

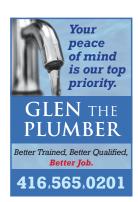
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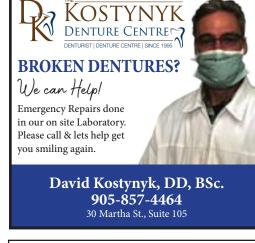


FREE

Thursday, January 11, 2024

Volume 44, Issue 2







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Children enjoyed a free magic show at the Town of Caledon's 2024 Winterfest event.

Town holds afternoon of free swimming, skating and more

BY ZACHARY ROMAN

LOCAL JOURNALISM INITIATIVE REPORTER



Many families came out to enjoy a free day of fun at the Mayfield Recreation Complex last weekend.

On January 7, the Town of Caledon hosted its annual Winterfest event there. From 1 to 4 p.m. guests enjoyed free swimming, skating, food, and a magic show for kids.

Caledon Mayor Annette Groves gave an address at the event. She began by thanking Town staff for setting up the Mayfield RecrePHOTO BY ZACHARY ROMAN

ation Complex so beautifully; there were many winter decorations, a fun photo booth and tables full of treats.

"We showed up and we thought... 'wow, how beautiful'... none of this would happen without them," said Groves. "It is my pleasure to greet everyone today at this greatly-anticipated winter event in a milestone year for Caledon."

Continued on Page A15

3.5 per cent property tax increase in proposed 2024 Town of Caledon budget

BY ZACHARY ROMAN

LOCAL JOURNALISM INITIATIVE REPORTER

Caledon residents can expect a 3.5 per cent property tax increase in 2024, pending any changes to the Town's proposed budget for this year.

On January 8, the Town of Caledon announced its proposed 2024 budget was available online for residents to view.

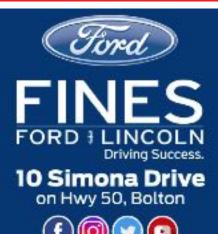
It can be found at the following link: caledon.ca/en/government/budget-and-finances.aspx.

The Town is encouraging residents to complete a survey about the proposed 2024 budget at the following haveyoursaycaledon.ca/caledon-budget-2024.

Continued on Page A6







www.FinesFordLincoln.ca



Your wild ride starts in a 2023 Bronco Sport.

Caledon Community Services launching new strategic plan this year

Plan process underway, with end of March completion target

BY ZACHARY ROMAN LOCAL JOURNALISM INITIATIVE REPORTER

Caledon's largest social service agency is currently creating a new strategic plan.

Caledon Community Services (CCS) is planning to have a new strategic plan ready by the end of March. The plan will guide the non-profit into the future as Caledon grows and faces new challenges.

CCS CEO Geraldine Aguiar assumed her position last June and said her first six months as the non-profit's leader have been an amazing journey. She said 2023 was a successful year and it culminated in a record-breaking gala fundraiser.

As CCS heads into 2024, Aguiar explained it's currently in the process of creating a new strategic plan, while concurrently reviewing its organizational design.

Before it even began this exercise, CCS conducted an extensive request for proposal process seeking outside help with the project. It ended up selecting HSC Vision Group, an independent management consulting firm.

Aguiar said having outside help will ensure the plan is not biased. She added that CCS has also undertaken extensive engagement with community stakeholders to help shape the new strategic plan.

"I think it's the most responsible thing for me to do as a new leader," said Aguiar. "The engagement response has been tremendous."

Aguiar said CCS has a steadfast commitment to serving the Caledon community in the way the Caledon community wants to be best served.

"In terms of this process, the community is going to see their views reflected in the way we maneuver in the future," said

She said CCS is still concerned that the costs of the services it provides are outpacing the funding available to the organization. Aguiar said while some people think it is, CCS is not a government organization and relies heavily on the community and business partners to provide its services.

"You've got a declining ability to provide service based on current costs and you've got an increasing need for service... it's going to create a gap," said Aguiar, adding that CCS knows there's high expectations for its services.

Aguiar said CCS is continuing to advocate for more funding support and to be at the table for important discussions in the

The timeline of CCS' strategic plan process was fairly aggressive, said Aguiar. It began in October and is currently in process right now with the help of HSC Vision Group. At the beginning of March, CCS senior staff and board members are going to have an extensive visioning session.

"The board and senior staff are going to take all of that information, that analysis, and synthesize it into our new strategic plan, which is going to set out our priorities and goals," said Aguiar. "Once those strategic priorities and goals are confirmed, then we'll build the operational plan for that and we'll have an operational plan with key performance indica-

tors (and) objectives locked down by the hard to find the best way forward for CCS end of March."

The organizational review ongoing concurrently with the strategic plan process will see CCS look at areas it can improve inter-

Aguiar described it like this: the strategic plan is where CCS needs to go to best serve the community, and the organizational review ensures CCS becomes the right vehicle

Aguiar said she's grateful to have strong staff and board members that are working

in a time where it will face new and growing challenges.

She also shared her desire to hear from evervone in the Caledon community.

"This is the time to raise your voice, raise your hand, share your opinion on what you think is going well and what needs to be done better, we will know what the community needs when we partner with the community and hear what they have to say," said Aguiar. "Let's roll up our sleeves and find a way... it's time to generate solutions."



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

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

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

Caledon Church of Canada. Every Sunday morning @ 10 am. Monday prayer meeting @ 7 pm. Resources: Prayer counselling, Baby/child dedication, Visit the sick, Wedding Services, Food bank and more!

For all your pastoral services: 647-891-9400 • caledoncoc@gmail.com Location: 34 Nixon Rd., Bolton

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

Free Chair Yoga Program at Bolton United Church. Every Saturday at 8:30 am and Monday at 9:30 am starting on January 6 2024. To reserve your spot call 905-857-2615 Mon to Thurs mornings or email us at office@boltonunitedchurch.com, Taught by an experienced and qualified Yoga Instructor. Brought to you by an Ontario Trillium Fund grant.

Area SPCA puts call out for volunteers

BY PAULA BROWN LOCAL JOURNALISM INITIATIVE REPORTER

The Ontario SPCA Orangeville & District Animal Centre has put a call out to the community to fill a number of vacant volunteer positions at the local shelter.

"There are so many different opportunities and a wide variety of days and times, that there's something for everybody to find that they're interested in, whether it's being hands on with an animal, answering phones, or driving to vet appointments," said Dawn Lyons, manager of Orangeville & District Animal Centre.

The positions in need of filling include animal transport driver, VIP (Very Important Paws) foster volunteer, cat care and enrichment, medical foster volunteer, general foster volunteer, dog walking and enrichment team, and humane education volunteer team.

"Volunteer fosters allow the animals to get out of the centre environment and allows for them to grow and develop in a home environment, which is a huge benefit for them," said Lyons. "For animals in the centre, we do enrichment to help lower their stress, so that's everything from reading to blowing bubbles, petting and grooming, going on walks, and playing with toys."

As a non-profit organization, the Ontario SPCA Orangeville & District Animal Centre relies on volunteers to help the animals in their care. At the time of print, there are roughly 30 animals in the shelter's

"Volunteers support all of our initiatives we do to care for our furry friends from driving to appointments, which allows our animal care attendants to stay and attend animals on site, to baking cupcake for Cupcake Day, and everything in between - it all comes back to supporting the animals in our care," said Lyons.

Lyons said the best candidates for the volunteer positions will have a willingness to learn and or have knowledge to help with the animals in the shelter.

"Anyone who is willing to lend a hand and is looking to be a part of their community by helping animals in need in the Orangeville area," she added.

Those interested in volunteering with the Orangeville & District Animal Centre, located at 650 Riddell Rd. in Orangeville, can learn more about each position and how to apply by visiting: ontariospca.ca/volunteer/volunteer-vacancies.

REMEMBER TO SHOP LOCALLY!



Town seeking community input on Humber River **Centre programming**



There will be a grand opening ceremony for the Humber River Centre in the first quarter of 2024. TOWN OF CALEDON IMAGE

haveyoursaycaledon.ca. The survey closes on January 29, and residents are asked to complete it by then.

Those who prefer an in-person approach may want to attend a focus group the Town is holding soon. From 8 to 9 a.m. on January 24 (doors open at 7:30 a.m.) residents and business owners can meet with Town of Caledon staff in the Humber River Centre's multi-purpose room to share their ideas and vision for the space. Coffee and light refreshments will be served.

Registration for the focus group is on haveyoursaycaledon.ca. Those who can't make the focus group but are interested in an in-person or phone interview about the space can email business@caledon.ca to make arrange-

Amanda St. John, Caledon's Manager of Business Attraction and Investment, explained that Caledon Council has directed Town staff to include business support services in the Humber River Centre, and that the engagement work staff are doing right now is to ensure those support services meet the needs of Caledon business owners and entrepreneurs.

"We want to make sure we are meeting a real need in the community... what specifically does the community want to see here?" said St. John.

The Humber River Centre is located on Ann Street in what was formerly the Old Bolton Fire

Hall, a 10,000 square foot building relatively close to the busy intersection of King and Queen streets.

Renovations of the building began in April 2022, a month after Caledon Council determined the space would be named the Humber River Centre. In January 2023, Brampton East MP Maninder Sidhu, Parliamentary Secretary to the Minister of Foreign Affairs, and Caledon Mayor Annette Groves announced federal funding of up to \$7.7 million was being given to the Town for the project.

"We would like to thank Infrastructure Canada for this critical funding that will help transform our old fire hall into an energy efficient, low carbon community space that will enhance the lives of residents, community groups and underserved populations," said Groves in a media release at the time. "The Humber River Centre will showcase climate resilient architecture and is a testament to our dedication towards reducing emissions and taking climate action."

According to the Town, the funding supported sustainable renovations to the space, including: LED lighting, air source heat pumps and energy recovery ventilators, more insulative windows and doors, increased roof insulation, on-demand electric water heaters and a building automation system.

These sustainable building improvements will reduce the building's greenhouse gas emissions by 29.5 tonnes per year and fuel consumption by 56.2 per cent, according to the Town.

Town Communications staff noted the Humber River Centre will also be home to the Caledon Chamber of Commerce.

"The goal of the facility is to create a space that inspires creativity, fosters local innovation, and provides support to the Caledon business and entrepreneurship community to achieve actions identified in the Downtown Bolton Revitalization Plan and Caledon Economic Development Strategy," said staff in an email to the Citizen.

Grand opening ceremony for centre is currently being planned

BY ZACHARY ROMAN LOCAL IOURNALISM

INITIATIVE REPORTER

The Town of Caledon is looking to engage with residents about what kinds of programs and services they'd like to see offered in the Humber River Centre.

The Humber River Centre is located in Downtown Bolton and is described by the Town as a "sustainable, accessible facility designed to house community events, arts and cultural initiatives, business support services, coworking space and more."

While it is not yet officially open, some sneak preview tours of the space were given during last December's Christmas in the Valley event.

The Town is currently in the process of finalizing details for a Humber River Centre grand opening ceremony to be held in February of this year.

In the meantime, it's encouraging residents to complete a survey about the Humber River Centre on its community engagement website,

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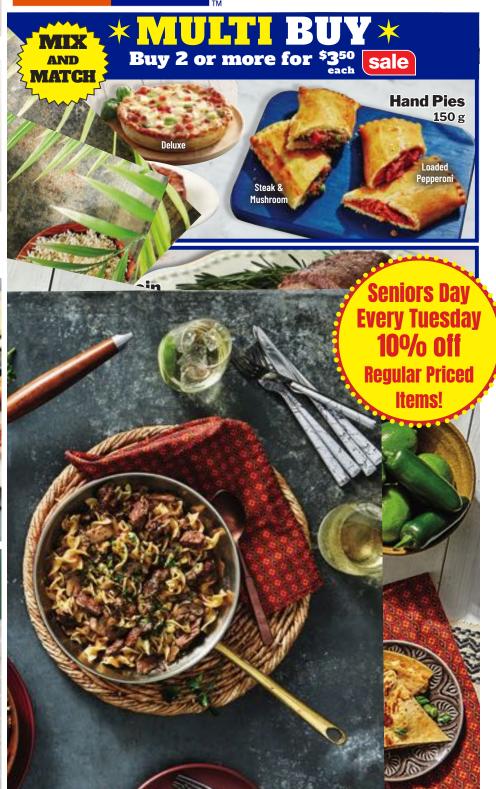
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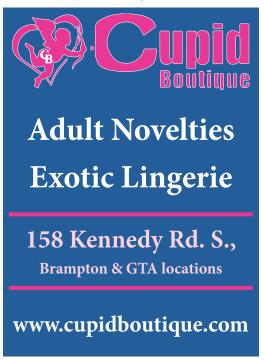
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FOOD **MARKET**









of one of the involved vehicles resulted in offi-January 18, 2024, to answer to the charges. The charges have not been proven. cers locating a loaded firearm with an over ca-

pacity magazine."

A 19-year-old from Mississauga has been

- Fail to Comply with Undertaking;
- Unauthorized Possession of a Firearm; Occupant of a Motor Vehicle Knowing There Was a Firearm;
- of a Firearm; Possession of a Weapon for Dangerous

Knowledge of Unauthorized Possession

- Possession of Firearm Obtained by Crime;
- Carry Concealed Prohibited Device or Ammunition;
- Breach Firearms Regulation Transport Firearm or Restricted Weapon;
- Possession of Prohibited Device or Am-
- Possession of Prohibited Device or Ammunition at Unauthorized Place;
- Occupant of Motor Vehicle knowing there
- was a Prohibited Device or Ammunition;
- Possession of a Prohibited or Restricted
- Firearm with Ammunition; Obstruct Peace Officer;
- Fail to Surrender License;
- Careless Driving.

A second 19-year-old from Mississauga has been charged with:

- Unauthorized Possession of a Firearm;
- Occupant of a Motor Vehicle Knowing There Was a Firearm;
- Knowledge of Unauthorized Possession of a Firearm;
- Possession of a Weapon for Dangerous Possession of a Prohibited Device or am-
- munition for a Dangerous Purpose; Carry Concealed Prohibited Device or
- Ammunition;
- Breach Firearms Regulation Transport Firearm or Restricted Weapon;
- Possession of Prohibited Device or Am-
- Possession of Prohibited Device or Ammunition at Unauthorized Place;
- Occupant of Motor Vehicle knowing there
- was a Prohibited Device or Ammunition;
- Possession of a Prohibited or Restricted Firearm with Ammunition;
- Obstruct Peace Officer;
- Possession of Prohibited Device or Ammunition Obtained by Crime;
- Resist Peace Officer.

Both individuals were held for a bail hearing. The charges have not been proven.

Anyone with information regarding this crime is asked to contact the Caledon OPP Detachment at (905) 584-2241 or toll free at 1-888-310-1122.

You can also provide information anonymously by contacting Peel Crime Stoppers

thecaputogroup.ca

THE

CAPUTO GROUP

at 1-800-222-TIPS (8477) or online at www. peelcrimestoppers.ca. When you contact Crime Stoppers you stay anonymous and never have to

FAIL TO REMAIN CHARGES

Officers from the Caledon OPP have charged a man with a number of offences after a collision in Caledon.

"On Friday, January 5, 2024, shortly after 6:00 a.m., Caledon OPP received a report of a two-vehicle motor vehicle collision," say Police. "The collision took place on Mayfield Road, between Creditview Road and Chinguacousy Road, in the Town of Caledon. A passerby observed one of the involved drivers fleeing from the scene prior to officers arriving. Officers conducted a search of the surrounding area with the assistance of the Peel Regional Police Service and located the driver of the vehicle shortly after. During the course of the investigation, officers formed grounds that the driver's ability to operate a motor vehicle was impaired by alcohol and was subsequently arrested."

As a result, Manjeet Manjeet, of St. Catharines, was charged with:

- Operation while impaired blood alcohol concentration (80 plus);
- Operation while impaired alcohol and
- Careless Driving;
- Fail to Remain.

The driver is scheduled to appear at the Ontario Court of Justice in Orangeville on Thursday, January 25, 2024, to answer to the charges. Additionally, the driver's vehicle was impounded for a period of 7 days, and their driver's licence suspended for a period of 90 days.

The charges have not been proven.

"Caledon OPP would like to take this opportunity to remind motorists that no amount of alcohol or drugs in your system is safe when driving. If you plan on drinking or consuming drugs, plan to not drive. Instead, arrange for a designated driver, take a taxi or public transit, or come up with another plan that takes impaired driving out of the picture. If you suspect that someone is driving while impaired by alcohol or drugs, it is important to call 9-1-1 to report it."

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

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

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DRIVER CHARGED

Officers from the Caledon OPP have charged a driver involved in two collisions with multiple offences.

"On December 28, 2023, at approximately 8:00 p.m., officers responded to a report of a vehicle in the ditch on McLaughlin Road, near Forks of the Credit Road," say Police. "During the interaction with the driver, grounds were formed that their ability to operate a motor vehicle was impaired by alcohol and was subsequently arrested. Additional information was later received that the vehicle was also involved in a failed to remain collision on Highway 10, near Olde Base Line Road."

As a result of the investigation, Kyle Logan, 37, of Georgetown, was charged with:

- Operation while impaired alcohol; Operation while impaired - blood alco-
- hol concentration (80 plus);
- Dangerous operation;
- Fail to remain;
- Having care or control of a motor vehicle with liquor readily available.

The driver's licence was suspended for 90 days, and the vehicle was impounded for seven. The accused is scheduled to appear at the Ontario Court of Justice in Orangeville on

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

If you plan on drinking or consuming

LOADED FIREARM RECOVERED

Members of the Caledon OPP Detachment arrested two individuals for numerous firearm related charges following the recovery of a firearm in the Town of Caledon.

"On Saturday January 6, 2024, at approximately 7:00 p.m. officers were dispatched to a two-motor vehicle collision on Mayfield Road east of McLaughlin Road," say Police. "While attempting to investigate the collision one of the drivers provided false information and was arrested. Another person, who had attended the scene after the collision was also arrested for obstructing the investigation. This person fought with officers attempting to conduct the arrest but was subdued without injury. A subsequent search

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CLUES ACROSS

1. Defensive nuclear

weapon 4. Moved back and

forth

9. One-time coach of

the Cowboys

14. Last letter

15. Cause to become

less intense

16. Genus of tree bugs

17. Body art 18. Romance novelist

20. Be filled with

love for

22. City 23. Make vivid

24. Horses

28. Mauna ___,

Hawaiian volcano

29. Atomic #18 30. Shortly

31. A type of prejudice

33. Whirls

37. Six 38. Old world, new

39. __ Hess, oil

42. Not off

41. Talk

43. Begets

44. Cars need them

46. Computing

architecture (abbr.)

49. Of I 50. Journalist, activist

Wells 51. Takes apart

55. Lists

58. Positively charged

electrode 59. Hard, colorless

compound

60. Inflammation of the peritoneum

64. Trent Reznor's

65. Simply dry fruit

66. "Ivanhoe" author

67. Google certification 68. French commune

69. Medieval circuit courts

70. Soviet Socialist Republic **CLUES DOWN**

1. Indigenous people of

Mexico 2. Dietary supplement

3. Having a particular

sheen or luster 4. Views

arriving

5. Academic Bill of

Rights 6. Automobile

7. When you anticipate

8. Beef or chicken

intestine 9. Conspiracy

10. Blood disorder 11. Long-time NBAer

Shawn

12. Time zone

13. US, Latin America, Canada belong to

19. Upton Sinclair

nove1

21. What a cow does

24. Cavalry-sword 25. Ancient Greek war

galley 26. Stars

27. Rebukes

31. Billion year periods

32. Some are in a bottle

34. Tears down

35. Lethal dose 36. Humorists

40. Midwestern US

state (abbr.)

41. Frameworks

45. Rocker Billy

47. More thin 48. Dog

52. Habitual repetitions

53. State of fuss 54. Uneasy

56. Chemical compounds

57. More cognizant of reality

59. A place to build 60. Exclamation that

denotes disgust

61. Supplement with difficulty

62. Very slick

63. Hill or rocky peak

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



Local student served Queen's Park as Page

A Grade 8 student from Dufferin-Caledon constituency, Sachkaur Chahal, was selected to serve as a Legislative Page at the Legislative Assembly of Ontario in Toronto.

During her term of duty, the Page served as a messenger on the floor of the Legislative Chamber, met key parliamentary figures, the Premier and Deputy Premier, and learned about Ontario's parliamentary system of government.

Sachkaur's term of duty lasted for three weeks during the months of October and November 2023 parliamentary session.

Sachkaur earned the Legislative Page spot in the program by submitting an application that included an essay outlining her achievements, involvements, and suitability for the program.

As a Page, she has to study and learn the faces, names and locations of all the MPPs before arriving at Queen's Park for her Legislative Pages selected from different ridings across the

province come together at Queen's Park; they develop long lasting friendships and meet fellow students with similar interests as they participate in this unique educational program.

Sachkaur, being a Page, got an opportunity to follow the Sergeant-at-Arms, carrying the Mace over his shoulder, leading a procession along the hallways of the Legislative Building to the Chamber. The Speaker, Clerk, Table Clerks and two Legislative Pages follow the Sergeant-at-Arms.

During a typical day in the program, Page Sachkaur arrived at Queen's Park at approximately 8 a.m., dressed in her uniforms and then prepared the Legislative Chamber for the morning's

As the day progresses, Sachkaur was involved in a number of activities, including taking classes in legislative process and mathematics, delivering messages and water for the MPPs in the Chamber, and meeting with key legislative players such as the party leaders and the Speaker of the House.

The Legislative Assembly is excited to welcome the students chosen to participate.

For additional information regarding the Legislative Page's involvement in this program, please contact the Legislative Page Program at 416-325-7457 or at pageprogram@ola.org.

Caledon receives second platinum certification from World Council on City Data



Justine Hamilton-Arvisais from the WCCD presents Mayor Annette Groves with platinum certification, joined by Council and Town of Caledon **TOWN OF CALEDON IMAGE** senior leadership.

BY ZACHARY ROMAN

LOCAL JOURNALISM INITIATIVE REPORTER

The Town of Caledon has been recognized for its efforts tracking data related to sustainability.

On January 10, the Town announced it had received its second platinum certification from the World Council on City Data (WCCD) for the implementation of "Indicators for Sustainable Cities" (ISO 37120) standards.

ISO 37120 standards were first published in 2014 by the International Organization for Standardization (ISO) in Geneva, Switzerland. According to the ISO, adhering to these data reporting standards allows cities to have quantitative and globally comparable data.

"Having standardized data enables any city, of any size, to measure and compare its social, economic, and environmental progress internally year over year, and also in relation to other peer cities locally and globally," reads the

Caledon Mayor Annette Groves said she's excited to be continuing the Town's partnership with the WCCD.

"Data of this caliber helps us make informed decisions when allocating resources and monitoring progress towards the vision outlined in our strategic plan," said Groves in a statement.

In addition to sustainability data, quality of life data also falls under ISO 37120 standards.

Caledon's CAO Nathan Hyde said by achieving platinum certification Caledon is continuing to be part of a worldwide community that leverages data for innovative service delivery.

"This certification is a reflection of our commitment to enhancing our community in alignment with the 2023-2035 Strategic Plan," said Hyde.

A presentation about Caledon's latest certification was made by the WCCD's Justine Hamilton-Arvisais at Caledon Council's January 9 meeting.

Hamilton-Arvisais offered her congratulations to the Town of Caledon for achieving platinum certification for the second time.

"This certification is really a true demonstration of Caledon's dedication to building high-caliber data that informs planning and management across the city and drives sustainable development and prosperity into the future for your citizens," said Hamilton-Arvisais. "Congratulations again Mayor Groves, Council, and staff, ever our collaborative partners, your dedication to a data driven future and innovative local governance has positioned Caldon as a real global leader..."

During her presentation, Hamilton-Arvisais noted some key data points Caledon has been tracking that fall under the ISO 37120 standards.

One such point was the fact there were over 300 new businesses opened in Caledon between the 2022 and 2023 certification year.

Another data point was a "significant expansion" of the Town's bike lanes and paths between 2022 and 2023.

"Remarkably, Caledon ranks second globally in this metric (bike paths and lanes per 100,000 residents) in our whole network of over 100 cities," said Hamilton-Arvisais.

Caledon received its first platinum certification from the WCCD in July 2023 for its implementation of ISO 37120 in

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At Caledon/Dufferin Victim Services our dedicated team of caring and compassionate responders provide crisis intervention services to victims of crime and tragedy. This includes short term emotional support, practical assistance and information about options and choices that support the victim's needs.

Support can be provided either in person or by telephone and is often at the request of local police. We provide all the necessary resources and training to eligible candidates.





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Budget presentations scheduled for January 17

Continued from FRONT

Printed copies of the proposed 2024 budget will be available at the Albion Bolton, Alton, Caledon, and Southfields Village branches of the Caledon Public Library (CPL) by the end of this week.

Presentations on the budget from Town of Caledon staff will occur at a general committee meeting of Caledon Council at 2:30 p.m. on January 17. Residents can attend this meeting in person at Town Hall (6311 Old Church Road) or view it on the Town's website.

Robert Cummings, Caledon's Commissioner of Finance and CFO, said in a statement Town staff have developed a budget that meets the immediate needs of Caledon while paving the way for a sustainable fu-

"I encourage residents to engage in the budget process, gain insights, and participate in our upcoming budget committee meeting," he said.

crease for 2024 is 3.5 per cent.

The Town's approved 2023 balanced oprevenues and expenditures. This number was the base of the 2024 operating budget.

unavoidable operating budget increases — budget items approved in previous years of Council that have a 2024 impact.

nearly \$2.5 million increase in expenses. According to the proposed budget document this is "due to increases in pricing of the essential items the town purchases to support its service levels."

New staff and/or programs, and increased service levels, account for just over a \$1 million increase in expenses.

The Town will be seeing nearly \$3.5 million in tax revenue from new homes and businesses in Caledon in 2024. It's also drawing over \$1.6 million from its operating contingency reserve to reduce

The Town's proposed property tax in- the impact of operating budget increases ment of \$63.8 million. on the taxpayer.

In its news release, the Town noted some erating budget was \$131.2 million each of of its operating budget increases are due to operating costs of the expanded Caledon East Community Complex and the new In 2024, there's nearly \$6 million in Humber River Centre. Caledon has also added five new full-time firefighters to its Fire and Emergency Services team.

The Town's proposed balanced operat-Inflationary pressures are accounting for ing budget in 2024 is just below \$145.2 million each of revenues and expenses.

> composed of the purchase and construction of tangible capital assets like roads and bridges, and one-time expenses like studies, the Town is proposing an invest-

A main source of funding for this \$63.8 million is a portion of property taxes collected in Caledon.

Capital projects the Town will be investing in for 2024 include a new fire station in Mayfield West, road rehabilitation, bridge and culvert construction, Mill Street reconstruction and bridge rehabilitation, stormwater management, and more.

The Town's 2024 proposed budget includes debt funding for many projects, and For the Town's capital budget, which is increases to tax-funded capital are recommended by Town staff in the coming years. Some reserve funds and debentures are being used to fund the Town's 2024 capital

Local hospital gets \$500,000 donation for Smart Headwaters campaign

BY SAM ODROWSKI

A local family-owned business, e. Hofmann Plastics Inc., has pledged \$500,000 in support of Headwaters Health family (Paul, Sameer, and Vikram), own-Care Foundation's Smart Headwaters campaign.

proud to announce it has raised \$14 million to date and is well on its way to achieving our \$18 million goal for Smart Headwaters.

These funds are being used to purchase a new MRI machine and other vital medical technology to enhance diagnostic capabilities, while elevating patient care.

"We're a family-owned company, so we truly understand the importance of community and supporting one another. It's our honor to be able to provide our community such great support through the Smart

necessity of diagnostic imaging and are thrilled to make such testing more accessible for the residents of Dufferin-Caledon and surrounding areas," said the Kalia ers of e. Hofmann Plastics Inc.

The \$500,000 donation will help to en-With this gift, the Foundation said it's hance the level of health care service that can be provided locally, and Headwaters Health Care Foundation CEO, K.C. Carruthers noted his gratitude for the boost in funding.

"Hospital care depends on contributions and commitments from every corner of our community. We are so thrilled to see such a major investment in health care from a local Orangeville business. The Kalia family truly recognize the importance of ensuring exceptional care, close to home. Thank you, Paul, Sameer & Vikram Kalia, for your kind support of our community Headwaters campaign. We recognize the and our hospital," said Carruthers.

Land Titles Act Notice of Application for Absolute Title (Subsection 46(2) of the Act) RE: PIN: 14336-1700(LT)

To: Albert George Bible and Beatrice Matilda Bible and/or their heirs, estate trustees and/or legal representatives

Re Pin: 14336-0278(LT), described as One foot reserve Plan 519 Albion; Caledon Re: Lots 4, 5 & 6 Plan 519 Albion; Part of Merilyn Avenue Plan 519 Albion (Closed by By-Law

BL-2022-093 as in PR4160619); Part Lot 21 Concession 1 Albion designated as Part 1 on the Draft Plan signed by Thomas R. Reed O.L.S. on August 31, 2023; Town of Caledon

The said Draft Reference Plan is available for inspection through OnLand (www.onland.ca) or Teraview (www.teraview.ca) or at the office of the Solicitor for the Applicant:

Solicitor for the Applicant Miller Thomson LLP 100 New Park Plaza, Suite 700 Vaughan, Ontario, L4K 0H9 Attention: Mario Concordia

TAKE NOTICE THAT Stylux Caledon Inc. herein called the Applicant intends to apply to be registered as the owner with an absolute title to the above described land.

AND TAKE NOTICE THAT any person claiming to have any title to or interest in the said land or any part of it is required on or before February 15, 2024 to file a statement of objection, which sets out the nature and extent of the interest claimed in the objection, together with all evidence, documents or legal provisions and precedents relied upon in support of the objection, directed to the Land Registrar or at the address of the Solicitor for the Applicant set out above.

If no objection is filed on or before February 15, 2024 I will proceed with the application and any interest you may claim in the subject property will thereby be extinguished and you will not be entitled to receive any further notice with respect to the proceedings.

Dated at Toronto this 11th, day of January, 2024

Mario Concordia Miller Thomson LLP 100 New Park Place Suite 700 Vaughan Ontario L4K 0H9

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Learn how to protect yourself and your loves ones at a free Power of Aging workshop.

Visit Caledon.ca/adult55 to learn more and secure your spot. Registration is required.











Scan the QR code link to caledon.ca/budget to view: 2024 Proposed Budget Volume 1 Operating 2024 Proposed Budget Volume 2 Capital

Printed copies are also available at Albion Bolton, Alton, Caledon East, and Southfields Village Public Libraries.

Budget presentations are scheduled for January 17, 2024, at 2:30 p.m. Watch the live broadcast at Caledon.ca

Explore the budget and contribute your input to shape the future of Caledon.







The Town of Caledon is pleased to offer residents aged 65+ two snow removal support programs.

NEW! - Windrow Removal Assistance Pilot Program:

Windrow clearance from January – March. First-come, first-served for up to 200 residents. \$200 non-refundable fee applies. Application period for this program closes January 31, 2024

UPDATED! - Snow Removal Financial Assistance Program:

Proof of low income is no longer required for resdients 75+. Eligible residents receive up to \$500 to purchase snow removal services.

Visit **caledon.ca/adult55** for more information on the programs and how to apply. Note: Residents cannot enroll in both programs.

Need Assistance with your application? Please call 311





A8 CALEDON CITIZEN JANUARY 11, 2024 CALEDON CITIZEN JANUARY 11, 2024 A9

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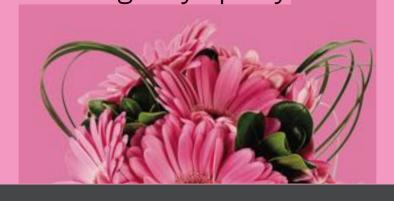
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Practical skills and practical regrets

foothold in our everyday lives.

a time, my father's business partner was a with each passing year. woman who was a power in the industry. On fession, in the dental realm, it wasn't too far class came out ahead. out of the ordinary to have roles that were, viewed as female jobs – dental assistants, hygienists, etc. – filled by someone of another

went through elementary school and high school where jobs, occupations, and professions, were still sometimes gendered and it was still considered a bit unusual if a female student aspired to be, for the sake of argument, a lawyer or doctor, with more domestic goals somewhat secondary.

In short, a lot changed in the decade be-

In my elementary and secondary school experience, this gender divide seemed almost non-existent, at least on the surface. Regardless of gender, people often had the same hopes and dreams when it came to their lives and careers. One of the few things that could get between them and their dreams was themselves.

Possibilities were practically endless, but early on in my high school experience I was quickly brought down to earth with the realization that reports of the divide's demise had been greatly exaggerated.

I consider myself, in most cases, to be a practical and pragmatic person so, when looking at different courses and electives I could take at a time, family studies, previously known as home economics, seemed to dovetail perfectly.

Not necessarily living with a paternal instinct, carrying around a sack of flour at all hours as if it was a child, or one of those strange humanoid baby dolls that monitor how well (or not) you take care of it to get a taste of the realities of hands-on fatherhood was not necessarily on my radar. Rather, I thought some time learning the ins and outs on how to prepare meals, repair things around the home, and so forth, were both well worth my time and valuable transferable skills.

Unfortunately, my dad didn't share my point of view and was just short of aghast at my choice.

Why would I take a family studies course, he asked in just about as many words, when the house ourselves to getting an extra mile around the ball and not vacuuming the stairs. there were a bevy of more "practical" choic- or two out of a pair of socks through the in- I also long for clarity and authenticity, not convoes out there that would help me get ahead in creasingly lost art of darning. business?

more than once, I held my ground as the start of the school year approached.

And then it arrived.

Family Studies class, I was greeted by a room beyond the written word and numbers on a of my female peers, punctuated by just one page. other male in the room.

finally germinated when I strode into that en- dia literacy are just as important and should vironment, maybe it was another factor, but be emphasized the same way - regardless of I felt very out of place and ultimately came how practical they might seem at the time, or up with a few excuses to switch out of that any ridiculous stigma these fields might still class in favour of the oh-so-exciting world of weather today. Information Technology.

I consider myself lucky to have spent my use a web-browser (it was a different time), a formative years in a time where what we con- word processor, and touch-typing - all things sider to be "gender norms" were losing their that feel, in retrospect, skills we pick up by doing anyway, particularly in world where Both of my parents worked outside the such skills are necessary, unavoidable, and home, albeit in very different sectors. For picked up by people younger and younger

Somehow, I think the gentleman who was the flipside of the coin, in my mother's pro- brave enough to stay in the Family Studies

Take, for instance, a story published by the and perhaps still are, rightly or wrongly, CBC on January 1 by Brandie Weikle called, "Loss of cooking skills has hurt our ability to adapt to rising food prices, experts say."

Cooking skills, its argued, while not a My brother, who is ten years my senior, magic bullet, would go a long way to make the cost-of-living crisis a bit less of a challenge – and every little bit helps.

"We are less able to cook than we were 30 or 40 years ago, and so it's much more difficult for us to adapt our diet," Mike von Massow, an associated professor at the University of Guelph, told the reporter. "If I am not able to prepare beans or lentils, then it is difficult for me to make that adjustment."

"During the pandemic, Canadians did more cooking at home, making meals themselves when they couldn't dine out at restaurants or pick up food court meals at work," the article continues. "But the question is, did they cook the variety of things they might have?' said von Massow. 'All of us have sort of a core three or four go-to recipes. [But] are you able to adapt those recipes as the ingredients that you use become more expensive?

"A report from Dalhousie University's Faculty of Agriculture in February 2021 found that only 35 per cent of Canadians surveyed learned at least one new recipe between the start of the pandemic and January 2021. Von Massow said it's not just how often we cook range of things we can cook so that we can adjust to some of these high prices.'

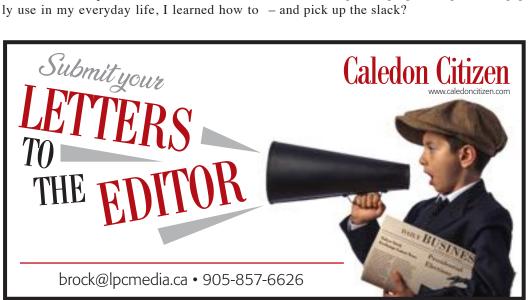
programs, but they're optional – and that's had a big impact on cooking skills, [said Von Massow]. Marilyn Smith, a professional home economist and food writer based in Toronto echoes that sentiment. 'I believe that when they made...home ec not mandatory anymore, that cooking literacy started to de-

I'd wager it's not just cooking literacy that started to decline, but also home improvement and tailoring skills that gave us the hiseverywhere from making quick fixes around

Much has been made of the Provincial Gov-Despite this conversation, which happened ernment's efforts to emphasise more practical math skills in schools, such as budgeting, in addition to but not at the expense of more abstract mathematical concepts - and rightly When I confidently went into my first so; but, in today's world, literacy extends far

Household literacy, particularly during this Maybe the seeds of doubt planted at home challenging time for all of us, and even me-

And if it doesn't happen in the schools, So, instead of practical skills I would like- who is willing to step up to help fill the gap





Dishing out failing grades to start the year



My cheeks, squirrel-like with an overabundance of cheese balls, marked my feelings ushering in the

new year – tasty at first, yet ultimately unsatisfying. wisdom from old sit-coms like Frasier, The Big Bang Theory and Last Man Standing. Modern-day occur, with lightning-fast internet payment prothat matters. 'It's the ability to expand the sages to be sure. Yet, my grasping at such TV snippet straws proved fruitless.

"Some schools have excellent culinary ably worn couch cushion or getting up to get some payment in minutes, or a couple of hours, is beyond

As my cough worsened my thoughts turned to RSV and running out to get the flu shot.

When I was young, we'd have to be dying before getting the family doctor to come over for a visit (yes, I was at the tail end of the house call era).

I find comedy, even jokes I've heard hundreds of times, quite soothing, comforting. Laughing is much more therapeutic than introspective soul-searching. No quick one-liners there; I've checked!

In 2024 I long for less complicated times, torical wherewithal to save a bit of money when a cough was just a cough and aches and pains were the result of a day of tossing luted, confusing rhetoric. Say what you mean and mean what you say are words I've embraced. Yes, I understand all about protocol, rules and political correctness, but I miss the good, old days when a spade was just a spade, nothing more.

> I think the world of foggy miscommunication and insincerity have clouded our own thoughts, minds, judgement and emotions. Telling our loved ones we cherish them just doesn't seem like enough any-

> I eagerly await the return of our favourite TV shows and anticipated new ones. Most are coming back in February, delayed due to the writers' strike.

> I try not to think about the holiday over-spending but ponder future purchases on those nifty gift cards

> If you watched Jim Carrey's version of The Grinch, maybe you will remember him flipping through the local phone book, exclaiming his distaste for the Whos.

> Let's apply that, in letter grade format, to some things in the last year that perhaps generated similar feelings. Where to start?

Let's start with rising food prices, shall we? The feds hope to introduce a grocery code of conduct to address rising food costs. And yet two large players refuse to join in. With record profits, this is a blatant slap in the face of customers who helped generate those massive profits. F. If there was a grade lower than an F, you'd get it, plus a couple of whacks with a ruler across the back of the hand! (Boomers will understand this refer-

New ailments and strains of COVID, or perhaps something similarly horrific.

During the pandemic, we dutifully went and got our shots and boosters. For most of us it worked. For remedial classes!

by Mark Pavilons

others, they continued to suffer. We're encouraged to get another booster, plus a flu shot plus a shot for

Are we getting sicker as a society simply because of our day-to-day interactions? Why haven't we nipped this in the bud?

We're all concerned about our health and wellbeing but a constant series of shots may not be the best approach. Let's not forget these are costing the government tons of money, and adding to the coffers of the pharmaceutical companies.

For this very reason, they both get an E for effort! To the telecommunications giants who cut off Attached to the couch, I searched for pearls of your service for not checking their payment records - you suck! I just can't image how payment errors

grams. I send money to my respective service providers from my online banking and voila, it's done, I couldn't choose between staying put in the suit- immediately. Why the recipient can't see or log the me. And, it seems they're getting more ornery these days when it comes to late payments.

> Not so long ago, valued, long-term customers were given the benefit of the doubt, even a grace period. No longer, my friends. We're treated as account numbers, digits with an assigned value. For those reasons, you all get an F for your customer service and total disregard for customer loyalty.

> Our roads are getting busier, something we've been keenly aware of for some time. It would also seem that people are in a rush, given the amount of tailgating taking place. If you need to get some place in a hurry leave sooner! Don't follow me within inches and then pass dangerously, only to have me roll up beside you at the next traffic light.

You bozos also deserve an F.

Gas pumps running out of paper. Most of us use self-serve pumps when getting fuel. While these have been around for a while now, they are still prone to glitches. I have had a few instances where the button froze on premium, and I couldn't choose any other grade. A glitch, or way of getting you to fuel up at the highest level? Lately, the printers have all run out of a paper and I have to dash into the kiosk to get my receipt. Come on people, there must be an electronic warning to change the paper and since your job is often boring, get out and change

Taxes, of all kinds. I read a depressing, yet very accurate comment on Facebook recently that says we pay taxes on what we earn; taxes on what we spend, and taxes on things we already own, which we paid tax on.

Talk about a triple whammy. Every political candidate in every election vows to reduce taxes.

Where are these massive reductions we've been promised?

To those in charge, yes, I'd love to see the carbon tax removed from my home gas bill, and all other areas it's applied. Another sales tax drop would be greatly appreciated.

To the tax purveyors and tax collectors - take an

Along a similar vein, the loans given to small businesses during COVID are now due. How can these struggling, mom and mom businesses come up with the \$20,000 they used up long ago just to stay afloat? The feds giveth, and taketh away.

Here's a big, red F at the top of your paper!

You are now all required to stay after class, or take

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Inherent liability

Near where I grew up there was large park with ing" signs. A couple of years later they started plantseveral hills leading off from the main parking lot.

It wasn't a public park, it was started and maintained by a local service group, but it was open to the public at all times.

During the winter, the hills were the most popular nization that ran the park. tobogganing spot in town. Mostly because the city really didn't have any other hills.

It was a great spot. The best run, was when you could make it down the hill, across the great lawn, of getting hurt should lie with the person taking the and make it all the way out onto the ice-covered risk and sledding down the hill, not with the associa-

If you were lucky, the ice was thick enough to hold your weight. Other days, you might crash attend an event or participate in an activity. through and get wet.

people launching toboggans and sleds down the hills.

Occasionally someone would get hurt - it happens. If you're going to slide down a hill on an object with no method of steering, no brakes, and no with another toboggan, hit a tree, or flip over and do a face plant.

When you're a kid, you are ready to take that risk. A few years ago, the park posted "no toboggan- what makes life fun and exciting.

ing shrubs and trees on the hills so no one could use them for sledding.

The reason – insurance purposes. They were worried that if anyone got hurt, they could sue the orga-

No doubt it was a lawyer or someone involved in the insurance business who told them of this risk.

However, no one ever suggested that the liability tion who just happened to operate a park with a hill.

There are all sorts of risks involved whenever you

On a good snowy day, the park was packed with risks involved, which could include a fatal collision - it happens every season. If you like to attend motor sports, there is an inherent danger of a wheel coming off a race car and entering the stands and injuring or killing someone – I've seen that happen.

If you want to try jumping out of a perfectly good roll cage, eventually someone is going to collide airplane with a parachute, you realize it is an inherently dangerous thing to do, and there is a very real risk of injury or death.

But people do all these activities anyway. That's

BRIAN LOCKHART FROM THE SECOND ROW

While I'm sure many of these activities have insurance policies of some kind, most warn you when they need insurance you enter the facility, that there is an inherent risk of coverage for this. danger and they will assume no responsibility if you make a wrong turn on the slopes and hit a tree.

Having an insurance policy is something you may need, but hopefully never use. It is common sense to have home insurance, car insurance, and possibly life insurance depending on your current place in life.

However, the insurance companies now have it drilled into the public perception that you need to have insurance of some kind, for everything you do.

Somehow they have established that someone If you like to go skiing, you are fully aware of the else is always responsible for your actions, and everyone must be insured against that.

> You can't hold any kind of event without having some insurance coverage.

I've seen small markets insist individual vendors must be insured. But what is your coverage protecting you from?

If you're a vendor selling your homemade soap at a booth at a home show, what is the inherent liability you have to be protected from? If a person trips over their own shoelace in front of your booth and cracks their head on the pavement, how is that your fault?

Yet people are told

Several years ago, I was supposed to do a photo shoot from an air-

craft for the company I was working for. A few days before the shoot, it was cancelled due to "insurance

I wasn't too happy about it being cancelled, so at our next manager meeting I asked what happened.

When they said "insurance purposes", I asked for clarification on that. No one could provide a reason, explanation, or reasonable conclusion as to what "insurance purposes" really meant. They didn't know, yet they all bought into the concept that if you do something, you must be insured.

This is a great business model for the insurance

They have created a system were people or organizations, must pay premiums for policies where there is no actual risk, and the insurance companies know they won't ever have to pay on a claim.

Try that policy on customers in your own small company and see what happens.

Government bureaucracy is out of control and Canadians are paying the price

If you asked most Canadians if this country needs regulations, permits and licenses. All of this red tape es up and running. Today, however, it seems that one single additional more bureaucrats, they'd probably say no.

to mushroom in size, regulating and micro-manag- reasons why our living standards are falling. ing more and more aspects related to how we live and work.

New figures published last week by the Public Service Commission of Canada show that the federal public service now stands at about 275,000 em-you've got way too much administration up top, it ployees – an astounding 40 percent increase from doesn't matter how hard the employees on the faca decade ago – and that doesn't include another tory floor work, your business simply won't be prof-85,000 civil servants working in affiliated govern-

If you then add in all of the civil servants working more government workers year after year. for provincial, regional and municipal governments across Canada, the total number of government em- GDP, or Gross Domestic Product, is closing in on 50 ployees in this country is around four million.

Why is that a problem?

more bureaucrats equals more government spend- less government, and a higher standard of living. ing – and that in turn leads to bigger deficits and

Unfortunately, Canada's bureaucracy continues ticularly for small business, and is one of the major hampering and blocking business.

When I was CEO of Magna International Inc., I could always tell if one of our factories was struggling financially by the number of white collar workers in the offices above the factory floor. If itable. The same principle holds true for countries.

The fact is, we can't continue hiring more and

Government spending as a percentage of national per cent. Back in the 1950s, when Canada's economy was booming, government spending as a per-It's a problem for two reasons. The first is that centage of GDP was just under 20 per cent. We had

The government approach to small business in Canada back in the 1950s and 60s was also much But the other problem, which is perhaps even more conducive to creating jobs and growth. Govworse, is that more bureaucrats also means more ernment would do whatever it could to get business-

is strangling economic growth and progress, par- governments put more of their time and energy into employee, we could

Canadians are forking over more and more of their paycheques to finance a sprawling government bureaucracy that increasingly does not enhance the quality of our lives. On the contrary, it makes growth on a scale this country hasn't seen in many our daily lives more complicated and costly, and it decades. makes operating a small business more difficult. So, what's the answer?

We need to return to some bedrock economic principles that will get our country back on a solid economic footing – principles like not spending more than we take in, eliminating our debt, and un-

The best way to do that is through the adoption of a national economic charter of rights and respon-

Think about this: there are approximately one million small businesses in Canada. If we dramatically reduced the mountain of regulations and red tape holding them back, these businesses would be free to expand and grow.

And if every small business in Canada hired just

create a million new overnight. would ignite economic

FRANK STRONACH

CHARTER OF RIGHTS

PRINCIPLES OF AN ECONOMIC

Size of Federal Civil Service Source: www.can-

ada.ca/en/public-service-commission/services/publications/annual-reports/annual-report-2022-2023.

Size of Spending on Civil Servant Salaries: publileashing small business, the engine of our economy. cations.gc.ca/collections/collection_2023/dpb-pbo/ YN5-266-2023-eng.pdf

Author Bio

Frank Stronach is the founder of Magna International Inc., one of Canada's largest global companies, and was inducted into the Automotive Hall of Fame.

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Words can mean a lot - or indeed, very little

about the state of our healthcare system?

ing recently been on the receiving end of a missive bill had nothing to do with those voluntary addifrom our local MPP, I'd venture to say that according to the MPP's office, the script, likely created with help from the communications spin masters at Queen's Park, says a lot. As the recipient however, I'm inclined to think what it actually says is very little indeed. Words being what they are, the English language is both beautiful and bountiful - in the sense that one can craft a sentence so well, through judicious use of a variety of words, that undiscerning readers might believe them to suggest one thing when they mean entirely another. It's a skill the Ford government has honed to perfection (which is heroes – are overworked, exhausted and stretched to about the only time you'll see me writing something "nice" about Ford and friends).

of the Ontario government's own website, there is a pitals is the addition of "wait time" clocks because lot of language being written about the state of our somehow knowing how long you've been waiting healthcare system. You might be surprised to learn that the language makes nary a mention of the 12-14 or even 24 hour wait times in emergency rooms, and only fleetingly refers to such problematic issues tool. Claiming "we have made it more convenient to as paramedic offloading times. It does, however, book or take a health care appointment by launchsing the praises of the over 3,907 in-hospital pairing virtual care options," ("take" it where I wonder, accessible health care options? I don't think so. But,

I suppose it depends on one's perspective. Hav- told they'd be forced to foot a \$400 a day hospital support or a walk-in clinic close to where you live." ply sign up online for a act alone are our seniors who paid into the system with their labour and their taxes for the past 40 years only to now be thrown onto the trash heap, disrepitals are so busy? spected and treated like so much dead weight.

Along with all the extra beds from "volunteers," comes yet another announcement of so many more "new" beds. As a reminder to the Progressive Conservatives, beds mean nothing without staff and our healthcare workers—whom you once referred to as the max. They're doing the best they can and kudos to them, but beds without staff are pointless and the Between the email I received and a quick review only actual recent addition I've seen in local hosmakes waiting so much better.

Perhaps instead of long waits, the Ford government is banking on people using the new Health811

What can be said that hasn't already been said care(s) homes to their list of preferred options," thus registered nurse AND to use this tool "to find serpesky holiday pounds, relieving bed pressures. Voluntarily? I'm sure being vices like community health centres, mental health for that you CAN sim-

> The only problem with this is that I've lost track paid healthcare provider tions. So much for free healthcare in Ontario. Never of how many times walk-in clinics have refused to forget that many of the persons impacted by this one take walk-ins! Literally refused, saying we need to swer a few questions, book appointments and encouraging us instead to simply go to the hospital. Geez, I wonder why hos-

But wait! Maybe I don't need a walk-in or even a virtual appointment. I can just go to my local pharmacy for certain things, right? Apparently it depends on what you need. If you have Covid, for example, (yes Virginia, covid is still a thing), it seems that only Galen Weston-owned pharmacies can distribute Paxlovid for those who meet the conditions to obtain it. The conditions, you ask? Well, you need to have a current kidney function test on file. Because that's something most of us have laying around the house. What's that, you say? Call your family doctor or go to a walk-in and get a requisition for a kidney function test? Well, if you've got Covid, you shouldn't be leaving the house, your family doctor (if you have one) is booked up for two weeks solid and won't do virtual appointments, and, as for the walk-in clinics, see the previous paragraph. More tients who "have voluntarily added more long-term on a date?) we are encouraged to chat online with a if you want a prescription for Ozempic to shed those

who will, after you an

TALK CALEDON

SHERALYN ROMAN

prescribe all the diabetes drugs you want.

If you need prescriptions for something other than Ozempic, according to our local MPP's office, they have "also made it more convenient for you to renew prescriptions for certain medications without having to first make arrangements with your family doctor. Pharmacists are able to renew prescriptions for chronic medications that no longer have refills to help you avoid interrupting drug therapy." I have to ask, which ones? Because I am on two separate low dose meds and I still have to book an appointment, see my family doctor and then take a form to the pharmacist. They are not opioids, they are not even for a chronic, life-threatening condition – more "maintenance" type prescriptions. Apart from perhaps an annual blood test, these drugs should qualify and I could help ease the burden on my family doctor's schedule but the last time my pharmacist gave me a 30-day supply until I could get an appointment, they had their wrist slapped.

Continued on Page A13



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Humberview Secondary School grads open WingsUp! franchise in Bolton

Anu Joshi-Mehendale and Tejas Mehendale proud to open new restaurant

BY ZACHARY ROMAN LOCAL JOURNALISM INITIATIVE REPORTER

A new restaurant opened in Bolton on Monday.

On January 8, Caledon Council members and representatives from the Caledon Chamber of Commerce attended the grand opening of Anu Joshi-Mehendale and Tejas Mehendale's new WingsUp! franchise.

The restaurant is known for its 100 per cent Canadian, fresh and never frozen chicken.

Joshi-Mehendale, 29, and husband Mehendale, 31, are graduates of Humberview





Anu Joshi-Mehendale and Tejas (TJ) Mehendale recently held a grand opening for their new WingsUp! franchise. PHOTO BY ZACHARY ROMAN

Secondary School in Bolton.

working in the financial and automotive sectors. Joshi-Mehendale said he's a people person and is amazing with customers.

Joshi-Mehendale grew up in Caledon and studied political science at York University. At the same time, she also got her real estate license. For the last ten years, she's run her own real estate business.

"I've always wanted to own a restaurant I didn't know how it would materialize or in what form... but then an opportunity arose and we started looking into it," said Joshi-Mehendale. "We thought now would be a great time to do this... Bolton would be an amazing place to do this."

Joshi-Mehendale said it's been a learn-Mehendale has a background in sales, ing curve adapting to her and her husband's new business, but it's been exciting, too. She said she felt very supported by the Town of Caledon on the day their business opened.

> "It was a really good feeling to be supported... we really felt that sense of community (at the grand opening) which is one of the main reasons we chose Bolton," said Joshi-Mehendale. "It's a family-oriented, support-oriented community, very close-knit."

> Joshi-Mehendale said the grand opening day of the business felt like the perfect first step into a new stage of life.

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Rose Chamber Orchestra to play concert in Caledon East

Caledon Chamber
Concerts hosting its first
show of the year

BY ZACHARY ROMAN

LOCAL JOURNALISM
INITIATIVE REPORTER\

Caledon Chamber Concerts will soon host its first concert of 2024.

At 7:30 p.m. on January 19, the Rose Chamber Orchestra will be performing at St. James Anglican Church (6025 Old Church Road).

The title of their show is "Brahms Serenade" as the orchestra will be performing works from Johannes Brahms, as well as a chamber orchestra setting of the first three of Antonin Dvorak's "Legends".

The Rose Chamber Orchestra includes leading musicians from the Rose Orchestra.

The Rose Orchestra was formed in February 2012 and is dedicated to providing high quality live entertainment founded on the principle of performing music that appeals to a wide variety of musical tastes.

The Rose Chamber Orchestra (stylized as ROSEchamberORCHESTRA) formed during the first year of the COVID-19 pandemic when outdoor concerts were resuming, and when concert halls were permitting smaller ensembles to broadcast concerts, eventually allowing them to perform to reduced-size audiences.

The group continues to perform a wide variety of original and reduced orchestrations to this day, and are excited for their upcoming performance.

Tickets to the show are \$40 per person or free for those ages 18 and younger.

Tickets can be purchased with cash at the door or by e-transfer to gordonmorton@gmail.com.

Purchasers are asked to use "ROSE" in their e-transfer message.

Talk Caledon

Continued from Page A11

For the absolute best in both hypocrisy and excellent use of the English language however, the award goes to this sentence; "We funded the operations for 49 new MRI machines in hospitals across Ontario (including three for pediatric hospitals) so you can be diagnosed faster and, if needed, begin treatment and follow-up care even sooner." That's amazing right? It's about time. Treatment and diagnosis closer to home. Woohoo! But wait, those with a discerning eye will note the words written are "funded the operations for" not funded the purchase of. Nope -before the money starts flowing to fund the operations of an MRI, first your local hospital has to raise that part of the cost themselves. What's the current price tag on an MRI machine? A cursory attempt at research (they are not listed on Amazon) pegs the price at over \$1 million dollars. In another aside, should you wish to jump the queue if your local hospital doesn't have an operationally funded MRI and pay a private provider to obtain one, that'll set you back anywhere from \$500-\$1,000 or more.

The final slap in the face came as a I drove home one night not too long ago and noticed a new sign, posted to replace an old sign (both unnecessarily proclaiming the proposed location of Hwy 413) that included new language on the costs associated with building it.

First, why a new sign to replace an old sign to announce a highway that may or may not be built? Secondly, the sign states Highway 413 is part of "our \$28 billion plan to build roads and highways." Yes, \$28 BILLION! I don't know where these other roads and highways are to be built, but the 413? When we already have a virtually empty stretch of highway covering over 100 kms running east/west along much of the same proposed route, it's just not necessary and it's money that could be better spent elsewhere. Like on MRI machines so people can ACTU-ALLY get the care they need closer to home. Is that plain enough English for you Mr. Ford?



"My life will be good" by Bill Carroll, a new member of Headwaters Arts. CONTRIBUTED PHOTO

ReLaunch 2024 features Headwaters Arts' newest members

BY ZACHARY ROMAN

LOCAL JOURNALISM INITIATIVE REPORTER

A local arts non-profit is starting the new year with an exhibition dedicated to new beginnings.

Headwaters Arts is hosting an opening reception for its "ReLaunch 2024" exhibition from 1 to 3 p.m. on January 13 in its gallery at the Alton Mill Arts Centre. The exhibition is on now and runs until February 11.

Sue Powell, Marketing chair of the Headwaters Arts Board, said for ReLaunch 2024 Headwaters Arts invited its newest members to submit works that reflect feelings of hope,

renewal and optimism for the year ahead. Also invited to showcase works of art were Headwaters Arts members who have not displayed their work in a long time.

"The start of a new year holds the promise of new beginnings, resolutions, and fresh starts," said Powell. "Headwaters Arts is thrilled to present our first member art show of 2024 showcasing over 45 works by 17 artists."

As patrons have come to expect from a Headwaters Arts exhibition, there will be works of art created in a variety of different mediums on display. These mediums include oil, watercolour,

gouache, acrylic, photography, pastel, tex-

tiles, fibre, needle felting, linoleum print and mixed media.

Bill Carroll, who lives in Orangeville, is a new Headwaters Arts member. His painting, "My life will be good", was selected as one of the promotional works to be shown ahead of ReLaunch 2024.

Carroll's painting is an acrylic portrait of his granddaughter, and he was inspired by the "confident hope" that he sees in her eyes.

Guests can meet the artists of ReLaunch 2024 and enjoy light refreshments at the January 13 opening reception.



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"Community Cooking Club" to benefit The Exchange

100 Women Who Care Caledon sponsors program run by Palgrave United Community Kitchen and **Gratitude for Food Caledon**

BY ZACHARY ROMAN LOCAL JOURNALISM INITIATIVE REPORTER

A new cooking club has all the ingredients to make great things happen in Caledon.

Gratitude for Food Caledon, a subcommittee of ecoCaledon, and the Palgrave United Community Kitchen (PUCK) have come together to launch a "Community Cooking Club".

The program is being made possible thanks to funding from 100 Women Who Care Cale-

From January to June, the club will meet on the last Thursday of the month at the community kitchen, which is located inside the Palgrave United Church (34 Pine Avenue).

At each club meeting, attendees will learn how to cook a new plant-based meal. Attendees will get to try the meal themselves, turn helps with food insecurity," said Chiand they can feel great because they'll also appetta. be making meals that will be donated to The Exchange.

The Exchange is run by Caledon Community Services (CCS) and serves as Caledon's food bank in addition to providing a variety of social services.

There's already a waiting list for the first meeting of the Community Cooking Club, and those interested in attending a future meeting can indicate their interest by calling 905-880-0303 or emailing info@palgravekitchen.org.

PUCK volunteer Barb Imrie said she's thankful to 100 Women Who Care Caledon for supporting the Community Cooking Club. She said the club will help provide access to healthy food to more people in Caledon.

Lucrezia Chiappetta and Carolyn Vallejo are the co-chairs of ecoCaledon's Gratitude for Food subcommittee and Chiappetta explained the subcommittee is focused on food-related climate solutions.

She said the cooking club will be great be- ing an even larger gala in 2024.



100 Women Who Care Caledon presented a donation to PUCK just before the holidays.

PHOTO COURTESY OF 100 WOMEN WHO CARE CALEDON

cause it's going to include the use of extra food from local farms that use regenerative agricultural practices.

"We can take that (food), we can use the Palgrave United Community Kitchen, which is a certified kitchen, to make a meal that can then be donated to The Exchange, which in

She said it's great to be a part of a project that has a positive impact on the environment and those in need in the community.

"It's one of those great full-circle projects where we're able to tackle climate change but also help the community as well," said Chiappetta. "We all love to cook and get together and at the end of the day we're also doing something really awesome."

In the future, Chiappetta hopes to see more funding come in to grow programs like the Community Cooking Club, since it has proved to be a popular one that's good for the community.

"We love doing these projects, but a lot of it just comes down to needing the money to provide supplies and the rental of the space," she said.

Growing Opportunities for Adult Life Skills hosting fundraising gala

Bolton non-profit supports people with intellectual disabilities

BY ZACHARY ROMAN

LOCAL JOURNALISM INITIATIVE REPORTER

After selling out its inaugural fundraising gala in 2023, a local non-profit is host-



On February 9, Growing Opportunities and the ability to hire additional staff to for Adult Life Skills (GOALS) is hosting a "Diamonds & Denim" gala at La Primavera Event Space in Woodbridge.

service that services youth and adults with intellectual disabilities.

The Diamonds & Denim gala begins at 6:30 p.m. and will feature a silent auction, dinner, dancing and more. Tickets for the gala are available on GOALS' website, www.goalsgrowingopp.ca.

Alannah Forgiarini and Chantal Ferguson are the founders of GOALS. Forgiarini explained that GOALS, which has its office and program space in Bolton, opened in 2020 just one week before the world got

shut down by the COVID-19 pandemic. She said GOALS offers a wide variety of programs and services, such as employment training, evening and weekend excursions, and day programs.

Due to the pandemic, GOALS wasn't able to hold any large fundraisers in its first few years. In 2023, it was able to host its first-ever fundraising gala and it was a sold-out success. This year, GOALS is hosting its gala at an even bigger venue thanks to demand.

In 2023, GOALS was able to purchase an accessible van thanks to its gala. This year, it is fundraising for another vehicle meet increasing demand for its services.

"We're growing, but we need to hire more staff... we have people that are on GOALS is a day program and respite waiting lists and we want to expand the program more than anything," said Forgia-

> She said GOALS tries to have a four to one participant to staff member ratio, and it's become increasingly hard with the rising cost of everything in today's economy.

> "We're hoping that raising funds can help us," said Forgiarini.

> She said GOALS strives to provide the best opportunities for its program participants, offering them fresh and new things

> "We do all kinds of fun stuff - go to Niagara Falls, the movies, see new exhibits," said Forgiarini. "We want participants to have the same experiences anyone else would have."

> She explained many participants have been in day programs for years, so it's important to keep providing new experiences so participants can learn and grow.

> Forgiarini said ticket sales so far for the 2024 gala are going well. She said GOALS is also happily accepting business sponsorships and silent auction item donations for its gala. More information on this can also be found on GOALS' website.

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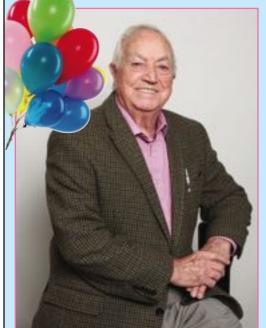
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The Caledon Public Library was represented by Michelle Matthews, Kelly Doigt, Laura Nolloth and Nicole Agar at Winterfest. They were giving out free prizes and creating bookmarks with guests.

PHOTO BY ZACHARY ROMAN

Community kicks off 2024 at annual Winterfest event

Continued from FRONT

Groves then introduced her fellow Council members and shared a land acknowledgement before continuing.

"Today we celebrate the beauty of the winter season and the last day before we return to our busy lives and routines," said Groves.

For families with children in school, January 8 marked the first day back to school after the winter break.

"I hope everyone had a joyous holiday and had time to relax and celebrate with your family and friends — that time is absolutely important," said Groves. "Today we will close the holidays in the best way possible by gathering here for some fun."

At the event there were booths set up by many community groups and organizations, such as the Caledon Public Library, Caledon Fire and Emergency Services, the Caledon OPP, Caledon Special Olympics, and Cassie's Place.

During her speech, Groves shared that 2024 is Caledon's 50th anniversary, as it was incorporated in 1974 as part of the Region of Peel. Groves said she's so happy

Caledon is remaining a part of the Region of Peel as we move into the New Year.

"I am so grateful that premier Doug Ford recognized how well the Region has worked for the last 50 years and has decided that he's going to walk it back and we are going to remain the Town of Caledon and the Region of Peel," said Groves.

She said over the last 50 years Caledon has grown into a thriving town that offers the best of rural and urban living to its res-

"We're very fortunate to have the best of both worlds," said Groves. "It is a challenge to achieve this delicate balance."

Groves said Council and Town staff are committed to planning Caledon for Caledon and safeguarding the Town's future. She said Caledon will see many successes in 2024 such as growing transit service and the implementation of the Town's strategic plan.

Groves ended her speech with a big thank you to all in attendance.

"Thank you all for being here, and thank you for celebrating Caledon. Let's continue to celebrate another 50 years of Caledon," said Groves.



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Polaczek leads Golden Hawks to 4-1 win over Midland Flyers



BY JIM STEWART

The Caledon Golden Hawks ushered in 2024 with an emphatic 4-1 win against their North Carruthers Division rival Midland Flyers on Friday night.

Caledon leading scorer Patrick Polaczek tallied a pair of goals—his sixteenth and seventeenth of the PJHL campaign-and Tyler Von Dehn and Liam Noonan scored one goal each to lead the Golden Hawks to their tenth victory in front of 150 fans at the North Simcoe Sports and Recreation Complex.

The Golden Hawks jumped out to a 2-0 lead in the first period in Midland.

Von Dehn-with assists from Sebastian Byrne and Noonan—opened the scoring at 14:10.

Four minutes later, Polaczek fired the puck past Flyers' netminder Owen Moreau to give the visitors a two-goal lead heading into the intermission. Nicholas Volpe earned his fourteenth assist of the season on Polaczek's team-leading sixteenth.

After a scoreless middle frame, Midland defenseman Dominik Stoikos-the PJHL Third Star of the Game—pulled the Flyers to within a goal three minutes into the third period.

The Golden Hawks clung to their narrow 2-1 lead for sixteen minutes of clean, hotly-contested hockey during which only one minor penalty was called.

Polaczek's unassisted ty net goal with 85 seconds left on the clock gave Caledon some much-needed breathing space. Noonan—assisted by Ethan Serenko-beat Moreau sixteen seconds later to provide the three-goal margin of victory for the visitors.

Caledon netminder Chad Walker turned aside 15 of 16 shots to raise his save percentage to .920 and rack up the win. Von Dehn and Polaczek earned First and Second Stars of the Game, respectively, as voted on by PJHL staff.

The 7th-place Golden Hawks improved their record to 10-17-1-2 with the victory while the cellar-dwelling Flyers fell to 2-25-2. Caledon will host the 3rd-place Schomberg Cougars-winners of six of their last eight games - on Saturday, January 13 at 8 p.m., and the much-improved 5th-place Penetang Kings on Sunday, January 14, at 2:30 p.m. at the Mayfield Recreation Complex.

Norman notches OT winner in Admirals' 4-3 victory over **Mississauga Chargers**

BY JIM STEWART

Owen Norman capped off a fourpoint night with a game-winning goal in overtime as the Caledon Admirals rallied from a 3-0 deficit and defeated the Mississauga Chargers 4-3 at the assist to catalyze the comeback. Port Credit Memorial Arena on Sat-

The Chargers opened the scoring in the penalty-filled first period when Philip Caridi beat Admirals' netminder Austin McKillop at 18:45 to give the home side a 1-0 lead. Prior to Caridi's goal, the first frame featured a festival of feistiness as 66 minutes in penalties were handed out by the refereeing team of Michael Scott and Ryan Styles.

Cooler heads prevailed in the second period and Chargers' forward Lucas Tsaparis made it 2-0 only thirty seconds into the middle frame. Tsaparis assisted on Ryland Willers's marker at 3:05 that gave Mississauga a three-goal lead and, subsequently, chased McKillop from the Caledon

Admirals' Head Coach Chris Taylor replaced his starter with Nicholas Van Kaufman and the bench boss's strategy worked quite clearly. Van Kaufman kicked out all 19 shots he faced to allow his team to get back into the game and the switch seemed to motivate the Caledon skaters.

Keegan Juchau-on an assist from Norman-got the Admirals on the board at 3:05. Sixty-nine seconds after the goalie change, Deacon King's ninth goal of the season narrowed the margin to 3-2 with helpers going to Norman and Seth Doney.

When Nicholas McCallen beat Chargers' netminder Sebastian Moncada at 12:44, the Admirals' second period rally was complete and Norman notched quite notably his third

The Chargers and the Admirals battled to a scoreless, virtually penalty-free third period—less Caridi's crosschecking penalty at 15:14-to force OT and set up Norman's heroics at 16:59 of the extra frame on assists from Nicolas Mana and Nick Ellis.

After opening 2024 with a narrow 5-4 home ice loss to the Burlington Cougars on Thursday night, the 11thplace Admirals improved their West Conference record to 6-25-1-5 with the OT win over Mississauga.

The Chargers fell to 4-33-0-3 in their inaugural OJHL campaign.

Deacon King, Deandres DeJesus, Luca Hobbs, and Owen O'Grady scored for the Admirals versus the playoff-bound Cougars.

The Admirals' next home game is Thursday, January 11 when they host the first-place Collingwood Blues at 7:30 at the Mayfield Recreation Com-





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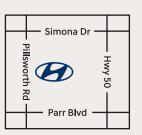
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The application may be considered by the Standing Committee on Procedure and House Affairs. Any person who has an interest in the application and who wishes to make submissions, for or against the application, to the Standing Committee on Procedure and House Affairs should notify, in writing, the Clerk of the Legislative Assembly, Legislative Building, Queen's Park, Toronto, Ontario, M7A lA2.

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OBITUARIES

HORNSETH, VERNON WAYNE JULY 29, 1944 -**JANUARY 7, 2024**

Wayne was born to Clifford and Verna Hornseth in Nipawin, Saskatchewan, where he grew up on the family farm. While he loved life on the farm and was an active 4H club member, he also had an early passion for flying. Wayne got both his pilot's and driver's licenses on his 16th birthday. His first



moved to Winnipeg and flew the DC3 for TransAir. There, he gained experience flying in the high Arctic. Wayne later moved to Ottawa to work for Transport Canada, including VIP transport. He took pride in flying Prime Ministers and other dignitaries. In 1980, Wayne moved to Caledon and accepted his favourite job - flying for Wardair. He made some lifelong friends while flying the DC-10, B747, and A310. Years later, Wayne took his flying career overseas. He retired in 2004 from Singapore Airlines on the B747-400. After retirement, Wayne returned to his farming roots by growing apples in the Okanogan Valley. Later, he moved to Orangeville to be closer to his family. Wayne was predeceased by his sister Myrna Dmyterko and is survived by his children Andrew (Pam) and Megan (Brett), their mother Margot, and grandchildren Ryan and Kyra. He is also survived by his sister Audrey Laycock and brother Len Hornseth

Visitation will be held at the Dods & McNair Funeral Home, Chapel & Reception Centre, 21 First St., Orangeville on Sunday, January 14th, 2024 from 1:30 pm to 2:30 pm. Funeral Service will be held at Dods & McNair Funeral Home, Chapel & Reception Centre 21 First St Orangeville, Ontario on Sunday, January 14th, 2024 at 2:30 pm. Memorial donations to Headwaters Health Care Centre would be appreciated by the family. Condolences may be offered to the family at www.

EDMED, KEITH DAVID

Keith David Edmed, Born May 26 1938, passed peacefully December 31st 2023 surrounded by family at headwaters hospital in Orangeville, ON. husband to Rose-Anne Maureen Edmed, Father to Allison, Lesley Edmed and Bradley Edmed, "Poppi" to Marisa, Cole, Troy, Fisher, and Maddigan Edmed. Greatgrandfather to Hunter David Edmed

Brother to Anita Wilson. Keith was born in London England and spent his early years in Cornwall which he loved. Keith came to Canada

when he was 18 and fell in love with everything his new country had to offer, especially fishing, hunting and spending time outdoors. Keith was a hardworking and devoted husband, father, friend and even neighbour. Keith lived a long full life with many friendships and adventures always leaving him with a story or joke to tell. Keith will be remembered warmly and missed dearly by all who knew and loved him.

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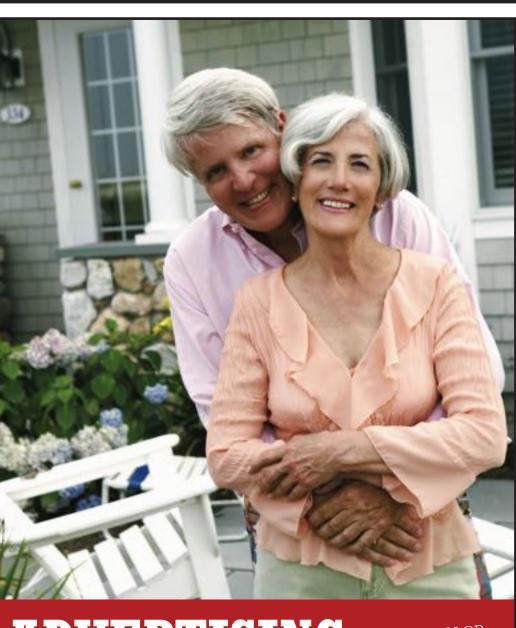
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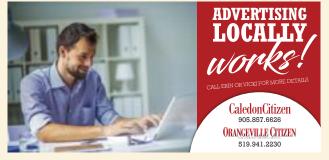
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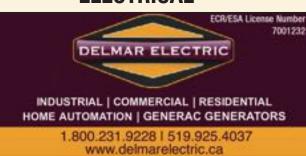




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Canicross comes to Dufferin County thanks to area athlete and advocate

BY PAULA BROWN LOCAL JOURNALISM INITIATIVE REPORTER

The bond between a dog and their owner is a special one, and one local runner is hoping to help strengthen that connection through a growing outdoor sport.

Mono resident Shawn Sobon is the founder of Canadian Canicross Sports, an organization that looks to educate, promote, and develop racing events surrounding the sport of canicross.

Canicross is known in the running world as the sport of cross-country running with dogs. Runners utilize hands-free running equipment consisting of a belt and harness that allows the dog to run in front and pull them along, while also giving verbal commands for direction and speed.

An avid runner for more than a decade, Sobon first became acquainted with canicross in 2018 after adopting his family dog – Piper.

"When we got Piper, I had decided to bring her on runs with me, and it was

through my contacts in the running world that I learned about the sport of canicross," explained Sobon. "The thing I noticed immediately was the connection I had with my dog while we were running. It wasn't just me running with her or her with me; we were working as a team, and it was a really special experience."

Wanting to share a similar experience with other runners and their dogs, Sobon began looking at ways of promoting the sport and teaching people about it.

"The bond that we were creating, through doing the sport together, was unlike any bond I'd experienced with any dog I've had in my life," added Sobon.

His first step in sharing the sport came in 2021 with the launch of a six-week program teaching runners and their dogs the basics of canicross, including using verbal commands, special equipment, and healthy running practices.

He then went on to develop a series of racing events for runners and their dogs to take part in locally.

The first Canadian Canicross Sports

race, called the Trails and Tails Classic, their support for the two-legged and fourwas held in November 2022 at the Mansfield Outdoors Centre. The event included a five-kilometre and 10-kilometre race distance as well as a fun run for those without special canicross equipment to participate.

Off the success of the first event, Sobon launched a second race in the spring of 2023 at Monora Park in Orangeville called the Muddy Paw.

The newest addition to the racing series is the Snowy Paws Canicross Race, which will be held at 9 a.m. on Saturday, January 14, at Island Lake in Orangeville. The race will consist of the same distance format as the previous Canadian Canicross Sports

Each Canadian Canicross Sports race looks to make a charitable contribution to a dog-related cause. The Snowy Paws race will be making a donation to the Friends of Island Lake to help benefit the Island Lake Conservation Area.

Spectators are encouraged to attend the canicross race at Island Lake to show

legged teammates and to learn more about the sport.

While participation in the local canicross races has been fairly small, with an average of 50 to 60 people per race, Sobon noted that the demand for the sport is there, with attendees from across the province, out of province, and even out of the country, travelling to participate in the

"The dedication of people who run with their dogs is pretty remarkable," said So-

Speaking with the Free Press, Sobon added the benefits of canicross for both humans and dogs.

"Canicross has completely changed the way I look at running. Before, I was always focused on how far I was running, but now it's really all about my dog and their enjoyments. The days where I don't feel motivated to get out and run, what gets me out the door is my responsibility and dedication to my dog."

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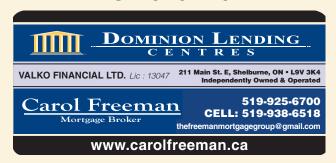
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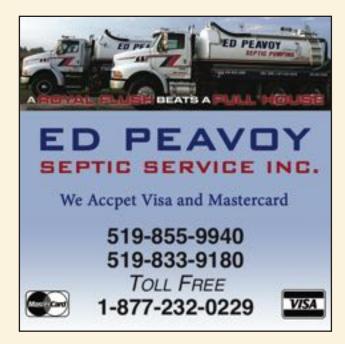




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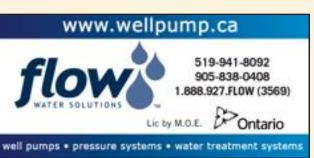


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