's essential for both you and your pet. You may both want to try some changes to your meals as you age. Speak with your veterinarian to make sure you are providing healthy and high-quality food for your animals.

3. Use medication responsibly for your pet and yourself. Your pet can get sick just like you, and they may be prescribed an antimicrobial medication, such as an antibiotic, to help them get better. It's essential that you both take medications exactly as prescribed by your veterinarian or doctor. Not following the directions for medication use can cause antimicrobial resistance (AMR), which means the medications that treat bacteria, fungi, parasites and viruses are less effective, or not effective at all. This could mean your pet's or your short-term infection is harder to treat, and can contribute to the longer-term problem of AMR.

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# Meal delivery services bring an array of benefits to aging adults

By: Sam Odrowski



As people age, it's important to ensure they eat nutritious meals daily to stay healthy. And services like Heart to Home Meals are making sure this happens by taking cooking out of the equation. Meal delivery services bring affordable, delicious and nutritious meals directly to your front door. This helps older adults who may be less physically able to cook for themselves to remain well-nourished

and stay in their own homes as they age. After receiving surgery, seniors are more likely to face malnutrition, and a meal delivery service can help keep them healthy. The delivery of these meals also helps seniors who live alone to feel cared for and safe, as someone's not only dropping off food but checking in on them. Older adults who live alone may not get that type of face-to-face contact regularly unless a family member comes to visit, so a meal delivery service can help with feelings of connection. A study conducted by Brown University in 2015 demonstrated that home-delivered meals provide both psychological and health benefits beyond basic nutrition. Seniors living alone who received personally delivered meals daily or weekly had significantly reduced feelings of isolation or loneliness, were less worried about staying in their homes, and experienced fewer falls or hospitalizations. In addition, meal delivery services can help people discover different foods and have them catered to their dietary needs. This type of service can also eliminate the need for grocery shopping, which can be challenging for those without an effective mode of transportation or the ability to carry groceries to the kitchen. Even things like pushing a shopping cart can be an obstacle for seniors with mobility issues. Recognizing a lot of older adults live on a tight budget, many delivery services offer fresh or frozen meals at an affordable price. Having a consistent cost each week for food also helps to create sustainability and predictability for the many seniors who live on a fixed income. This can reduce stress and lead to a more hassle-free lifestyle. With this in mind and the many other benefits of receiving hot meals at the door, it's a great time to try a meal delivery service and see if it works for you.

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Spot the latest scam separating you from your money

(NC) We never want to fall victim to a scam, but with fraudsters using more sophisticated tactics it can be harder to tell when a scam is right in front of you.

The undercover investigation scam has become more successful in recent years according to Kevin Purkiss, vice president, fraud management at RBC. Here's how the scam works:

A criminal, posing as a legitimate source, like law enforcement or your bank, reaches out to you to get your help - and your money - for a fake criminal investigation.

While there are many variations of the scam, it often involves the fraudster saying they are investigating an employee at a bank branch. They claim they need you to withdraw a large sum of money from your own account so that it can be used as evidence in the investigation. The scam will often happen over multiple days and you are told not to tell anyone you are involved. The scammer promises your money will be returned after the investigation is complete, but once it's handed over it's gone.

"If you are ever contacted to take part in an undercover fraud investigation, it's probably a scam," says Purkiss. "A legitimate business, government agency and your bank will never ask you to participate in an undercover operation to prevent fraud."

Find more fraud prevention tips at cba.ca/phony-bank-inspector-scam.

www.newscanada.com



How to make new friends after 50

The early years of midlife are a hectic time for many people. Around the time many people reach their late 30s and early 40s, they're balancing the responsibilities of a career and a family. But as people enter their 50s, some of those responsibilities tend to be less significant, leaving more time for recreational pursuits.

Hobbies and other pursuits outside of work are often more fun when enjoyed with friends. People over 50 undoubtedly recognize that it's not always so easy to make new friends, even though it's undeniably beneficial to have supportive relationships into your golden years. A 2017 study from researchers at Michigan State University found that valuing friendships was a stron-

ger predictor of health and happiness among older adults than valuing family. Those results align with an earlier Australian study that found Australians aged 70 or older tended to live significantly longer if they had more strong friendships.

Making friends after 50 might not be as simple as it was during your school days, but these strategies can help men and women in midlife build new friendships.

**IDENTIFY YOUR INTERESTS.** Fifty-somethings who have spent the last couple of decades building a career and raising a family can give some serious thought to their interests outside of work or passions they hope to pursue now that they have more time to commit to such pursuits. The more interested you are in a given activity, the more likely you are to stick with it. And the longer you stick with something, the more likely you are to meet like-minded individuals (i.e., future friends) willing to make similar commitments.

**UTILIZE SOCIAL MEDIA.** In years past, men and women over 50 may not have had any readily available tools to reach out and connect with new people. Social media has made it much easier to build such connections. Even the most obscure passions likely

have a social media group of locals devoted to them, and these groups can be great ways to meet new people. A local runner's club may have its own social media accounts, and local governments and community groups often share information about sports leagues and other groups via social media.

**SIGN UP FOR GROUP OUTINGS.** Communities often sponsor group outings to museums, the theatre, sporting events, and other day trips. Signing up for a bus trip to a local museum presents a great opportunity to meet people who share your interests, providing the potential to build lasting friendships built on a foundation of shared interests.

**BROADEN YOUR HORIZONS.** Just because you're in your 50s doesn't mean your friends have to be. Don't hesitate to invite younger or older acquaintances and colleagues over for dinner or on weekend excursions. Friends come in all shapes, sizes and ages, so you could be missing out if you're not willing to extend a hand in friendship to people of different ages and backgrounds.

Making friends after 50 can be challenging. However, various strategies can help men and women over 50 connect with new people.



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# Strength training for seniors

A balanced diet and exercise, which includes a combination of aerobic activities and strength training, is necessary to maintain long-term health.

According to the Centers for Disease Control and Prevention, regular physical activity is one of the most important things older adults can do to protect their overall health. Exercise helps to delay or prevent many of the conditions that come with age. Adults ages 65 and older should aim for the recommended 150 minutes a week of moderate-intensity activity, such as brisk walking, and at least two days of activities that strengthen muscles.

When it comes to muscle strengthening, seniors can follow these safety guidelines as they embark on their strength-training journeys.

**SPEAK WITH A HEALTHCARE PROVIDER FIRST.** Get the green light to proceed with an exercise regimen before beginning by having a discussion with your general practitioner about your fitness goals. Your doctor can recommend strategies that are safe and point out any exercises that may compromise your overall health.

**MASTER BASIC EXERCISES FIRST.** Anyone new to strength training, which is sometimes known as resistance training, can start out slowly, even using just body weight, to provide resistance. Resistance exercises can include squats, crunches, modified pushups, planks, and lunges.

**GRADUATE TO RESISTANCE BANDS.** When you're ready to move on to something else, consider resistance bands as an alternative to free weights. The bands can help you develop good form before introducing weight. Good form is key to avoiding injury.

**WORK WITH A TRAINER.** Working with a certified personal trainer can help you learn how to use

free weights and strength-training machines correctly. A trainer also can create a routine that includes the right number of sets and repetitions to gradually build and maintain muscle mass. If you decide against hiring a trainer, gym staff members may guide you through equipment and demonstrate proper form.

**EXERCISE WITH A FRIEND.** Strength training with a friend or family member can provide motivation and keep you on target to meet your goals.

**BUILD UP GRADUALLY.** Your first strength session should only last 10 to 15 minutes, according to Tiffany Chag, C.S.C.S., a strength coach at the Hospital for Special Surgery in New York. This enables you to gauge soreness. Wait until soreness abates before beginning your next session if you are new to strength training.

Strength exercises are a vital part of maintaining health as a senior. Such exercises help maintain muscle mass and also improve balance and bone health.

## Pre-workout tips for seniors

**AS PHYSICALLY ACTIVE** individuals age, they typically must change how they approach exercise. For example, rather than jumping two feet first into new activities like they might have done when they were younger, seniors may have to think about injury prevention and ways to improve their endurance prior to lacing up their sneakers. For most, that may boil down to taking various pre-workout steps.

**GET ENOUGH REST.** The body requires adequate sleep and other rest during the day to stimulate muscle growth and repair. Exercise may not be as effective and it may be more dangerous if seniors are engaging without enough sleep. In addition, sleep deprivation can reduce reaction times, which can adversely affect workouts.

**EMPHASIZE STRETCHING.** Stretching can improve flexibility and reduce the risk of muscle injuries. It also can improve the range of motion in the joints. Stretching before and after a workout prepares the body for exercise and helps it recover.

**WEAR THE PROPER FOOTWEAR AND CLOTHING.** Sturdy, supportive athletic shoes and well-fitting workout wear can make working out more comfortable and safer. The National Institute on Aging recommends finding footwear designed for the specific activity you'll be engaging in. Footwear that offers sufficient heel support and nonslip soles is beneficial as well.

**WARM UP.** Give the body an opportunity to acclimate during a warm-up period that will facilitate healthy breathing. Warming up also loosens up the joints and muscles for the exercise ahead. After a workout, seniors should cool down to reduce their heart rates and prepare for recovery.

**CAREFULLY CONSIDER PRE-WORKOUT SUPPLEMENTS.** Pre-workout powders and pills have become quite popular among exercise enthusiasts. Manufacturers may advertise that their products are loaded with vitamins and minerals that will help energize the body for a workout. However, they also may be fortified with caffeine. Do not take a pre-workout supplement without first consulting your physician, as certain products may adversely interact with medications you're taking for preexisting conditions.

Pre-workout steps can keep seniors safe and reduce injury risk from exercise.

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# Caledon Italian Heritage Day was a huge success

What a party! The Caledon Italian Heritage Day festival took place at the Albion-Bolton Fairgrounds on Saturday, June 3, with a great line-up of music and Italian food vendors. Bands performed a mix of music including some popular Italian songs that had the audience clapping and dancing. Many visitors arrived from a considerable distance including one group from Rome. Organizers said they want to pass down their heritage to the next generation and events like this are a great way to keep their culture alive.

PHOTOS BY BRIAN LOCKHART



# A Mental Detox To Create Your Best Summer Yet

This is a great time of year to do a mental detox and prepare for your best summer ever.

My own life really changed when I became more disciplined about my mind and the thoughts I was telling myself. As much as I would feel joy when I would accomplish something, it was a temporary joy. I would quickly be consumed with the next thing on my To Do list. The real bliss happened when, no matter what was going on in my own life, I became more discerning in steering my internal program to a positive one. I love working with my clients on how to elevate their mindset because it is clear how quickly we see changes in one's moods, stress, and overall happiness.

The following are a few quick tips to help you elevate your mindset today and start to experience a more positive and fulfilling life.

### START YOUR DAY WITH "I GET TO"

When you first open your eyes in the morning, begin to train your brain into focusing on the positive by saying: "I get to..." A simple change from I have to, to I get to will create a huge shift in how you feel and how you start your day.

### ACTIVATE THE FEEL-GOOD HORMONE

Our bodies are meant to move and not just for physical health, for mental health as well.

It doesn't matter what you do as long as you move your body and the summer is a great time to get outside and do this. Regular exercise releases endorphins, which can boost your mood and energy levels.

Every morning tell yourself: "I choose to feel good, so I choose to move my body today."

### A Healthy Eating Mindset

When we feel well, we eat well, when we eat well we feel well. It is a great reciprocal relationship and the opposite can be true. When we feel emotionally drained or stressed many

of us will opt for "comfort food" to help us cope.

Remember our primary need is to eat for energy; when you have a busy work week choose foods that will give you the most brain power and energy. The more food is in its natural state, the more energy giving it is.

A healthy food mindset tells your body: "Today I am eating whole foods that give me energy, today I am going to enjoy healthy foods that feel good to my body and mind."

### PRIORITIZE YOURSELF

We are the captains of our ship, the navigators of our life, and ultimately 100% responsible for our happiness and our misery. The great news is that happiness is in your power when you prioritize your happiness and your Self.

Setting aside time every day for yourself to connect inwards. Relaxing is essential nourishment for the mind. This is our brain's chance to recharge and reconnect with self.

A daily practice of meditation, nature walks, journaling or breath work is a great way to do this.

Remember it all starts with the mind. If you tell yourself that you are a priority, the body will follow. Action around self becomes easier once the mind decides.

Train your mind by making a sticky note and put it somewhere that is visible. Let it read: "I AM A PRIORITY".

Remember a positive mind creates a positive life. It all starts with our mind and what we are telling ourselves.

By following these tips, you can keep feeling great as summer approaches and make the most of this vibrant and joyful season. Embrace the warmth, sunshine, and endless possibilities that summer brings!

by Julie Cass of thepositivechange.com  
For meditations go to <https://www.youtube.com/@JulieCass>



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Caledon Citizen

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"The people don't want us to touch the Greenbelt. Unequivocally, we won't touch the Greenbelt."

On December 8, 2022, **Premier Doug Ford and government MPPs from across Ontario broke that promise.** They voted for legislation which removes protections from the Greenbelt's Duffins-Rouge Agriculture preserve and are passing further legislation which weakens or removes Greenbelt protection. 7,400 acres have already been cut from the Greenbelt and opened to wealthy developers.

By exposing these areas of the Greenbelt to development, Premier Ford and government MPPs have put **the entire Greenbelt at risk of further damage.** Although politicians do break promises, commitments to protect the Greenbelt are a special kind of promise. **Everything is at stake.**

Please speak out now. Wealthy developers must not be given a green light to send bulldozers into the Greenbelt!

Please email, phone or visit MPP Sylvia Jones. Deliver her a powerful message...



**Sylvia Jones**

*MPP for Dufferin-Caledon*

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# SPORTS

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Caledon Citizen Student Athlete of the Week

## Hall CSS Wolfpack football player and high jumper Anthony Glasgow earns athletic scholarship to the University of Guelph



ANTHONY GLASGOW

CONTRIBUTED PHOTO

BY JIM STEWART

Michael Chondronikolas is a Social Science teacher at Robert F. Hall Catholic Secondary School, but also serves as a Wolfpack Football Coach and Track and Field Coach.

Chondronikolas has had the unique opportunity to witness this week's Student Athlete of the Week Anthony Glasgow excelling in two sports in his senior year at Hall CSS.

Coach Chondronikolas spoke glowingly about the dual-sport star: "Anthony is the ultimate competitor. He works extremely hard to ensure he not only prepares himself for competition, but ensures he delivers his very best each and every day. He is a highly-motivated individual who seeks to improve on his skill and has the self-discipline to ensure that he is performing at his highest level."

Glasgow's self-discipline on the football field and the high jump pit also manifests itself in the classroom, according to his two-season coach.

"Anthony embodies what it means to be a student-athlete. Not only is he an elite level athlete, but he takes his studies very seriously. As an honor roll student, Anthony's self-discipline and desire to succeed is what has enabled him to earn an athletic scholarship to the University of Guelph's Track and Field Program."

Coach Chondronikolas also complimented Glasgow's readiness to learn a new sport half-way through his high school career.

"Anthony's commitment and dedication to his craft is truly inspiring. It has been remarkable to see his growth as a student-athlete in such a short period of time. Although still relatively new to the sport of High Jump, Anthony has excelled remarkably and is one of Ontario's very best. His natural athletic ability, in addition to his self-discipline and focus to the sport, has made him an elite level athlete. He is a leader on our Track and Field Team and he continues to set the example for our younger students, to challenge themselves and to seek to make improvements daily. My hope is Anthony continues to pursue his dream and aspires to reach the next level."

Glasgow's key Wolfpack performance that is most memorable to Coach Chondronikolas is "last year's

Senior Boys High Jump event at OFSAA Track and Field."

"Anthony's ability to overcome the pressure of competition to hit a personal best of 1.90m was truly remarkable. Being a Grade 11 student, who was new to the sport, competing against Ontario's very best would be something to make any individual athlete nervous. Yet, Anthony remained cool, calm, and composed to place sixth and hit a personal best. My goal for Anthony is to medal at this year's OFSAA competition, and to hit his goal of reaching 2.00 meters, which I know Anthony is aspiring to achieve also. He is a remarkable athlete and an even greater person. It was indeed a pleasure to have the opportunity to have coached Anthony in both Football and Track and Field. I wish him all the best in his future endeavors."

Anthony Glasgow took a break from his OFSAA high jump preparations and his final high school projects to answer our interview questions:

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

**Anthony Glasgow:** "The qualities I have demonstrated in my sports season that have allowed me to earn Student Athlete of the Week are leadership, teamwork, determination, and dedication."

**Caledon Citizen:** What were your key statistics and performance moments from the 2022-23 season that you are most proud of?

**Anthony Glasgow:** "My key statistics and performance moments from the 2022-23 season that I'm most proud of are my Friday Night Lights football touchdowns, where I hit two touchdowns back-to-back, and the gold medals I have achieved leading up to and at ROPSSAA Track and Field."

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

**Anthony Glasgow:** "Other than my school sports teams, I have played for the Caledon Cougars basketball team."

## First place Bolton Brewers win seven in a row to stay undefeated in NDBL play

BY JIM STEWART

Bolton Brewers Head Coach Mike Wallace's team is off to a torrid start in the first weeks of the North Dufferin Baseball League's 2023 season.

The Brewers have won all seven of their ball-games and are in first place in the venerable 93-year-old league.

Bolton has run roughshod over their NDBL competition, including a 9-2 win over the Clearview Orioles to kick off the season.

The Brewers shut out the Lisle Astros 9-0, dispatched the Creemore Padres 10-5, and edged the Orillia Majors 5-2 to start the season with five consecutive victories.

An offensive explosion versus the Mansfield Cub culminated in a convincing 16-5 win and a 4-2 victory over the New Lowell Knights preserved the

team's pristine early-season record.

Coach Wallace attributes the team's early success to the staples of baseball—pitching and hitting.

"We have had tremendous pitching from Nick Pettinaro, Aaron Dzhib, Trent Barwick, and Victor Mogul. Our bats have picked up. Steve Warden, Drew Vokey, Brayden Grech, and Aaron Dzib have all homered in the first seven games. Carter Burnside and Chris Fafalios currently lead the team in average and on-base percentage, respectively, with great at-bats."

Wallace — the Brewers' player-coach who is bouncing back from an injury-plagued 2022 season and has already contributed a home run to the Brewers' aerial attack in 2023—is really pleased with the offensive production of slugger Brett Chater.

Continued on Page B9

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Bring the indoors out. We often hear about bringing the outdoors inside, but the reverse is also true when designing a luxurious extension of your home. Homey, lived-in touches can take your outdoor space from sterile and unfinished to cozy and inviting. Think patterned throw pillows, fluffy blankets for chilly evenings, outdoor rugs, colorful lanterns, and decorative accessories like painted terracotta pots or metal tins.

Invest in comfy furniture. What's the best

part of your living or family room? Chances are it's your comfortable couch or recliner. To recreate the same feeling, splurge on some soft furniture that will make you want to stay outside for hours reading a book or working remotely. It doesn't have to break the bank either — you can DIY a cozy lounging bench with reclaimed wood and hand-sewn cushions with outdoor stuffing and fabric.

Add a relaxing pool or spa. Water has a calming effect and is often linked to our favorite memories at the cottage or on vacation. A pool or spa can help transport you somewhere far away without leaving your home. A pool can help you and the kids get some exercise while swimming laps, while a spa can soothe tired muscles after a long day hunched over your



laptop. ICF pools also can be custom-made to accommodate any design, making them a very versatile and efficient way to build pools.

Go wild with greenery. Live plants can help you feel connected with nature, and tending to them can help you feel relaxed yet productive during isolation. A vertical garden can add

visual interest, while trees and shrubs can provide shade and character. Aromatic herbs like lavender or rosemary offer pleasant scents and can spice up your cooking. And don't be afraid to cut some flowers from your garden to place in vases or pots for beautiful finishing touches.

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# Exterior home updates for optimal curb appeal

Renovations are a great way for homeowners to reshape their homes. Some may aspire to renovate so their home is more reflective of their personal taste, while others may do so in an effort to make their homes better align with modern styles and sensibilities. Regardless of why a homeowner chooses to renovate, the need to do so is often evident to the naked eye, especially when the time comes to update home exteriors.

Curb appeal is often discussed in regard to the effects it can have when selling a home. But curb appeal is equally important for homeowners who aren't putting their homes on the market. A well-maintained, aesthetically appealing home is a source of pride, while a home with fading curb appeal can make homeowners feel a little sheepish. Homeowners who want their homes to maintain their curb appeal can look for signs that it's time to update their home exteriors.

- Curling shingles: The roof may not be the first thing people think of when pondering curb appeal, but a damaged roof can contribute to problems that ultimately affect the exterior and interior of the home. Multiple curling shingles indicate it's time to replace the roof. The sight of curling shingles is not pretty, but the larger issue in such instances is the potential for costly water damage when water gets in through the affected shingles.

ment experts insist they can determine when a home was built or most recently renovated simply by looking at the front door. Steel and glass doors are popular in modern homes, so homeowners with front doors with ornate designs and oval glass inserts can likely benefit from an upgrade to their entryway. A modern front door can make a statement and real estate experts note how popular updated front doors are among buyers.

- Unsightly landscaping: It's not only the physical components of the home that may suggest an update is necessary. Homeowners without a green thumb may have exterior landscaping that has seen better days. If a spring or summer day spent tending to your landscaping is not your ideal weekend pastime, then consider replacing unsightly landscaping with low-maintenance plants or hardscaping. These alternatives to more needy plants can create curb appeal without requiring any extra work for homeowners.

- Cracked driveways/walkways: If the driveway looks like a busy road at the end of snow plowing season, chances are that's adversely affecting the impression people have of your home. In addition, cracked walkways indicate a need for renovations, as these areas are front and center when welcoming guests.

Updating a home's exterior can restore curb appeal and help homeowners feel better about their properties.

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# How to prepare soil for spring planting

Spring is a season of rejuvenation, and perhaps nowhere is that rebirth more noticeable than in the yard. Each spring, grass begins to grow again as inviting landscapes beckon people outdoors.

Extra sunlight and rising temperatures make spring a great time to plant flowers, grasses and trees. To ensure successful planting, homeowners must take steps to prepare the soil. Healthy soil can provide the ideal conditions for roots to take hold, helping plants establish themselves before potentially harsh summer conditions arrive. Preparing soil might seem like an extensive job, but a simple approach may be all that's necessary to create conditions that promote plant growth this spring.

- Clean up the previous months' mess. Whether homeowners live in regions marked by year-round warmth or places where winter typically features heavy snowfall, it's a good idea to clean up an area prior to spring planting. Fallen leaves, rocks, grass clippings, and other debris can contribute to compacted soil that makes it hard for plants to establish strong, healthy root systems. Clear away any debris prior to planting before taking the next step in your soil preparation routine.
- Loosen the soil. Once debris has been cleared away, loosen the soil. Depending on the size of the area where you'll be planting, you may need to invest in tools like a shovel, spade, spading fork, and/or a lawn edger. If

you're planting in a small area, such as a deck planter box that still has soil from last year's planting inside it, you can either clean the box and replace the soil entirely or dig around with a handheld trowel, cultivator and/or weeder. It's important to loosen all of the soil around where you will ultimately plant prior to planting to ensure water can reach the roots and help them establish themselves once planting is completed.

- Test and, if necessary, amend the soil. A simple pH test can help determine the acidity or alkalinity of the soil. This is an important step as soil that is too acidic or alkaline can decrease the availability of nutrients the plants will need to thrive. In addition to conducting a pH test, which can be purchased at little cost at a local home improvement store. These tests will reveal soil pH, but also can shed light on the texture of the soil and other components. Once the test is conducted, you can seek recommendations on ways to improve the nutritional quality of the soil so new plants can thrive.

Soil conditions go a long way toward determining if new plants will thrive. Preparing the soil prior to spring planting can ensure a successful season.



# The many styles of front doors

A grand entryway simply wouldn't be complete without an impressive front door. A front door can dazzle guests and create a homeowner's desired vibe before anyone even steps inside, which only underscores how important the choice of door style can be.

When shopping around for a new front door for their homes, homeowners can consider the many popular styles as they seek to choose one that fits an existing scheme or use a new front door as a springboard to a redesigned home interior.

- Farmhouse: Farmhouse doors are not all one and the same. Traditional farmhouse doors provide a rustic look that's become popular in home decor over the last decade or so. Modern farmhouse doors are a little less rustic because they incorporate more contemporary elements into their design. Each option is ideal for homeowners who aspire to create a farmhouse vibe in their home interiors and exteriors.
- Modern: Modern front doors tend to boast a bold look and many are made up of large glass panels. Some homeowners prefer modern front doors because the glass in them allows lots of natural light into their home's interior. The added light in the entryway appeals to homeowners who want to brighten up

these spaces, which tend to be dark in homes with more traditional doors.

- Traditional: Traditional front doors may be the most recognizable to today's homeowners. Often solid wood but sometimes enhanced with glass, traditional doors may feature subtle, yet ornate designs. Traditional front doors might feel out of place in modern or rustic homes, so they're generally best suited to homes with owners that prefer more traditional decor inside their homes.
- Custom: It's important that homeowners recognize they need not pigeonhole themselves into a particular design style for their front doors. Custom front doors may be costly, but many door manufacturers or contractors customize front doors. Custom doors may suit homeowners' with unique ideas about decor, and some can even mimic other popular styles while still featuring subtle differences. For example, homeowners can request an arched double door that, while unique, features many of the same qualities that characterize traditional doors, including ornate designs.

A front door can greatly influence the first impression people get of a home. That makes it worth homeowners' time and effort to explore the many different front door styles now available.



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# Small renovations that can make a big impact

Home renovations provide a host of benefits. Such projects can increase resale value and improve on the safety, aesthetics and functionality of a home.

Some homeowners may employ the mantra “go big or go home” when they embark on home improvements, thinking that only the largest renovations produce noticeable change. But that’s not the case. Various smaller renovations can provide a lot of bang for homeowners’ bucks as well.

- Countertops (and hardware): A complete kitchen overhaul may stretch some homeowners’ budgets. However, changing an older countertop for a new material can provide the facelift a kitchen needs. And while changing

the cabinets may be homeowners’ ultimate goal, swapping hardware in dated finishes for newer handles and pulls can provide low-cost appeal.

- Paint: Painting a space is an inexpensive improvement that adds maximum impact. Paint can transform dark and drab rooms into bright and airy oases. Paint also can be used to create an accent wall or cozy nooks. Homeowners also can showcase their personalities with their choice of paint colors.
- Lighting: Homeowners should not underestimate what a change in lighting can do. When rooms or exterior spaces are illuminated, they take on entirely new looks. It’s worth it to invest in new lighting, whether it’s a dramat-

ic hanging light over the dining room table or task lighting in dim spaces.

- Weatherproofing: Improving windows, doors, weatherstripping, and insulation in a home can offer visual appeal and help homeowners save money. The initial investment may be significant, but those costs will pay off in energy savings.
- Space heating is the largest energy expense the average homeowner has, accounting for around 45 percent of all energy costs.
- Mudroom: Turn an entryway into a more functional space with the addition of cabinets, benches or custom-designed storage options that perfectly fit the area. Cubbies and cabinets can corral shoes, umbrellas, hats, bags,

and much more.

- Accent updates: Any space, whether it’s inside or outside a home, can get a fresh look with new decorative accents. Invest in new throw pillows and even slipcovers for living room sofas. Use new tile or paint the brick on a fireplace in a den, then update the mantel with decorative displays. Purchase wall art that can bring different colors into a room. Change the cushions on deck furniture and buy color-coordinated planters.

These subtle changes will not cost as much as full-scale renovations, but they can still help homeowners transform their homes.

## Family-owned paint and decor business: Focus on Decorating – Benjamin Moore offers premium products to customers

Written By By Sam Odrowski

Orangeville’s Focus on Decorating – Benjamin Moore has been serving the community for 26 years as a premiere paint and décor store.

Situated at 88 First St, Unit 4A, the business prides itself on customer satisfaction and providing a friendly atmosphere to everyone who walks through its doors.

“We try our best to maintain a family-oriented attitude here with regards to not only my staff, but also to the customers as well. So, I think that’s the main difference that kind of distinguishes us from some other stores,” said Ken Eppenberger, owner of Focus on Decorating.

The business has been family-run since Mr. Eppenberger’s mother established it in the late 90s. More recently, eight or nine years ago, the ownership was passed down to Mr. Eppenberger.

Focus on Decorating is community-minded and supports various service groups throughout Orangeville, year-round, such as the Rotary Club.

“We’re happy to be helping those types of groups out, and particularly now, it’s more important than before because a lot of service groups, their funding is kind of drying up as a result [of the pandemic],” said Mr. Eppenberger.

Focus on Decorating carries a variety of product lines, whether it’s paint, wallpaper,



blinds, or shades. It’s also an authorized Benjamin Moore and Hunter Douglas dealer, which are top-of-the-line paint and interior decorating brands.

For expert advice and guidance that will get you on the right path for your project, stop by the Focus on Decorating store. The staff is happy to discuss your interior decorating goals and find the right products for you.

“If we get younger couples in that haven’t painted before, we’re here to provide them with some advice on how to best achieve the





effect that they want with regards to the products that we offer here, so we’re here to help in whatever way we can,” said Mr. Eppenberger.

The hours of operation at Focus on Decorating are Monday to Friday 7:00 a.m. to 6:00 p.m., Saturday 9:00 a.m. to 5:00 p.m. and Sunday 10:00 a.m. to 4:00 p.m.

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**Professional Knowledge, Skills and Qualifications:**

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- Must possess excellent written and verbal communication skills


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Dear Residents of the Town of Mono:

We are excited to announce that we are holding a Public Entertainment Festival on July 8th, 2023 at 635579 Hwy 10, Mono, ON. L9V 0Z7.

One of the main purposes of this event is to promote South Asian Cultural Music. We will have a stage set up with performances throughout the day. The event will run from 2pm to 10pm.

Our application will be heard at the Town's Council meeting on June 13, 2023 at 9am where we will be seeking noise exemption request under Section 10.0 of the By-Law Number 2004-16 for a Public Entertainment Festival, within the Township of Mono.

If you have any questions or concerns, please feel free to attend this public meeting. Additional information is available at [townofmono.com](http://townofmono.com)

Thank you

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**FOR INFORMATION** regarding **HEART and STROKE**, call Dori Ebel (519)941-1865 or 1-800-360-1557.

**IF YOU or a FAMILY MEMBER** are struggling with gambling, Gamblers Anonymous is there to HELP. Call: 1(855) 222-5542 or visit [www.gatoronto.ca](http://www.gatoronto.ca).

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# CAROLYN LOUISE MORRIS

It is with utter sorrow that we share the passing of Carolyn Louise Morris (nee Sproxtton). Carolyn had battled cancer for the past 2 ½ years. Her journey came to an end on Saturday, June 3rd 2023, in Burghausen, Germany. Carolyn was surrounded by family and her best friend as she left us peacefully in her sleep.



Carolyn and her family had recently traveled to Germany to continue her valiant fight against cancer. She embraced her journey, as she did her life, with an inspiring amount of courage, determination, and positivity. Through all the challenges she faced, she continued to celebrate the joy in her everyday life.

Carolyn will be greatly missed by her beloved husband of 24 years, Jim, two precious boys, Jack and Alex, her furbaby Hattie, parents Howard and Ingrid Sproxtton and Cathy Booth, brother Paul (Sandra) Sproxtton, sisters Carolynn Gaudet, Chrissy (Mike) King, grandmother Irene Elliot, father and mother-in-law Gary and Sharon Morris, brother-in-law David (Jill) Morris, sisters-in-law Tammy Morris, and Suzie (Danny) Irwin, and her nieces and nephews Ryan, Derek, Miya, Charlotte, Jennifer, Morgan, Shelby and Jacob, along with many extended family members and friends.



Carolyn was born on June 19th, 1974 in Newmarket, Ontario. She grew up in Scarborough, Aurora and Orangeville. She earned a Bachelor of Commerce, Honours Business Administration degree from the University of Windsor, where she met her life partner and best friend, Jim. They were married on June 26, 1999, at Hockley Valley Resort. She began her professional career in Finance before deciding to focus on raising her boys and creating a wonderful life for her family. In 2009, Carolyn achieved her Bachelor of Education degree from the University of Toronto, and spent 15 years enriching the lives of many students as a high school business teacher, primarily at Humberview Secondary School where Jack and Alex attended and graduated.

Carolyn was fiercely committed to her family, and together with Jim, created a life filled with love, laughter, and many cherished memories. She taught her boys to work hard, believe in themselves, always have fun, and see the good in everyone.

She cherished their time at the family cottage on Lake Manitouwabing. This was truly Carolyn's happy place. She loved sitting on the dock, kayaking, working on cottage improvement projects, and playing board games with her family and friends. Many people would remember well Carolyn's famous strawberry, whipped cream, waffle breakfasts.

Her true passion and gift was teaching. She was an incredible teacher who saw the best in every student and inspired them to believe in themselves and reach their unique potential. Her impact on so many students was immeasurable. During her years of teaching, she created and delivered lesson planning that allowed her students to not only grasp the material but created a passion for business curriculum. She often would be found by an amazed Jim in the den working until 2 or 3 am preparing lesson plans for her classes.

Carolyn loved being active and enjoyed hiking, cycling, snowshoeing, cross country skiing, and kayaking. She was always up for an adventure and willing to try something new. Carolyn was always championing a race or a challenge on the many long weekends with the Sproxtton or Morris extended families. Over the years, Carolyn competed in several triathlons and a half-marathon with her friends and Jim. During her battle with cancer, she completed two Ride to Conquer Cancer rides. The Ride to Conquer Cancer covers 220 km over two days with the 2022 ride including a torrential rain storm that led many riders to call it a day. Carolyn gritted through extremely challenging conditions to complete her Ride. She was never more proud of herself for persevering. She was a long-time active member of the Palgrave tennis club with the rest of the Morris family. Carolyn competed on several Ladies Doubles leagues, traveling to play other clubs across Dufferin-Caledon as well as competing in numerous club tournaments.

Carolyn understood the value of community and what it means to place your roots somewhere and watch what grows. She embodied community involvement and role modeling for younger generations. Not only did she belong to the Palgrave Tennis Club, she served on the executive for many years as Treasurer, Registrar, Vice President and ultimately President. She also volunteered for Scouts Canada, Caledon Minor Hockey, and several school intermural sports teams including track and field and ping pong. If a volunteer was needed, she was there with a positive and fun attitude.

Although her time here was too short, she felt extremely blessed with the richness of her life. In her final days she commented she had lived many full lives in the time she had.

Carolyn had a profound impact and gave many gifts to her family, friends and community and it feels impossible to capture her impact with words. She was generous, brave, loving, and smart. She lived life to the fullest and believed in choosing joy.

Through her battle with cancer, Carolyn and her family were supported by their many friends, extended family, and the Caledon community. After thanks to her primary care and cancer treatment team, a special thank you to her Caledon Crew (Michelle, Karen, Meredith, Jane, and Deana), Team Carolyn (Tracey, Sue, Karen, Aimee, and Robyn) her Golden Girls (Jasmine, Angie, and Caroline), Dave and Lisa and best friend and rock, Michelle, who stayed right by her side through the entire journey. They are forever grateful for the love and support provided by so many.

The family will receive their friends at the Egan Funeral Home, 203 Queen St. S. (Hwy. 50), Bolton (905-857-2213) on Thursday, June 15, from 2- 4 and 6 - 8 o'clock and in Holy Family Roman Catholic Church, 60 Allan Drive, Bolton for a non-catholic service, on Friday, June 16, from 11 o'clock until time of memorial service at 12 noon officiated by Reverend Lisa Naumann from Mayfield United Church. Burial of cremated remains immediately following at Morningside Cemetery, Pine Avenue, Palgrave. Reception to follow at Egan Funeral Home, Bolton. In her honour, donations can be made to the Canadian Cancer Society directed to Cervical cancer research. Condolences for the family may be offered at [www.EganFuneralHome.com](http://www.EganFuneralHome.com)

## NEWDICK, HEATHER (NEE BURGIN)

Heather Newdick (nee Burgin), of Hanover, passed away suddenly at Grey-Bruce Health Services in Owen Sound on Saturday, June 3, 2023. She was 77.



Born on May 6, 1946 in Orillia to the late Aubrey and Marguerite (nee Huffman) Burgin, Heather enjoyed her working career in the Bakery Dept. at Sobey's in Orangeville for many years.

Survived by daughter Kerry-Lyn (Dan) Olsen of Hanover and son Scott (Bernadette) Newdick of Cambridge. Devoted Nana of Alexander and Claudia, whom she enjoyed spending time watching them grow and become into young adults, making her proud every day. Loved sister of Corinne Bell of Mount Forest, Betty (Bruce) Doughty of North Bay. Special sister in law to Fred Ritter of North Bay as well as lovingly remembered by many nieces, nephews and their families. She will be missed dearly by her special friends from the "Ward Complexes" in Hanover. Predeceased by her beloved husband Dennis, brother Al (Vivian) Burgin, sister Arlene Ritter and brother in law Glenn Bell.

Family and friends are invited to a Graveside Service held on Friday, June 9, 2023 at 1:00 pm at Springcreek Cemetery, Mississauga.

Memorial donations to the Heart & Stroke Foundation would be appreciated as expressions of sympathy. Arrangements entrusted to the care of Mighton Funeral Home, Hanover. Condolences may be sent to the family at [www.mightonfuneralhome.ca](http://www.mightonfuneralhome.ca)

## GLENDAY, BEVERLEY JOAN (NEE HUSBAND)

Peacefully at St. Joseph's Health Care Centre in Guelph on Wednesday May 24th at the age of 88. Loving mother of Michael (Francine Lebel), Bruce (Elizabeth) and the late Douglas (2021) and mother-in-law to Carole. Dear sister of Alan Husband (Michaela) and predeceased by Brian and Margaret. Proud and loving grandmother of Alexander, Robert, Jocelyn and Cameron. Bev will also be greatly missed by other relatives and friends.



A memorial reception will be held at the Dods & McNair Funeral Home, Chapel & Reception Centre, 21 First St., Orangeville on Friday June 16th from 3:00 - 5:00 pm. In lieu of flowers, memorial donations to Canadian Cancer Society or the Alzheimer Society of Canada would be appreciated by the family.

Condolences may be offered to the family at [www.dodsandmcnair.com](http://www.dodsandmcnair.com)

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# First place Bolton Brewers win seven in a row to stay undefeated in NDBL play



Brewers' Pitcher Brett Chater  
CONTRIBUTED PHOTO

Continued from Page B1

“The biggest highlight for us so far was the return of Brett Chater, who has hit three home runs, one of which was a walk-off grand slam in a come-from-behind win to beat the Mansfield Cubs.” In addition to Chater’s timely taters, Coach Wallace also extolled the talents of his best defenders: “Great defense has been played by Logan Hart, Mario Accardo, and Daniel Accardo.”

Great pitching, hitting, and defense are certainly keys to a winning baseball team, but so is good health over a long season. Brewers’ teammates welcomed back Brett Chater, their player-coach Mike Wallace, and Drew Vokey to the lineup

this season. All three have been NDBL all-stars in the past and, according to Wallace, “We appear to be healthy. All three of us missed significant time last season.” Coach Wallace also noted that the Brewers have announced a significant roster addition for the balance of the 2023 season. “We’re excited to announce the signing of Nate Drury. The speedy infielder will give us another weapon on the bases and his strong defensive play is much needed.” The Brewers’ player-coach also announced that, “Eddie Rodriguez will join the rotation and is expected to have an immediate impact as one of the league’s top pitchers.”

Unfortunately, the injury bug that sidelined key players in the Brewers’ 2022 campaign has begun to manifest itself with the 2023 squad. Coach Wallace noted that “Amin Juorez’s foot is healing and he is expected to be back soon. Vicot Mogul’s injured shoulder is also healing and he is hoping to return in mid-June. The final addition to the IL is Sheldon Gowan, whose sore elbow is being rehabbed and he is expected to be back on the field soon.” The Bolton Brewers host the Ivy Rangers on Thursday, June 8, at North Hill Park. First pitch is 7:30 PM. Come out and enjoy North Dufferin Baseball League action. Established in 1930, the NDBL is one of the oldest sports leagues in Ontario.

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