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FREE Thursday, January 18, 2024 Volume 44, Issue 4



ARTISTIC ESCAPE – Local artist Deb Menken, pictured here with an array of her colourful work, is currently curating her first-ever solo show at an art gallery. It's called "Seasons" and can be viewed at the Alton Mill Arts Centre until January 28. For more, see Page A12.
PHOTO BY ZACHARY ROMAN

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Council looking forward to celebrating Caledon's 50th anniversary

BY ZACHARY ROMAN
LOCAL JOURNALISM INITIATIVE REPORTER

Caledon is now 50 years old. The Town of Caledon was incorporated in 1974 at the same time as the Region of Peel. It has numerous initiatives planned where its 50th anniversary will be celebrated, such as at its annual Caledon Day event. This year, Caledon Day will be held on

June 15 and will feature live music, family-friendly activities, vendors, and a fireworks display.

While it hasn't released much information about them yet, the Town is planning to host "Culture Days" where it will have a special program dedicated to highlighting the Town's artistic heritage, expressions and traditions.

The Town is also planning to create pop-up exhibitions at its community centres and at

Town Hall. Town communications staff said the exhibitions will offer a glimpse into Caledon's past, present and future.

A social media campaign has also been launched by the Town in honour of Caledon's 50th anniversary. The Town is asking residents to share their personal stories, memories, and reflections on Caledon's impact on their lives using the hashtag #Caledon50.

Continued on Page A3

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Region to investigate implementing fines for negligent 911 calls

BY ZACHARY ROMAN
LOCAL JOURNALISM INITIATIVE REPORTER

Peel Regional Police report that over 40 per cent of the 911 calls they receive are deemed non-legitimate, inappropriate, or misuse.

At Region of Peel Council's January 11 meeting, Brampton Mayor Patrick Brown put forward a motion asking Council to direct regional staff to investigate whether fines or other penalties can be issued to callers making negligent use of the 911 system.

Brown's motion also asked regional staff to report back to Council at a future meeting with recommendations to minimize misuse and abuse of the 911 system.

Continued on Page A5

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Supplementary aggregate resources policy study not proceeding properly: Working group

Group worried process will not lead to objective, defensible new aggregate policies

BY ZACHARY ROMAN
LOCAL JOURNALISM
INITIATIVE REPORTER

A community working group providing input on the Town of Caledon's supplementary aggregate resources policy study says it isn't proceeding in accordance with the terms of reference set out for it.

Due to this, the group is worried Caledon will not be able to implement stronger aggregate policies by the time its Interim Control Bylaw (ICBL) against new aggregate pits and quarries runs out.

In September 2022, the Forks of the Credit Preservation Group (FCPG) presented a report to Caledon Council which showed Caledon has the weakest aggregate policies out of the top ten aggregate producing municipalities in Ontario. Due to this, in October 2022, the Town implemented its ICBL, which was renewed for one year in September 2023.

The ICBL will be in effect until October 18 of this year, unless CBM Aggregates' — a company that's proposing a large blast-



Public notices are posted on the land south of Alton that Votorantim Cimentos would like to convert into a blasting quarry.

FILE PHOTO

ing quarry in Caledon — November 2023 appeal of the ICBL renewal is successful.

The ICBL gives Caledon time to update its aggregate policies, and the Town's supplementary aggregate resources policy study is part of that process.

Town staff, based on criteria set by Caledon Council, appointed a six-member Ag-

gregate Resources Community Working Group (ARCWG) last May. Members were chosen due to factors like experience living near a pit or quarry, expertise in the aggregate field, and previous experience on a committee or task force.

The ARCWG consists of David Sylvester, Martin Bamford, John Emery, Jane Thompson, Neil Morris, and Cheryl Connors.

The ARCWG is tasked with working with Town staff on the supplementary study.

At this week's Planning and Development Committee meeting of Caledon Council, Sylvester and Thompson both delegated to Council and expressed concern with the Town's supplementary aggregate resources policy study process.

Ahead of the meeting, the ARCWG submitted a report outlining their concerns to Council, and it was added to the meeting's agenda.

According to the ARCWG, there were two reasons it submitted a report: to inform Council that the supplementary study is not proceeding in accordance with the terms of reference (TOR) set out for it; and, to request that Council give appropriate direction to ensure the study is carried out in accordance with the TOR.

Additionally, the ARCWG said it hasn't been able to carry out its function in relation to the study.

Phase One of the study was a comprehensive policy review which was to result in a background report that would be presented and discussed with the ARCWG. The group says it was never asked for input on the background report.

"This is a major function of the Working Group and was to inform the formulation of policy for presentation to Council. It has been completely ignored and bypassed," reads the ARCWG's report to Council.

The ARCWG said the background report prepared for Phase One of the study is flawed for a number of reasons, such as: it ignores advances in understanding and protecting the natural environment, water resources and human health and safety; and, that it's "primarily a selective and inaccurate historic review of Provincial regulation of aggregate operations."

Phase Two of the Town's supplementary study is policy formation. Feedback from the ARCWG on the background report was supposed to inform policy formation, and

it said this didn't happen. The ARCWG was supposed to be involved in policy formation, and it said this has been skipped altogether.

"We have been given no opportunity to discuss issues of concern," reads the ARCWG report. "ARCWG has attended four scheduled meetings so far at which we have been told what is to be in the policies..."

The ARCWG said there hasn't been a draft policy recommendation report presented to Council (required in TOR) and therefore, said recommendation report has not been presented for public input at a public open house.

Stage Three of the supplementary study was to be presentation of new aggregate policies to Council with a recommendation to implement them. The ARCWG said this should not happen yet as the draft policies currently prepared actually weaken Caledon's already-weak aggregate policies.

Due to the ARCWG's numerous concerns, Thompson suggested a motion to Council, which was then unanimously supported.

The motion asked that Council receive the ARCWG's report, refer it to town CAO Nathan Hyde, and then have the Town complete the supplementary study in accordance with the TOR for both the study and the ARCWG.

The ARCWG also asked the Town to direct staff to engage a project manager and environmental planner to lead completion of the study.

Ward 3 Councillor Doug Maskell said Caledon needs to respect the time and effort people have put into wanting to make Caledon's aggregate policies better.

"We have one chance to get this right and this is it," said Maskell. "This is something that can fundamentally transform our community... whatever resources we need to get this right, I'm supportive of that."

Mayor Annette Groves said the ARCWG's asks were very reasonable.

"We take this very seriously... this will have a serious impact on the community," said Groves.

She said aggregate extraction can lead to negative short- and long-term effects like increased traffic, noise, and pollution. Groves said that's why it's important to get Caledon's new aggregate policies right.

Caledon's Manager of Strategic Policy Planning Steve Burke said on January 16 that the Town had retained a project manager with extensive aggregate expertise for the supplementary study file.

COMMUNITY events

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

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

The Bolton Al-Anon Group has recently moved the regular meeting location to the Bolton United Church at 8 Nancy Street (across from Bolton Post Office). We still meet every Thursday at 8:30 pm. We welcome anyone who is/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!
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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.

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Town of Caledon in process of planning events to celebrate milestone



STARTING THE CELEBRATION – Mayor and Council are pictured at Winterfest earlier this month, the kick-off to a celebratory milestone year for the Town of Caledon.. **PHOTO COURTESY OF THE TOWN OF CALEDON**

Continued from FRONT

Mayor Annette Groves said in a statement that Caledon's 50th anniversary is a momentous occasion for every resident, business and community member that's contributed to the growth and vibrancy of Caledon.

"The planned celebrations reflect the spirit of Caledon — diverse, dynamic, and deeply connected," said Groves. "Join us as we honour our past, celebrate the present, and look ahead to a future filled with endless possibilities."

Ward 6 Councillor Cosimo Napoli said he's especially looking forward to celebrating Caledon's 50th anniversary at this year's Caledon Day event.

Regional Councillor, Wards 4, 5 and 6 Mario Russo agreed and said this year's Caledon Day event will be a focal point in Caledon's 50th anniversary celebrations, calling it a prime opportunity for Caledon's biggest celebration ever.

He said he'd like to see the Town celebrate all year, educating newer Caledon residents about the Town's history while looking optimistically to the future.

"Caledon's 50th birthday is taking place as we are nearing the most unprecedented growth our town has ever seen," said Russo. "It allows us to appreciate and reflect on our past... while maturing into one of the most unique urban cities in Canada that will surpass 300,000 people while remaining 80 per cent protected from urban sprawl."

Ward 5 Councillor Tony Rosa shared in

the excitement for Caledon Day and said Caledon's 50th anniversary is an important milestone.

"I am hoping we can also... incorporate the 'golden anniversary' theme into our annual Midnight Madness event in Downtown Bolton," said Rosa. "I will be discussing this opportunity further with the Downtown Bolton BIA."

Ward 1 Councillor Lynn Kiernan said she wants to see Caledon's historical societies, agricultural societies, and seniors be given a big role to play in celebrating Caledon's 50th.

"Let's reach out to them and gather their stories, this is an opportunity to capture those stories," said Kiernan. "We have a very rich, fascinating history... it's a great opportunity to respect and acknowledge it."

The Region of Peel is also celebrating its 50th anniversary this year and is commemorating the occasion.

In a media release, Region of Peel staff said Peel has grown to become one of the largest municipalities in Canada, servicing 1.5 million residents and over 200,000 businesses every day.

"From our early days, Peel has delivered services such as public health, long-term care, water, sanitary sewers and waste collection over a large geographic area, with an initial population of just over 300,000 people," reads the release. "In 50 years, Peel's programs and services have grown significantly to respond to an increasingly complex and changing environment and to

responsible, transparent and accountable, now and in the future.

"We will continue listening closely to what our community needs and expects, ensuring services and programs are responsive to those needs," reads the release.

Nando Iannicca, Region of Peel Council Chair, said he's looking forward to what the next 50 years of Peel will bring.

"As we celebrate Peel's significant milestone of 50 years of service excellence, we owe our long history of service to residents, staff, volunteers, community partners, vendors and stakeholders who have worked with us tirelessly to make a difference," said Iannicca. "Together, we forge ahead, inspired by the past, and committed to serving our community for many years to come."

Peel's CAO, Gary Kent, said Region of Peel staff are proud and humbled to be celebrating 50 years of service.

"This significant milestone emphasizes the hard work, passion and dedication of our staff and the impact they are making every day," said Kent.

enhance the community's health and safety, social and cultural development, infrastructure and transportation systems."

Staff said the Region of Peel is committed to serving the community in a way that's

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FIRE ARMS CHARGES

Members of the Caledon OPP Detachment have arrested and charged six individuals for numerous firearm related charges following a weapon incident in the Town of Caledon.

“On Friday January 12, 2024, at approximately 2:10 a.m. officers were dispatched to the report of gunshots in the area of Madawaska Road and McCormack Road,” say Police. “Two people were arrested shortly after police arrived in the area.

“With the assistance of the Ontario Provincial Police Emergency Response Team, Canine and Tactics and Rescue Unit, several other individuals were arrested from within a residence later in the day.”

Several prohibited firearms and ammunition were recovered in the investigation.

A 25-year-old from Cambridge has been charged with:

- Fail to Comply with Release Order;
- Possession of a Firearm or Ammunition Contrary to Prohibition Order;
- Unauthorized Possession of a Prohibited or Restricted Firearm;
- Possession of a Loaded Prohibited or Restricted Firearm;
- Possession of a Prohibited or Restricted Firearm with Ammunition.

A 20-year old from Caledon, 23-year old from Caledon, 21-year old from Caledon, 22-year old from Caledon and 23-year old from Brampton have been charged with:

- Possession of a Prohibited or Restricted Firearm with Ammunition;
- Unauthorized Possession of a Prohibited or Restricted Firearm;
- Possession of a Loaded Prohibited or Restricted Firearm.

All individuals were held for a bail hearing.

The charges have not been proven.

The investigation is still on going for this incident. Residents of the area who may have CCTV or dashcam footage from the area from the time of the incident area 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 at: 1-800-222-TIPS (8477) or online at www.peelcrimestoppers.ca. When you contact Crime Stoppers you stay anonymous and never have to testify.

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of the Ontario Provincial Police (OPP) have charged a driver on Highway 10 with impaired operation.

“On January 8, 2024, just after 1:00 a.m., an officer on patrol on Highway 10 located a vehicle on the shoulder near Hurontario Street,” say Police. “During the interaction with the driver, grounds were formed that their ability to operate a motor vehicle was impaired by alcohol.”

As a result of the investigation, Gary Palmer, 54, of Orangeville, was charged with:

- Operation while impaired - blood alcohol concentration (80 plus)

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 January 25, 2024, to answer to the charge.

The charge has not been proven.

Caledon OPP have charged three drivers with impaired driving offences following separate collisions Saturday night in the Town of Caledon.

“On Saturday, January 13, 2024, at approximately 6:50 p.m. officers were dispatched to a multi-vehicle collision on Kennedy Road south of Abbotside Road,” say Police. “Upon arriving officers noticed signs of impairment from one of the involved drivers who was arrested at the scene for impaired driving. There were no serious injuries in the collision.

Ankit Sharma, 29, from Caledon, has been charged with:

- Drive while Impaired by Alcohol;
- Operating a Motor Vehicle with over 80mgs of Alcohol;
- Fail to Surrender Drivers License;
- Fail to Surrender Insurance;
- Fail to Surrender Permit for Motor Vehicle.

The charges have not been proven.

“Later in the evening, at approximately 11:28 p.m., officers were dispatched to a single motor vehicle collision on The Gore Road north of King Street. Upon arriving officers noticed signs of impairment from one of the involved drivers who was arrested at the scene for impaired driving. There were no serious injuries in the collision.”

Pirasarna Aiyathurai, 41, from Brampton, has been charged with:

- Drive while Impaired by Alcohol;
- Operating a Motor Vehicle with over 80mgs of Alcohol.

The charges have not been proven.

“On Sunday, the 14th of January 2024, at approximately 3:03 a.m., officers again

responded to a single motor vehicle collision where upon arrival the driver showed signs of impairment and was arrested for impaired driving. The driver was transported to hospital with minor injuries.”

Amrit Singh Shergill, 23, from Brampton, has been charged with:

- Drive while Impaired by Alcohol;
- Operating a Motor Vehicle with over 80mgs of Alcohol;
- Fail to Surrender Permit.

The charges have not been proven.

The accused are scheduled to appear in Orangeville Provincial Court in February 2024. Each accused has had their drivers licence suspended for 90-days and their vehicle impounded for seven days.

“On Tuesday, January 16, 2024, just prior to 7:00 a.m., Caledon OPP received a report of a single motor vehicle in a ditch on Kennedy Road, near King Street, in the Town of Caledon. Officers arrived on scene and formed grounds that the driver’s ability to operate a motor vehicle was impaired by alcohol and was subsequently arrested.”

As a result, Tarnveer Bilga, 19, of Caledon, was charged with:

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

The charge has not been proven.

The driver is scheduled to appear at the Ontario Court of Justice in Orangeville on Thursday, February 8, 2024, to answer to the charge. Additionally, the driver’s vehicle was impounded for a period of seven days, and their driver’s licence suspended for a period of 90 days.

“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.peelcrimestoppers.ca. When you contact Crime Stoppers, you stay anonymous, and you never have to testify.

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

Continued on Page A5

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*One-time \$59 administration fee waived

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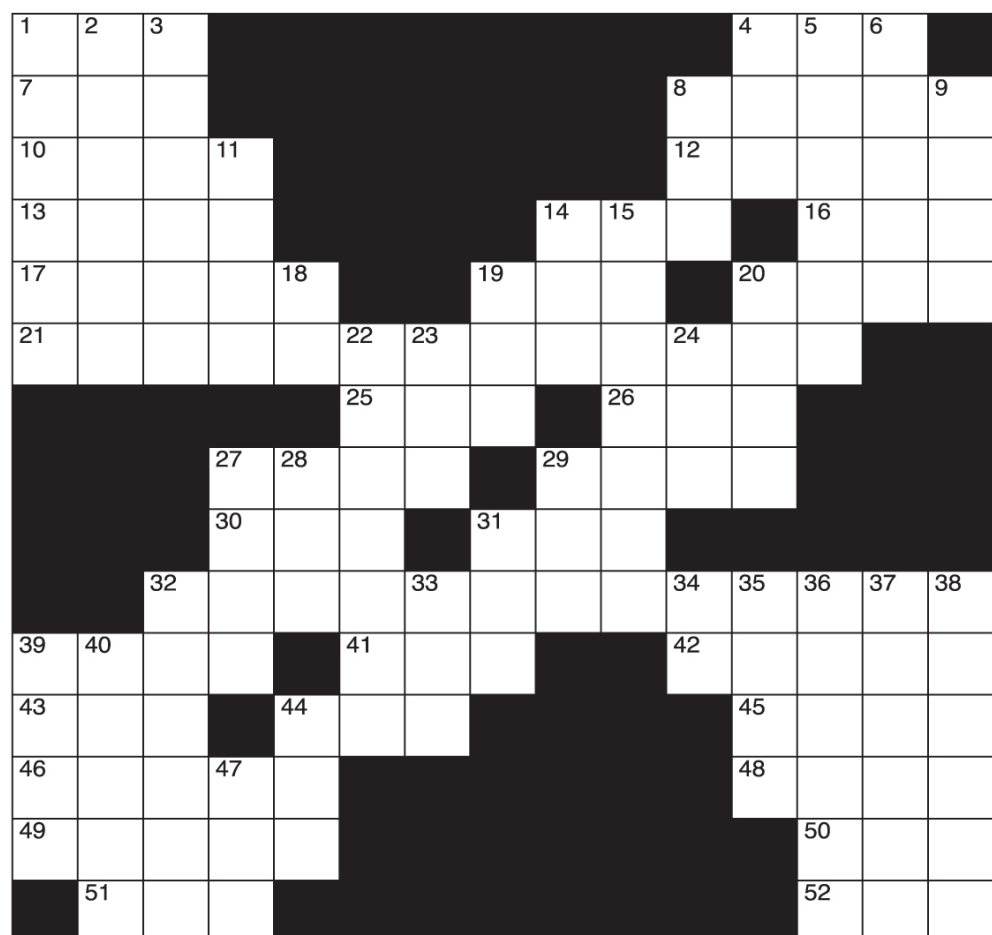
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The Citizen CROSSWORD

Solution in CLASSIFIEDS



CLUES ACROSS

1. Microgram
4. Where golfers begin
7. Each
8. Warm weather metropolis
10. Coat with sticky substance
12. Girl’s given name
13. Myth (Spanish)
14. Ultrahigh frequency
16. Former NBAer Jeremy
17. Where rockers work
19. Your consciousness of your own identity
20. Soft-finned fishes
21. Localities
25. Paddle
26. Union
27. Member of religious community
29. Small shrill flute

30. Small constellation (abbr.) in the Milky Way
31. They __
32. College kid on vacation
39. de Armas and Gasteyer are two
41. Part of the human body
42. A progressive grading
43. Sound unit
44. Noise some birds make
45. Abba __, Israeli politician
46. Portuguese city
48. Be extremely, uncritically fond of
49. Resembling old Norse poems
50. Ask for out of extreme need
51. Sino-Soviet block

52. Midway between south and southeast
- CLUES DOWN**
1. An insane person
2. __ Boothe Luce, American author
3. Buttock muscles
4. Men’s fashion accessory
5. “Hotel California” rockers
6. Electronic communication
8. Magnetomotive force (abbr.)
9. Hostelrys
11. A way to resound
14. Exclamation: yuck!
15. A resident of Indiana
18. Exclamation of surprise
19. Make a mistake

20. Boundary
22. Antilles island
23. It’s used to make furniture
24. Clod
27. They indicate where places are
28. Bobby __, NHL champ
29. Prints money
31. Honorable title (Turkish)
32. Appetizers
33. Midway between north and northwest
34. Spanish be
35. Breezed through
36. Grilled dishes
37. In a way, excites
38. Change mind
39. A French abbot
40. Popular candy
44. Partner to cheese
47. Wood or metal bolt

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

IMPAIRED CHARGES

Continued from Page A4

“This behaviour is unacceptable and puts the lives of other drivers and passengers at risk. There is no excuse for impaired driving at all. If you plan on drinking or consuming narcotics, then make sure you have alternative arrangements made for getting home.

“If you see a suspected impaired driver, please call 911. You can use your phone when calling 911 for an emergency without fear of being prosecuted for distracted driving.”

FAIL TO REMAIN CHARGE

Officers from the Caledon OPP have charged a Brampton resident after a collision in Caledon on Sunday.

“On Sunday, January 14, 2024, shortly after 12:00 p.m., Caledon OPP received a report of a two-vehicle motor vehicle collision at the intersection of Healey Road and Coleraine Drive, in the Town of Caledon,” say Police. “During the course of the investigation, officers established the identifying information of the fail to remain vehicle involved and identified the driver of the motor vehicle. After locating the driver, officers formed grounds that the driver’s ability to operate a motor vehicle was impaired by alcohol and was subsequently arrested.”

As a result, Melina Raggi-unti-Brown, 24, of Brampton, was charged with:

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

The charges have not been proven. The driver is scheduled to appear at the Ontario Court of Justice in Orangeville on Thursday, February 1, 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.

Brampton Mayor Patrick Brown introduces motion on misuse of 911 system

Continued from FRONT

In his motion, Brown said Peel Regional Police are the public safety answering point for police, fire and paramedics in Peel.

“The wait times for these emergency services are on the rise in Peel, resulting in too many callers waiting for response from a dispatcher when every second counts,” said Brown in the motion.

Each day, Peel Regional Police’s communications centre receives approximately 1,800 calls to 911. The police service says on average, 720 of these calls are non-legitimate, inappropriate or misuse. Since 2022, there has been a 27 per cent increase in 911 calls in Peel.

Brown said Peel Regional Police have done press conferences in an effort to educate the public on when it is necessary to call 911.

“There have been calls where people are calling in because their pizza hasn’t arrived, their TV is not working,” said Brown, listing examples of negligent 911 use. “I listened to one call where someone called complaining about a cricket game happening at the park — too much noise.”

Brown said you can change people’s behaviour when you hit someone’s pocketbook, and negligent 911 use has reached a breaking point in Peel.

“There are real emergencies on hold,” said Brown. “This is a way to push back.”

Mississauga Councillor Joe Horneck said he agrees with Brown and his motion.

“This is a great initiative... it’s so needed because we can’t have people waiting for these long periods of time for emergencies,” said Horneck.

Brampton Councillor Martin Medeiros also said he supported the motion and noted he would like to see some more public education on where people can go with their non-emergency calls.

“There has to be more clear criteria and education,” he said.

Caledon Mayor Annette Groves agreed with Brown’s motion and said it was time to step up and address the issue of negligent 911 use.

“The misuse of 911 has been happening for quite some time now... with the growth we’re having, we can’t afford to have... this



Brampton Mayor Patrick Brown has raised concerns at Regional Council about 9-1-1 misuse..

PHOTO COURTESY OF THE CITY OF BRAMPTON

huge misuse of 911,” said Groves. “We need to join forces with other municipalities and regions to bring this forward to the province, this is a serious matter.”

Groves said she’s heard of cases where people with real emergencies, such as a medical emergency like a heart attack, are stuck waiting on the line when they call 911.

“If people are going to misuse this... calling 911 because their cat’s stuck in a tree... there’s a problem,” said Groves.

Outgoing Mississauga Mayor Bonnie Crombie said she agreed with the sentiment and concept of Brown’s motion but also said she sees a lot of pitfalls with it.

“Would police have the ability to issue a warning?” she asked. “I worry we’re penalizing people who are unaware, the most

vulnerable... or those with mental health issues.”

Brown said he suggests a warning at first before any fines are given.

Mississauga Councillor Carolyn Parrish said she finds education without consequences useless.

She said as soon as people start getting fined for misusing 911, the word will spread.

“This is to save people’s lives... this is a perfectly worded motion,” she said.

Caledon’s Regional Councillor for Wards 1, 2 and 3 Christina Early said there’s blatant abuse of the 911 system out there.

“People need to be held accountable for that, this is serious stuff,” said Early.

Brown’s motion was passed with one vote in opposition.

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PUBLIC NOTICE

**Notice of Public Meeting
Proposed Zoning By-law Amendment**

FILE NUMBER(S): 21T-22004C and RZ 2022-0007

A Public Meeting will be held to consider this proposed Zoning By-law Amendment application. Your input and insight will inform and shape plans that meet the needs of our community.

Please be advised that the Town of Caledon is now offering a Hybrid Committee and Council Meeting model offering options for you to engage with Council, including in-person or virtual opportunities.

Meeting Date: February 13, 2024

Public Meeting Start Time: 7 p.m.

HOW TO PARTICIPATE:

The Town of Caledon offers a hybrid meeting model with multiple ways for members of the public to participate and engage with Council.

1. Attend In-Person: Members of the public may register to delegate in-person and speak to an item listed on the agenda or sit in the gallery to watch the meeting.
2. Submit a Written Comment Members of the public may submit a written comment regarding the proposed application(s) by completing the Participation Request Form, available at <http://www.caledon.ca/speak-at-council>
3. Virtually Members of the public are welcome to participate via phone or WebEx Meeting upon request. For more information on how to participate, please visit <http://www.caledon.ca/notice> or contact the Planning Department. Please note that there are deadlines by which the request to participate need to be made.

You can also ask questions or provide comments by:

- Submitting written correspondence to agenda@caledon.ca and planning@caledon.ca for consideration during the Public Meeting. Please note that written comments will form part of the public record.
- Contacting Planning staff or the Lead Planner during office hours by phone or email.
- Booking an appointment to visit Town Hall to speak with Planning staff. Visit caledon.ca/development for more information.

APPLICANT:

Glen Schnarr and Associates Inc. on behalf of Suzanne Wilson

LOCATION:

10249 Hunsden Sideroad
South side of Hunsden Sideroad, east of Mount Pleasant Road
Part of 25 and 26 and Part Closed Road, Concession 9 (ALB), designated as Part 1 on Plan 43R-3844
Ward 4

PROPOSED CHANGES:

The applicant has applied for Draft Plan of Subdivision and Zoning By-law Amendment applications to facilitate the creation of 13 estate residential lots, open space blocks, environmental blocks and a road network. The Zoning By-law Amendment proposes to re-zone the lands from Rural – Oak Ridges Moraine (A2-ORM) and Environmental Policy Area 2 Zone – Oak Ridges Moraine (EPA2-ORM) to appropriate zone categories to facilitates the development.

LEAD PLANNER:

Tanjot Bal
Acting Manager, Development
Planning Department
905-584-2272 ext. 4418
Tanjotbal@caledon.ca

ADDITIONAL INFORMATION:

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



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

ACCESSIBILITY:

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

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

Notice Date: January 18, 2024



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

Council offers initial thoughts on proposed 2024 budget

Budget presentations began on January 17

BY ZACHARY ROMAN
LOCAL JOURNALISM
INITIATIVE REPORTER

Just after press time on Wednesday, Town of Caledon staff began presentations on the Town's proposed 2024 budget for Caledon Council.

The Town's proposed 2024 budget was released on January 8 and proposes a 3.5 per cent property tax increase for residents.

Ahead of budget discussions, the Citizen asked councillors what their first impressions of the budget were.

Regional Councillor, Wards 4, 5, and 6 Mario Russo said creating a municipal budget is often a challenging and difficult exercise. He said the Region of Peel struggled to bring forward a responsible but fair 2024 budget and he sees the same challenges ahead for Caledon.

"Top of mind will be our residents and our businesses.... are we being fair to them?" said Russo.

He said while being fair to residents, the Town still needs to prepare itself for the future by investing in key areas like staffing, infrastructure, and operations.

Russo said Caledon needs to be able to serve its residents and businesses with the best value for their tax dollar.

"The tax dollars collected need to be respected," said Russo, adding Caledon needs to efficiently deliver services Caledon residents need and want.

Items that are top of mind for Russo include roads, transit, job opportunities, water and sewer services, schools and trails.

"Our goal will be to deliver the above in a lean and responsible manner, recognizing the inflationary pressures we all live with currently," said Russo. "My analysis will focus on, 'are we preparing appropriately for the future?' My key mantras are 'value for dollar' and 'running our municipality like a household'... focusing on needs and being responsible with our wants."



Ward 6 Councillor Cosimo Napoli said Caledon's budget is all about advancing the goals of Caledon's strategic plan. He said Caledon's goals are sustainable growth, connected communities, improved service, and good governance.

Mayor Annette Groves echoed Napoli's points about the budget aligning with the priorities set out in Caledon's strategic plan.

"With this budget we are committed to our residents and businesses while managing the reality of rising costs municipalities face," said Groves. "We encourage residents and businesses to learn about our budget process."

Groves said residents interested in the budget process should check out the Town's community engagement website, haveyoursaycaledon.ca.

Ward 5 Councillor Tony Rosa said he's been reviewing the budget and is looking forward to discussing it with Council and Town staff before a final vote on it is taken.

"Council will need to work collaboratively to ensure that we approve a fair and reasonable budget that ensures we meet the needs of our residents and business owners," said Rosa. "It is important that all villages and hamlets have (their) fair share."

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- BILL WHITBREAD
Editor & Reporter
- CONN SMYTHE
Horse Racing
- GORD EVERETT
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TEAMS

- MAYFIELD SECONDARY SCHOOL
Girls Nordic Ski Team 2004
- BRITTANY WEBSTER
- JULIE PORTER
- GILLIAN MONTGOMERY
- BRITTANY REID
- ROBYN KEMP

7-9 p.m. Wednesday, January 31, 2024

Caledon East Community Complex
Banquet Hall



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Countering Complaint Culture

The following statement might come as something of a surprise for regular readers of this column, but, believe it or not, I am not a natural-born complainer.

Don't get me wrong – I'm not a doormat, nor am I complacent. If I see a wrong that needs to be righted, I have no qualms speaking my mind or doing my utmost to spur action towards a solution, but not all perceived wrongs are created equal.

Yet, in this highly polarized world we now find ourselves living in, our collective sense of proportionality appears to be crumbling in favour of unfettered grumbling.

Case in point, for instance, Brampton Mayor Patrick Brown put forward a motion to Region of Peel Council last week to look at imposing fines on area residents who misuse 9-1-1.

Bolstering Mayor Brown's motion was data put forward by police departments over the last little while citing people calling the emergency line to report everything from being temporarily unable to access some of their favourite cable channels to kvetching about a snafu with a Tim Horton's order.

Another incident in Peel involved someone calling 9-1-1 to complain about people playing cricket on a public path – an inconvenience, perhaps, if you're in a running group and need a particularly wide-berth to move as one, but hardly a life-or-death situation, particularly when an individual can side-step a wicket or two.

I'm sure this is just the tip of the iceberg when it comes to wrongly-placed complaints to Police, but, perhaps, just a selection of the ones ridiculous enough to raise both awareness and eyebrows.

"We've never seen this level of misused calls," Brown told Newstalk 1010 last week. "It's going up each year and that's putting an enormous pressure on 911, to the point where we have legitimate emergencies being put on hold because we have negligent calls."

If fines or any other deterrents are ultimately effective in curtailing such nonsense, I think that is something to be applauded but, as far as complaints go, I feel it's going to be pretty difficult to get this foul-tasting toothpaste back into its proverbial tube.

In a world that is, again, as highly polarized as ours, we've also found ourselves living in a world where "complaint culture" has taken a firm foothold.

It's not hard to identify at least one factor that has helped complaint culture gain its foothold, and that is the anonymity that our online world has fostered.

When you don't have to show your face or state your name, it is much easier to put your worst on display because said anonymity can blunt any backlash. Likewise, if you're complaining to a company's social media feed, there is a similar anonymity as far as to whom or what (thanks, bots) you're venting your spleen.

At a micro level, I'm not one to really complain if there is a minor (yes, minor) discrepancy between the order I shouted through the wind into an oh-so-inviting drive-thru speaker box versus what I get at the next window in an equally oh-so-appetizing brown paper bag. With the exception of unexpected mayonnaise or melted cheese appearing on what I ordered, two toppings I've weirdly loathed since childhood, I can usually muscle through it. I'm fully conscious that companies that operate in structures that offer drive-thru windows have streamlined their workforce in the interests of greater profit margins, despite absurdly claiming that people don't want to work anymore, and are thus placing more expecta-

tations and a greater burden on people doing the heavy lifting. Here, mistakes are bound to happen, but am I going to raise a stink if they put just a regular amount of onions on my burger instead of the extra I requested? Come on. Just don't get me started on self-checkouts!

Now that winter has belatedly arrived, the annual sport of complaining about snow and ice maintenance, or lack thereof, has finally had its season opener – with, as one would expect, the usual complaints from people who take umbrage at their streets not being cleared first among hundreds. This, despite more ways than ever before to track the whereabouts of local snowplows to give you a bit of insight on when your turn will come.

Experiencing a delay? Again, not a reason to call 9-1-1. The appropriate municipal department? Sure. It's not at the top of my own list, but you do you!

On a personal note, my small nuclear family is experiencing something of a significant upheaval right now – not to worry, everyone is healthy and well – but there is nothing we can do about it. We might complain amongst ourselves, but no manner of complaining is going to change the outcome. Instead of dwelling upon it, I'm trying, with varying levels of success, to accentuate whatever positives that might be had – and, admittedly, there are few to be found – if only for my own peace of mind.

As complaint culture marches on seemingly unabated, it's doing so, in my view, at the expense of "doing culture" – that is, people who are content just to complain about what's bothering them rather than taking action to do something about it.

For the "small stuff," such as those who complain about their fast food order, action can be as simple as putting themselves in the shoes, even for a moment, of those who tasked with putting the meal together.

For the big stuff, such as political action, it often feels people are more content to simply sound off on the performance of their leaders at all levels of government without (a) offering solutions to whatever has raised their ire or, (b), putting themselves forward to foster the change they want to see in the world.

And, I believe, we're all the poorer for it. As I write this, I can't help but think of an airline snafu I had this past summer when, due to weather in Toronto, my flight back from New York City was cancelled.

The airline in question, in just about as many words, texted to say they were working hard to re-book all those impacted on the next available flight – but, when that subsequent confirmation came thorough about an hour later, the "next available flight" was literally a full week later.

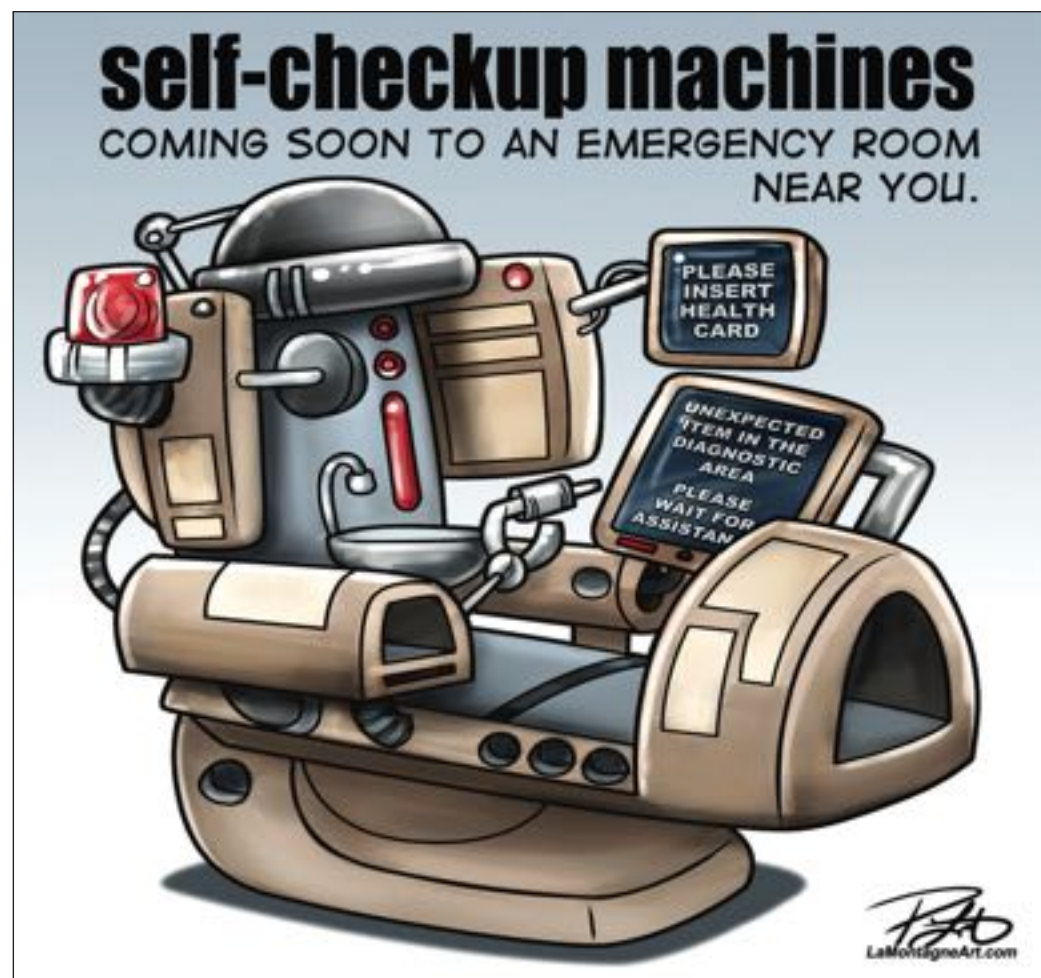
An extra week in a "foreign" clime, with all the expenses that would incur, was obviously unacceptable and a call to their customer service was in order.

The delay and the re-booking was, again, obviously, not the fault of whoever was going to pick up the phone at the other end and I governed myself accordingly.

"Thank you for not yelling at me," said the clerk, almost sheepishly and exhausted by the time I got through at 2 a.m., with an audible crack in her voice and relief in the air.

"Yelling" at her was the furthest thing from my mind; all I wanted was to work with her for a practical solution – and, working together, a much more reasonable option was found.

I'd wager the people who did, in fact, bellow down the phone might have had a full seven days ahead of them.



Staying connected to the "great mystery"

by Mark Pavilons



I recently urged my son to apply his somewhat green thumb to growing mushrooms.

Not your basic fungi, but those thousand-dollar specimens sought by fancy restaurants. Truffles can cost upwards of several thousand per pound. That's what I'm talking about!

How hard can it be to raise and sell a fistful of these beauties?

Turns out, very hard. But as they say, if it were easy, everyone would be doing it.

It seems my boy is under pressure – to get active, busy and earn money. After all we westerners believe that generating wealth is some sort of gauge of people.

Mistake number one. And yet, our young people, in record numbers, are graduating, and taking "gap years" to figure things out. Even armed with hard-earned degrees, finding those dream jobs is not easy.

And just what is a dream job? What field, or industry moves along effortlessly, unhindered by the economy, making everyone rich?

Not all of our young want to be accountants, bankers, lawyers, brain surgeons or politicians. It's somewhat disheartening, as a parent, to watch our kids go through this.

We do our best to help them. We set aside money for college or university; help them in their courses; encourage them to experience life, and always tell them to do what they love and grab life by the tail.

Is that enough these days? I don't think so.

As a Boomer, once we hit our mid-20s, we got an itch to move out and be on our own. We didn't care if we only ate KD and watched a black and white TV. We had jobs and that was enough to cover our essentials.

But with today's rents, cost of living, transit, cars, car insurance and yes, groceries, it's an uphill climb.

The pressure to just make it outweighs the need to move out and move on.

The world applies enough pressure to our young, we don't need to add to it. But it's often hard to hold our tongues.

While we'd all love to be 21 again, none of us would want to "start over" in this day and age.

In our house of five, and four dogs, it's seldom still. Like Oz, people come and go so quickly here!

My wife is a whirlwind, keeping the cogs well-oiled. With two jobs, she's often overburdened.

But she doesn't know how to chill. Perhaps she's reluctant to "press pause" for various reasons. They say that when you're idle or relaxing, you're alone with your thoughts. Some us can shelve them, but others can't. I'm an expert chiller, but constantly bickering with myself in my own mind is not a healthy pastime.

Meditation aside, how do we calm an overactive mind, brought about by our hectic lifestyle?

According to Andrea Menard, author of "Seeds from the Sacred Feminine: A 52-Card Wisdom Deck with Handbook," we have to be in tune with our sacred masculine and feminine sides.

"Take a moment to breathe and stop the whirl-

wind," says Menard. "When was the last time you sat still for more than 20 minutes?"

"Your sacred self waits for your moments of stillness to emerge. Be still and remember who you are. In the silence, feel your connection to the Great Mystery."

When is the last time anyone of us, regardless of our beliefs, felt any connection to the "Great Mystery?"

During the past year, and my experience with cancer, I have longed to believe in such a mystery.

I have tried to find solace in stillness and prayer. I wish science had risen to the point where we could just pluck out negative thoughts and feelings, and replace them with good ones. Wouldn't that be amazing?

Of course, we'd put all the supplement and pharmaceutical companies out of business.

Some, like Menard, suggest writing down your thoughts and take up journaling.

I tend to express myself through this very column, and little bits of me constantly float to the surface for all to see. I find this therapeutic, and sorry to burden you with you my woes, but maybe you share some of my sentiments.

Menard points out, when you surround yourself with living things, you become more alive too.

Gardening, tending to plants, etc. all help in this regard. I suppose tending to our four-legged family members works, too.

"There is great healing in the Earth Realm," says Menard.

There is much more to this planet of ours than we know. I have come across some fascinating articles on just how physically connected the flora and fauna are in our world. Symbiotic relations abound in the plant kingdom and this is not random but by design. I have learned that some tree root systems stretch for miles, literally boosting all others they encounter underground.

Incredible.

I think we'd all love to bring some calmness into the chaos around us. Some of it we can't control – the economy, running errands and our work environments. But at home, we should be able to instill some serenity.

Menard suggests this involves tossing material things, objects that we don't really need. She says we're not meant to "hold on to physical objects that no longer serve you."

"Release your hold on the stuff and feel the relief rise in your chest. You are free again. Remember the ways of your ancestors and pare your life down to the basics. Use only what is necessary. Allow your wealth to flow to someone who needs it more than you."

And yet here we are, settling in after a taxing gift-giving season. I can just imagine the piles of material things that may remain untouched, and not needed.

I have constantly told my family that my needs are simple. A few toys to play with; a collectible or two to admire; some laughs; home-cooked meals and the occasion beverage.

At this stage of my life, should I come into untold wealth, I would still not buy fancy clothes, luxury cars or Swiss watches. Those days, those desires, are gone.

Plop me in the middle of a Zen garden with an umbrella in my drink and I'm good to go.

Namaste.

Our Readers Write

Good climate policy will make life more affordable, says reader

Pro-oil politicians like Premiers are lying to Canadians about renewable energy and I'm sick of it.

The risk of losing power during a brutal cold snap like the one Alberta just had is terrifying. The province's power grid struggled because extreme temperatures took out multiple gas generators, not because of renewables. Wind and solar actually helped Alberta make up the shortfall and avoid disaster. Scientists have warned for decades that messing up our climate with fossil fuels would cause

chaos – not just extreme heat, but extreme cold too. Canada is getting a taste of that right now, as we lurch from an unseasonably warm December into this record-breaking cold.

But doubling down on oil, gas, and coal is not the answer. Cheap, clean, renewable energy is the key to a better future. Our governments must ignore the fearmongering and accelerate the energy transition now.

LUCREZIA CHIAPPETTA
BOLTON

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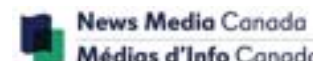
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Stop talking about it

The word “racism” is thrown about a lot these days.

In fact, it’s in the news pretty much every day in one way or another.

The word “racist” has become one which gets thrown into an argument at the drop of a hat by some people – especially those that are arguing some kind of agenda.

For many people, calling the other person “racist” or accusing them of “racism” is the knee-jerk reaction to any event, comment, or idea, they don’t like.

I’ve seen people on news shows accuse other people of being “racist”, when they are the same race, but from different parts of the world, or of a different religion. It made no sense at all.

Just scream “racism” and everyone is afraid to say anything after that for fear of also being accused.

I read a quote from noted actor Morgan Freeman who said the way to stop racism is to “stop talking about it.”

I researched the quote and found he said it on a news show several years ago.

To stop talking about it may seem like a weak response, at first, but when he explains what he means, it makes perfect sense.

“I’ll stop calling you a white man, and you stop calling me a black man,” he said to the TV host.

The media in particular is bad for pointing out a person’s race when it comes to news stories – especially when race has nothing to do with the story. And they only point out the race, when it is a non-white person.

A recent tragic incident in Florida resulted in the death of a football fan from Six Nations, in Ontario. The man was a Buffalo Bills fan and travelled to Miami to watch them play the Miami Dolphins. An altercation after the game resulted in the man being shot and killed.

A CBC report on the incident began with the line, “An Indigenous man from Ontario was shot and killed in Florida.”

What does the fact that he was Indigenous, have to do with the story? Why point that out? The fact that an Ontario man was killed is the story, not the

fact that he was Indigenous.

He was there to watch a football game, not solicit funds for the Indigenous community, or promote an Indigenous philosophy. He is the victim of violence that had nothing to do with his ethnic background.

If a white guy named Bob Smith, who attended a local Presbyterian church, was murdered, the story would not begin with “Local WASP murdered.”

This type of labelling goes on all the time.

As part of my job, I do a lot of research in many different areas. This includes historical research.

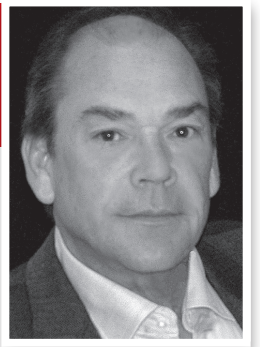
For some reason, articles and news reports always managed to include the fact that a person involved in the story wasn’t white.

It could be something as simple as a UFO sighting, and the story will point out it was an ethnic minority person who saw the flying saucer.

It always seems to say something like, “Fred Jones, an African-American man, saw the UFO over his farm on Monday night.”

What does being an African-American have to do with the fact that a guy saw a UFO flying over his

BRIAN LOCKHART FROM THE SECOND ROW



property? Isn’t the story about a UFO, and not a person’s ethnicity?

And why is it also pointed out when a person is the first of their race or ethnic background to achieve something? Why not just congratulate the person on a job well done or valuable contribution without having to point out the person’s race or ethnicity?

I can think of no other time you would mention race in some type of social setting.

When have you ever been to an event, and someone was introduced as “George, the brown guy,” or “Bob, the white guy?” It simply doesn’t happen, so why is it always mentioned in news stories?

To “stop talking about it” seems like a simple solution, but it would be effective in a lot of ways and eliminate a lot of problems – especially those where there shouldn’t be a problem in the first place.

It’s not just a bus, it’s access!

This might come as a surprise to some, but not everyone in Caledon owns, or has access to, a vehicle. For a community that is spread across over 700 square kms this can be a real inconvenience. For a community that also provides precious little public transportation, it adds up to a whole lot of missed opportunities: for youth, seniors, stay at home parents, persons who are neurodiverse or with differing abilities.

Not having access to a safe, affordable and reliable means of transportation excludes so many people from being able to participate in our community, in our economy or from having something as simple as some autonomy in their daily lives. Those complaining about a bus driving around their neighbourhoods are missing the point of public transportation. It’s about access for all, not just for those who happen to drive.

I’m not about to suggest Caledon spend millions of dollars on bus transportation across our entire region. I may not be a fiscal conservative, but I do understand the challenges facing our community when it comes to providing public transport across every hill and dale. We are geographically diverse and there will naturally be limits and confines within which any public transportation system would be required to operate. That said, certain populations in Caledon could be well-served by regular access to reliable transportation and we can look to a community like Orangeville as an example of how

well access not just to a bus, but a free bus at that, is working for them.

According to Sam Odrowski, who writes for our sister paper the Orangeville Citizen, in an August 2023 article, “Orangeville’s fare-free transit is under a two-year pilot project aimed at removing barriers to make the transportation system more affordable and effective. The removal of bus fares is intended to help seniors, students and those who struggle with access to transportation due to its cost.”

What the Town has found in the early stages of this pilot project is that “the number of people utilizing Orangeville’s transit system has roughly doubled since fare-free rides were instated (and that) during the first three months of this year, ridership was up 71 per cent.” The Town of Orangeville predicts that number will continue to rise, perhaps proving that access to public transportation is indeed a very good thing. In the area and driving behind a bus one day, I personally watched as an older adult with a bag of groceries got on the bus outside the grocery store and exited it just a few stops later outside a condo/apartment building. It was a short ride and it would not be unreasonable to assume had that trip been subject to a fare, the senior might not have been able to afford it and would have struggled home in icy, wintry conditions. Instead, they had access to the grocery store (independence) at no cost (helpful for those on a limited income) and choice (where and when they wanted to shop.)

SHERALYN ROMAN TALK CALEDON



Bolton residents too have had some access to public transportation and there are plans for that to continue - and possibly be enhanced - through a partnership with Brampton Transit. Currently, it provides services along the Highway 50 corridor that are primarily “rush-hour” based. The same is true for Southfields Village.

According to a Town staff report however, “Brampton Transit is prepared to expand its transit service in Caledon, subject to cost recovery.” The proposal “comprises a 10-hour-per-day service, including a morning and evening peak and a new mid-day service...the net cost of which...is estimated at \$320,000 per year.”

It’s a small price to pay in my opinion and promises greater return in terms of economic benefit, providing more people with more access to more opportunities including employment.

In Southfields, the promised improved service times began on January 8 of this year with both mid-day service and early evening trips added to the existing service schedule. On its website, the Town specifically noted “This update to service serves seniors, students, families and employees traveling outside peak hours.” Well done, Caledon.

It seems, however, that some don’t like it.

Commenters on social media, disparaging the arrival of more buses in town (no doubt keyboard warriors with at least one, if not more, vehicles parked in their own driveways) claim this

enhanced bus service will degrade property values and bring “the wrong sorts of people” into our neighbourhoods.

To you folks may I suggest that defending your “anti-bus” position by saying you’ve “never seen a single senior using the bus,” is lamentable and laughable. Are you watching? Has it occurred to you that a senior doesn’t need to be on an early morning bus because they aren’t commuting to work but they may very well need – and use – a bus service during the day? By exploring partnerships with Brampton Transit to provide access to public transportation the Town is opening up opportunities: for students looking for part time employment, or somewhere to volunteer to obtain their 40 hours of community service, and for older adults who no longer drive but need access to grocery shopping, medical appointments, or to visit friends. It’s providing a stay-at-home parent without access to the family car, the ability to attend library programming for their children and it’s potentially offering freedom and access to communities of people who may not be able or allowed to drive to look for employment opportunities, attend special events and/or day programs geared to unique needs and so much more.

In short, it’s not just a bus - it’s access.

Canada’s economic pillars are on shaky ground

Canadians are feeling increasingly pessimistic about their financial well-being – and for good reason.

A new national survey from Pollara released last week confirmed that nearly one out of every two Canadians said they expect their household income to drop this year, with a majority of Canadians saying they are “worried” about their personal finances.

What’s keeping Canadians up at night?

According to the survey, it’s the high cost of groceries, which is taking a bigger and bigger bite out of everyone’s paycheque. Many mothers and fathers throughout the country go to bed every night worried about having enough money to feed their families. That should never happen in a country as rich as Canada.

But it’s not just higher grocery bills eating into the take-home pay of most Canadians.

Higher taxes are also making Canadians poorer. A whole slew of new taxes are scheduled to take effect this year, including higher taxes for Employment Insurance and the Canada Pension Plan, as well as added taxes on gasoline and home heating.

If all those extra taxes weren’t bad enough, we got news last week that the quarterly federal debt payment in Canada hit an all-time high. According to Statistics Canada, Ottawa spent over \$11 billion

in the third quarter of the current fiscal year.

In plain terms, it means that ten cents out of every dollar of revenue the government collects is now going to pay interest on the debt. The national debt is a runaway freight train heading for the cliff – and few people are sounding the alarm. The worst part is that we have no plan in place for tackling the debt.

When you add all of these factors together, on top of a chronically feeble economy, it’s hardly surprising that Canadians are growing poorer and poorer year by year.

And the reason why is that Canada’s economic fundamentals are all on shaky ground.

As we head into the new year, deteriorating consumer confidence and lower consumer spending will hurt small business the most. It seems that small business always gets the short end of the stick.

When it comes to taxation or regulation or economic policies, the rules are almost always slanted in favour of big business. And yet it’s small business that shoulders most of the load when it comes to creating jobs and developing new products and technologies. It’s baffling that such a large, fundamental chunk of our economy is routinely neglected.

We need to create a more level playing field that unshackles small business and gives them the opportunity to flourish. And we need to firm up the

other pillars of our economy so that Canadians can enjoy higher living standards.

A national economic charter of rights and responsibilities would accomplish this. The charter would require government to pay down the debt over twenty years, reduce spending by a specific percentage each year, and cut red tape. It would also require the government to reform our tax system by making it simpler, more transparent, and fairer. In short, it would establish the strong, solid foundation necessary for our economy to grow.

An economic charter would also ignite our economy by giving millions of Canadians the chance to participate in profit sharing, by removing income tax and reducing the regulatory burden on small business so they can thrive and grow, creating new jobs and new wealth that will benefit all Canadians.

Until we shore up our crumbling economic pillars, the vast majority of Canadians can expect living standards to continue to erode.

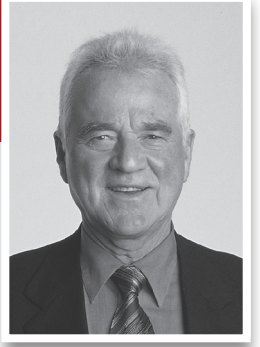
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FRANK STRONACH THE PRINCIPLES OF AN ECONOMIC CHARTER OF RIGHTS

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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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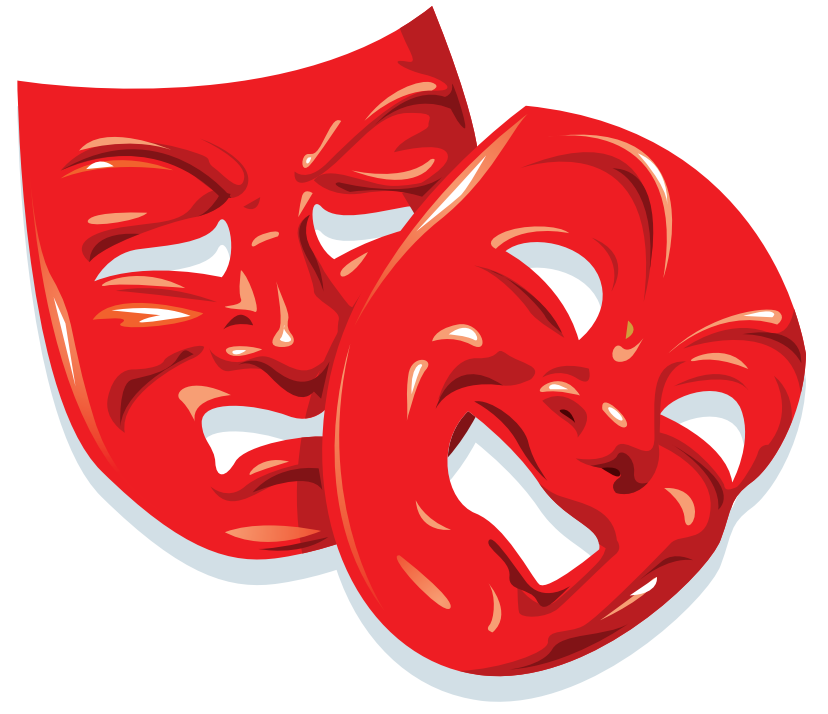
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ARTS & CULTURE



Payadora Tango Ensemble to play in Caledon this February

Ensemble is the latest group brought to town by Caledon Chamber Concerts

BY ZACHARY ROMAN
LOCAL JOURNALISM
INITIATIVE REPORTER

An award-winning ensemble is coming to play a show in Caledon early next month.

On February 3, the Payadora Tango Ensemble is coming to play a show in the great hall at St. James Anglican Church in Caledon East — the home of concerts brought to Caledon by the non-profit group Caledon Chamber Concerts.

New Classical FM 96.3 describes the Payadora Tango Ensemble as a beloved ensemble that is tango and beyond.

“It is world. It is classical. It is jazz. It is tango... a delicious swirl of music that is the Payadora Ensemble.”

According to Payadora’s website, the ensemble performs its own arrangements of a core repertoire drawn from Argentinian and Uruguayan traditions: tangos, milongas, waltzes and folk music.

Payadora also composes its own songs inspired by those traditions. The group is even endorsed by the Argentinian Consulate in Toronto for its adherence to the spirit of tango.

In 2023, the ensemble embarked on a sold-out tour of Europe, stopping in Madrid, Copenhagen, Budapest and London. The group



Elbio Fernandez, Robert Horvath, Rebekah Wolkstein, Drew Jurecka, and Joseph Phillips are bringing their award winning music to Caledon next month. PHOTO COURTESY OF PAYADORA TANGO ENSEMBLE

also released its third CD last year — Silent Tears: The Last Yiddish Tango — which ascended to the top spot on world music charts in Europe.

The Payadora Tango Ensemble consists of Rebekah Wolkstein on violin and vocals; Drew Jurecka on bandoneon, violin, and mandolin; Joseph Phillips on double bass and guitar; Robert Horvath on piano; and Elbio Fernandez on vocals.

Wolkstein has worked as an orchestral musician since the age of 16 when she won an audition. She’s performed and toured with the Toronto Symphony Orchestra, The National Ballet of Canada and The Canadian Opera Company. She also teaches music out of her

own private studio and at Humber College.

Jurecka is an accomplished multi-instrumentalist, arranger, composer and producer. Among many endeavours, he is a violin teacher at Humber College where he helped to create Canada’s only jazz strings post-secondary program.

Horvath is described as a versatile pianist who has a passion for education. He founded the Horvath School of Music in 2002 and has a Masters Degree in Piano Performance and Pedagogy from the Franz Liszt Academy of Music and the Bela Bartok Conservatory of Music in Hungary.

Phillips was raised in Toronto and began studying classical guitar at the age of nine.

It wasn’t long before he picked up the double bass as well, and since then he’s played with a wide variety of groups — primarily Orchestra London Canada, where he’s principal bass.

In the music world, Fernandez is known as “the little giant of tango”. He was born in Uruguay where he learned to love tango, and moved to Canada in 1989. He’s performed all across North and South America, and has been collaborating with the Payadora Tango Ensemble since 2017.

Those interested in attending the upcoming Payadora Tango Ensemble concert can visit caledonchamberconcerts.com or call 905-880-2445.



“Beer, it’s the best damn drink in the world.”

Cheers to Jack Nicholson



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Caledon Meals on Wheels hires new Executive Director

Kim Rodrigues wants to make sure seniors and vulnerable community members are well taken care of

BY ZACHARY ROMAN
LOCAL JOURNALISM
INITIATIVE REPORTER

A Caledon non-profit that provides fresh meals and much more to seniors and vulnerable community members has a new leader.

Kim Rodrigues became the Executive Director of Caledon Meals on Wheels (CMOW) late last year.

Rodrigues has spent her entire professional career in the non-profit world. She's worked in the developmental services sector, supporting and working with families who have a loved one with autism. She's also worked with individuals who are medically fragile and have a developmental disability. Another role saw Rodrigues working in victim services with children and youth.

"All my career has been in the service [sector] which is something that I'm very passionate about," said Rodrigues. "It's really what gets me up in the morning."

Rodrigues said she feels very fortunate to have landed at CMOW, and said she received a warm welcome from staff and volunteers in the organization.

"The collective work we're doing is supporting and directly impacting the individuals we're working with," said Rodrigues.

CMOW has 12 staff members, a volunteer Board of Directors, and about 100 volunteers carrying out its work. What it's best known for is delivering hot and frozen meals to seniors and vulnerable people in the community.

Rodrigues said what some people don't know is CMOW also offers seniors social and wellness programs, a friendly visit service, and wellness checks.

"Social connectedness is really important for our seniors... it has a huge impact on their mental health," she said.

Volunteers are a vital part of CMOW, and Rodrigues said most meal deliveries and social connections are done by them. She said CMOW is always looking for more volunteers, especially for its friendly visiting program, which has a waitlist. This program sees a volunteer go for a one-on-one social visit with a senior who may be isolated or unable to make it out to CMOW's group programs.

"They still need and deserve that social connection with somebody," said Rodrigues.

She said anyone interested in volunteering with CMOW can visit cmow.org to learn more.

"We have lots of opportunities for volunteers... it could be in our friendly visiting program, it could be in seniors social wellness, it can be meals delivery," said Rodrigues. "There's also opportunities to volunteer on our board, or even within the office... lots of opportunities for anybody that is interested and wants to give back to the community."

Rodrigues said she's passionate about caring for seniors because they've contributed to society for so long.

"We need to turn around and take care of them," she said. "That's not the time



Caledon Meals on Wheels volunteers were in the kitchen this week preparing food for clients. PHOTO COURTESY OF CMOW

they need to be worrying about where their next meal is coming from."

There are many in the community who are very dependent on the meals CMOW provides, said Rodrigues. For some, they almost exclusively rely on CMOW meals. In addition to its hot meals, CMOW provides frozen meals to clients so they can be saved for later.

There's a small cost for CMOW's meals; however, the non-profit is able to subsidize meals for those in need, using a sliding scale to ensure that anyone who needs meals is not getting turned away. Money raised from CMOW fundraising campaigns is often used to help subsidize meals for those in need.

Rodrigues said the demand for subsidized meals is higher than ever, and CMOW is trying its best to support everyone.

"We're so dependent on fundraising to be able to make sure that everybody has access to fresh and nutritious meals," she said. "It's heartbreaking to think we have seniors in our community struggling to not only make ends meet but have themselves fed."

Fundraising is going to be a bigger focus for CMOW in 2024, said Rodrigues, as the organization works to meet the increased demand it is facing.

Some of CMOW's fundraisers include its "Match our Meals" and "Smile Cookie" campaigns, which it does in partnership with local Tim Hortons restaurants, and its "Grand Parade" fundraising walk held in the summer.

"These are pivotal and really important fundraising opportunities for us," said Rodrigues.

When CMOW delivers meals, it also does a security check to see if the person it's delivering meals to is healthy and well. Rodrigues shared that even in the last week,

a volunteer helped a senior out of a scary situation.

When the volunteer was delivering a meal to a senior, the senior did not answer the door as expected. The volunteer alerted the senior's contact that CMOW had on file, and the police then did a security check on the senior (CMOW volunteers never enter a residence uninvited). It turns out the senior had fallen and hadn't been able to get up for over 24 hours. Thanks to CMOW checking in, the senior was able to get help before the situation got any worse than it already was.

"We're there (at someone's residence) typically two or three times a week, so we get a sense of what's normal for them," said Rodrigues. "Sometimes even if someone doesn't seem well, we'll contact their loved one and have them do a more in-depth check in with them."

Rodrigues said CMOW cares greatly about the wellbeing of those it serves, and she believes strongly in the value of the non-profit's security check service.

Moving forward, Rodrigues said she'd like to find CMOW a home where its office and kitchen space can be in one building. Being able to have space for social wellness programming on site would also be a plus, she added.

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PUBLIC NOTICE

Notice of Application and Public Meeting Proposed Official Plan Amendment

FILE NUMBER: POPA 2023-0006

This is to inform you that the Town of Caledon has received an Official Plan Amendment application and a Public Meeting will be held to consider this proposed Official Plan Amendment application. Your input and insight will inform and shape plans that meet the needs of our community.

Please be advised that the Town of Caledon is now offering a Hybrid Committee and Council Meeting model offering options for you to engage with Council, including in-person or virtual opportunities.

Meeting Date: February 13, 2024

HOW TO PARTICIPATE:

The Town of Caledon offers a hybrid meeting model with multiple ways for members of the public to participate and engage with Council.

- Attend In-Person: Members of the public may register to delegate in-person and speak to an item listed on the agenda or sit in the gallery to watch the meeting.
- Submit a Written Comment: Members of the public may submit a written comment regarding the proposed application(s) by completing the Participation Request Form, available at <http://www.caledon.ca/speak-at-council>
- Virtually: Members of the public are welcome to participate via phone or WebEx Meeting upon request. For more information on how to participate, please visit <http://www.caledon.ca/notice> or contact the Planning Department. Please note that there are deadlines by which the request to participate need to be made.

You can also ask questions or provide comments by:

- Submitting written correspondence to agenda@caledon.ca and planning@caledon.ca for consideration during the Public Meeting. Please note that written comments will form part of the public record.
- Contacting Planning staff or the Lead Planner during office hours by phone or email.
- Booking an appointment to visit Town Hall to speak with Planning staff. Visit caledon.ca/development for more information.

APPLICANT:

Malone Given Parsons Ltd. (c/o Matthew Cory) on behalf of Brookvalley Project Management Inc.

LOCATION:

0 Chinguacousy Road, 12502 McLaughlin Road, 12711 McLaughlin Road, 0 Old School Road, 0 McLaughlin Road, 12760 Hurontario Street
Part of Lot 22, Concession 2; Parts of Lots 19 and 20, Concession 2; Part of Lot 21, Concession 1; Part of Lot 22, Concession 1
Ward 2

PROPOSED CHANGES:

The applicant has applied for an Official Plan Amendment to amend the Mayfield West Phase 2 Secondary Plan. The proposed amendment aims to bring the subject land into the Towns Mayfield West Rural Service Centre boundary and to redesignate lands to residential, commercial, institutional, open space, and environmental land uses.

The subject lands are currently designated Prime Agricultural Area and Environmental Policy Area within Schedule 'A' - Town of Caledon Land Use Plan. The lands are zoned Agricultural (A1), Environmental Policy Area 2 (EPA2) and the lands are subject to a Minister's Zoning Order Ontario Regulation 171/21.

LEAD PLANNER:

Tanjot Bal
Acting Manager, Development
Planning Department
905-584-2272 ext. 4418
Tanjot.bal@caledon.ca

additional information and material, please visit www.caledon.ca/notices or contact the Lead Planner at Town Hall from Monday to Friday, 8:30 a.m. to 4:30 p.m.

ACCESSIBILITY:

If you require an accessibility accommodation to access any materials related to this item in an alternate format please contact Records and Information

Services by phone at 905-584-2272 x.2366 or via email at accessibility@caledon.ca.

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

Notice Date: January 18, 2024



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

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Orangeville Food Bank partners with Grand Valley under “Dufferin Food Share”

BY SAM ODROWSKI

The Orangeville Food Bank is joining forces with the Grand Valley Food Bank to create the “Dufferin Food Share.”

The Orangeville Food Bank announced on January 12 that it is partnering to better address food insecurity within Dufferin County, as the Grand Valley Food Bank has seen a 47 per cent increase in need over 2022. This is even larger than the 37 per cent increase seen at the Orangeville Food Bank over 2022.

The merger between the two food banks in Orangeville and Grand Valley extends their long-standing relationship, sharing resources and helping with administrative tasks.

“As the need for food banks increases across our community, we can better support area residents when we consolidate our resources, expertise and efforts to better serve the residents of Dufferin County who are facing food insecurity. Through Dufferin Food Share, we will continue to uphold our dedication to serving our community with compassion, dignity, and efficiency,” said the Orangeville Food Bank in a press release.

The Dufferin Food Share will continue to serve residents of Grand Valley and the surrounding area in the same location it always has, Trinity United Church (12 King St., Grand Valley). It is open Mondays from 1 to 2:30 p.m. and Thursdays from 5 to 6:30 p.m. There is

also a new contact number – 519-415-9400 – where people can leave a message and arrange an appointment to access food. The email contact is dfsgv@orangeville-foodbank.org.

With the increasing number of people accessing the Grand Valley Food Bank, its volunteers have struggled to manage all the different aspects of running the organization. To be effective, the food bank would have had to become a not-for-profit with a board of directors, which is challenging to find and manage in a smaller community like Grand Valley. Its population is just under 3,000 people.

“That was not something they [the volunteers] felt they could take on,” said Heather Hayes, Executive Director of the Orangeville Food Bank. “At the end of the day, they just wanted to provide food to those in their community.”

The Orangeville Food Bank is now handling the administration of the Grand Valley Food Bank through the Dufferin Food Share and continuing with technical advice as it always has.

“The Orangeville Food Bank and the Grand Valley Food Bank have been partnering for years supporting the residents of Orangeville and Grand Valley through programs like the Seniors Market and sharing food resources,” said Hayes.

“The dedicated volunteers of the Food Bank have consistently gone above and beyond to serve their community and those in need of food assistance. They also

wanted to ensure that they could support all the incredible community members who are the donors behind their incredible work. Moving forward this partnership will enable donors to receive tax receipts on an annual basis,” she added.

The partnership also better enables the flow of fresh and perishable foods to those accessing food in Grand Valley, noted Hayes.

“Working together and sharing resources is always a benefit,” she said. “Both food banks have been doing the same work for many years; they are made up of incredible volunteers and dedicated community members; bringing all that experience and passion under one banner makes the community a stronger place.”

When looking at other community partnerships, the Orangeville Food Bank is excited to have support from the Community Kitchen Program at the Westminster United Church.

“Margo Tasker and her incredible team of volunteers are making food for the vending machine to allow our chef more time to prepare meals from the reclamation food for our clients,” said Hayes.

The Community Vending Machine at the Mill St. branch of the Orangeville Public Library offers quality meals at 25 cents each to help with food insecurity. It has been there since November of last year.

“[We’re] so thankful for their support and all they do for the community,” said Hayes.

Local artist Deb Menken hosting solo show at Alton Mill Arts Centre

“Seasons” is the first solo show Menken has ever exhibited in a gallery

BY ZACHARY ROMAN
LOCAL JOURNALISM
INITIATIVE REPORTER

For Deb Menken, painting is just as much, if not more, about the journey as the destination.

Right now, and until January 28, Menken is exhibiting her solo show “Seasons” in Gallery 104 at the Alton Mill Arts Centre.

It’s the first time Menken has ever exhibited a solo show at a gallery. In the past, she’s exhibited her work at the Millcroft Inn, which is also in Alton.

Menken called her show “Seasons” for two reasons: the first was paintings inspired by the changing of seasons, and the second was the fact she’s showcasing paintings from different “seasons” of her artistic journey.

Menken began painting in 2015 and was immediately drawn to the abstract style. As she continued her journey as an artist, she explored other muses like florals and Northern Ontario landscapes. She always maintained her love for abstract art, and most recently has been dedicating her time to paintings of that style.

“Now I’m back to my first love... I’ve always wanted to be an abstract artist, that was my goal,” said Menken. “I’ve been finding my way and learning. No matter what you paint, you’re learning.”

There are two paintings specifically that led to Menken naming her show Seasons: Fall Cleanup 1 & 2. Menken was playing around with different ideas in her studio last November when she saw her husband

raking leaves from their maple trees. The cool colours of Fall and the swirling of the leaves inspired Menken’s brushstrokes as she worked on two canvases simultaneously. The paintings can now be enjoyed by themselves or as a diptych — two pieces that together create a single art piece.

Menken said she loves abstract art so much because of the unpredictability in it. “What I love is the painting process,” she said. “Making little discoveries... it’s that intuitive ‘what happens if I do this?’... it’s the joy of discovery, it’s so fun.”

These days, some of Menken’s favourite colours are turquoise, blue and orange. Many of her recent abstract works feature these colours, and it has led to a cohesive look for her Seasons show. Also lending itself to cohesion is the fact Menken works on multiple paintings at once.

“While one is drying, you move on to the next one,” she said. “What you’ve done in one painting (might) inspire you.”

Menken is never afraid to take a painting in a new direction. There’s even one painting in her exhibition that was once something different entirely.

“When you get stuck in a painting... make a bold move. It can reignite your creativity,” said Menken. “The old path is gone, you’ve got a new beginning.”

Menken had an opening reception for her show on January 13. It was after a bad snowstorm and she debated cancelling it, but the weather turned out to be nice on the morning of the reception and she decided to host it anyways. It was a good decision, as many people stopped in.

“I met lots of nice people; I love talking to people when they come in,” said Menken. “Seeing all your work in one room, seeing the cohesiveness of it and hearing the feedback from people that they love it, makes it all worthwhile.”

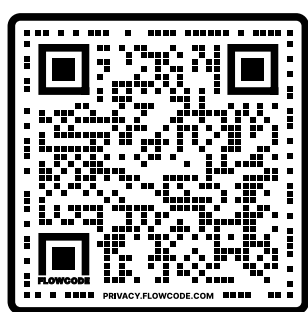


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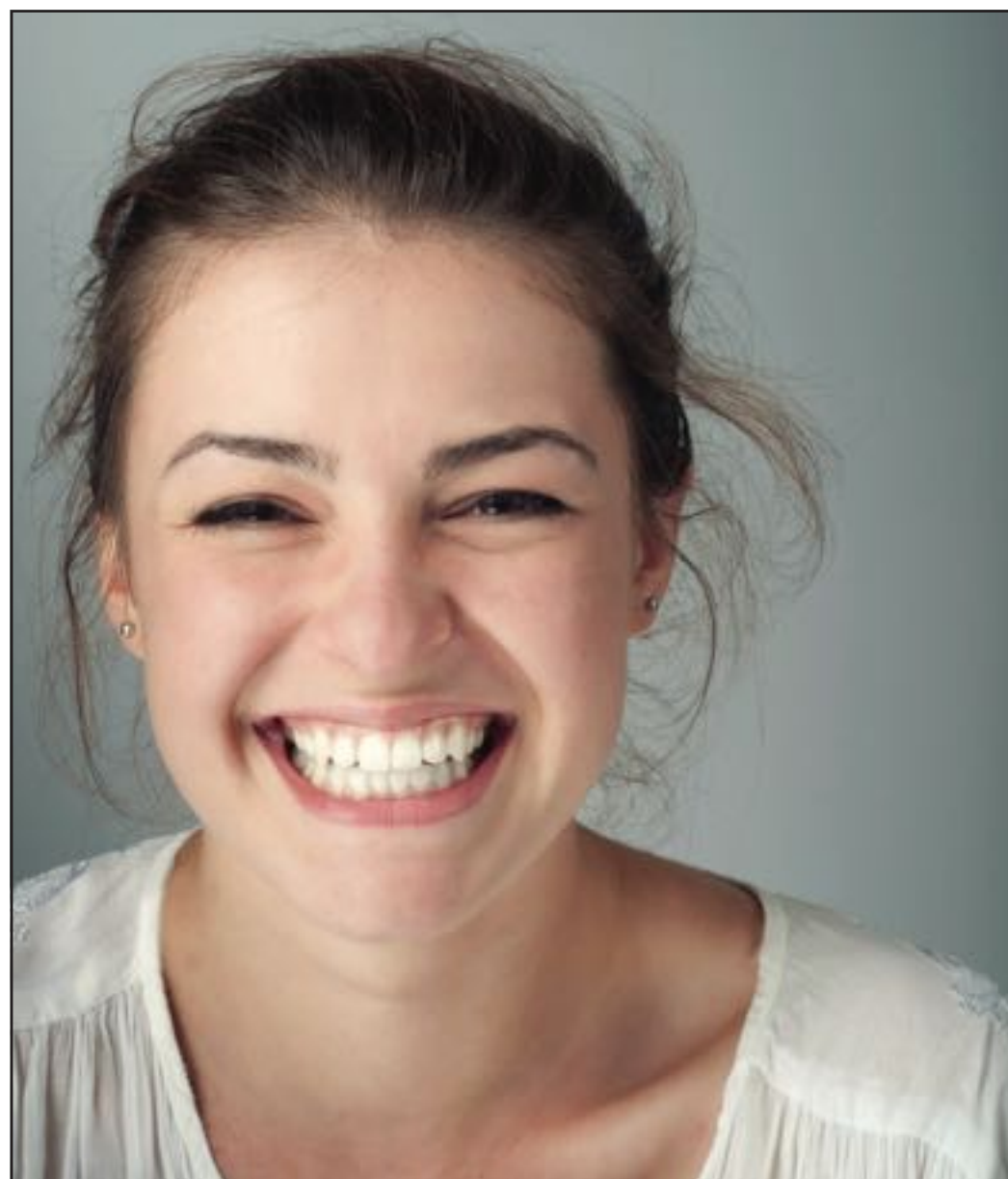


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Caledon bringing back tree seedling program this year

Over 199,000 trees added to Caledon from program so far, Town hopes to break 200,000 mark

BY ZACHARY ROMAN
LOCAL JOURNALISM
INITIATIVE REPORTER

The Town of Caledon is once again running its tree seedling program in 2024.

The program allows Caledon residents, businesses and schools to place online orders for potted trees and shrubs, bundled seedlings, and mulch mats. The Town is able to pass along savings to residents as it can purchase these items in bulk.

In a January 15 media release, Town Communications Staff explained there's a number of reasons the Town runs the tree seedling program.

"The tree seedling program isn't just an affordable way to enhance green space on your property — it also reduces the impacts of climate change, improves air quality and helps maintain Caledon's green, rural charm," they said.

Town staff said since its tree seedling program was implemented, over 199,000 trees have been added to Caledon's tree canopy. With its 2024 program, the Town is hoping to cross the 200,000 tree milestone.

In a statement, Caledon Mayor Annette Groves said it's amazing that the milestone of 200,000 trees added is on the horizon.

"The tree seedling program has supported Caledon's climate change initiatives since 2002," said Groves. "Participating in this program means you're not just improving your landscaping — you're playing a role in keeping our town green for generations to come."

There are many different kinds of plants available to purchase from the Town, all of them native to Ontario.

For potted trees, there's red oak, silver maple, sugar maple, red maple, red/silver cross maple, white birch, tamarack, and American basswood.

For potted shrubs, there's ninebark, stag-horn sumac, American hazelnut, smooth serviceberry, hackberry, nannyberry, and red raspberry.

The following bundled bare-root seedlings



A look at some of the plants available in the Town of Caledon's 2023 tree seedling program.

FILE PHOTO

are available: white pine, white spruce, and white cedar.

The Town is also selling coconut fibre mulch mats, and all purchases are on a first-come first-served basis.

Residents interested in participating in the tree seedling program by making a purchase

can visit caledon.ca/seedlings and place an order by May 6.

This year's pickup date for any purchases made is May 25, and the Town will be releasing more details about pickup day closer to the date.

Those who live on a large property may bene-

fit from the Town's partnerships with the Toronto and Region Conservation Authority (TRCA) and Credit Valley Conservation (CVC), who each have tree programs for large landowners.

More information about these programs can be found on the TRCA and CVC websites respectively.

Peel Art Gallery, Museum and Archives announces new exhibits and events

"Behind Bars: The History of the Peel County Jail" among exhibitions on offer this year

BY ZACHARY ROMAN
LOCAL JOURNALISM
INITIATIVE REPORTER

The Region of Peel's home for history, the arts and more has announced some of its plans for 2024.

The Peel Art Gallery, Museum and Archives (PAMA) announced on January 11 some of its upcoming programming for the year.

PAMA has updated its "Behind Bars: The History of the Peel County Jail" exhibition with an aim to take a thoughtful and compassionate approach to the history of the jail. Visitors to this exhibit will learn the stories of those who spent time in the jail, learn why the jail was built, and see what a double jail cell would have looked like in the early 1900s.

From January 27 to September 8, PAMA will host a traveling exhibition from the Nikkei National Museum and Cultural Centre: "The Suitcase Project".

The exhibition aims to show what Japanese Canadians went through in 1942, when over 23,000 Japanese Canadians living on Canada's west coast were uprooted from their homes and placed in internment camps.

PAMA describes the upcoming exhibition like so:

"Over 80 fourth- and fifth-generation Japanese Canadians and Americans share what they would pack if forcibly removed from their homes today. They were given one day to assemble their things, similar to what many Japanese Canadians faced in 1942," said Pama.

From 10 a.m. to 4:30 p.m. on February 19, PAMA is hosting its annual Family Day event. The family-friendly event will feature a chance to create art inspired by astronomy and the universe, and a performance of "Little Red Rocketship" by Applefun Puppetry. Showtimes are at 11 a.m., 1 p.m., and 2:30 p.m., and space is limited.

To learn more about PAMA and its upcoming exhibitions and events, those interested can visit pama.peelregion.ca.

PAMA is located at 9 Wellington St. East in Brampton.

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Town of Caledon's annual Tree Seedling Program is back!

Caledon residents, businesses and schools can now place online orders for potted trees and shrubs, bundled seedlings and mulch mats on our online storefront.

Hurry – inventory is sold on a first come, first-served basis.

The Tree Seedling Program has added more than 199,000 trees and shrubs to Caledon's green space and is on track to achieve a whopping 200,000 plants this year!

Visit caledon.ca/seedlings for more information and to order.



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2.99 /LB

SAVE \$3.00

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7.99

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3.69 /100G

San Daniele Mortadella or Mastro Prosciutto Cotto 125-175g pkg

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6.99

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2 FOR \$9

SAVE UP TO \$4.00

Nutella Hazelnut Spread with Cocoa 1kg jar selected varieties

8.99

SAVE UP TO 98¢ ON 2

Barilla Pasta 410g pkg Individual \$2.29 selected varieties

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Yoplait Source Yogourt 16x100g pkg selected varieties

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2.99

SAVE UP TO \$2.00

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3.99

Longo's Chocolate Chip Cookies 20 pack

7.99

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SAVE UP TO \$7.00

Scotties Original Facial Tissue 6 pack, Cashmere Regular Bathroom Tissue 12=24 rolls or Sponge Towels Paper Towel 6 rolls or UltraPro 3=6 rolls

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ACE Bakery Ciabatta Cluster Buns 12 pack

2.99

CELEBRATING SENIORS

7 reasons to make senior dental care a priority

1. **Tooth decay.** Plaque caused by bacteria harms the tooth enamel and causes cavities. One of the reasons older adults are at increased risk of cavities is dry mouth. Saliva helps protect the teeth and reduces bacteria, but dry mouth is a side effect of certain drugs commonly taken by seniors, such as medications for depression, asthma, and high blood pressure.

2. **Gum disease.** Two in three seniors 65 and older have gum disease. Severe gum disease, also called periodontitis, can lead to sore, bleeding gums, chewing problems, and tooth loss, among other health problems. Unfortunately, many people don't know they have gum disease because it doesn't cause symptoms until the disease advances. Good senior dental care and regular dental exams can help prevent gum disease.

3. **Tooth loss is common in older adults.** In fact, one in five adults 65 and older have lost all their teeth. Tooth loss can affect nutrition because seniors with missing teeth may not be able to eat or enjoy fresh food options, like fruits and vegetables.

4. **Heart disease.** Inflammation caused by gum disease increases the risk of heart disease. Gum disease can also make certain heart conditions worse and may be associated with a higher risk of stroke.

5. **Diabetes.** People with poor blood sugar control are at higher risk for dental problems, such as inflammation and gum disease. This is because too much glucose (sugar) in saliva helps bacteria grow in the mouth. Gum disease also seems to affect blood sugar control in people with diabetes.

6. **Pneumonia in older adults with poor dental hygiene,** especially those who smoke, are at increased risk of bacterial pneumonia. This is because, as someone breathes, bacteria in the mouth can travel to the lungs. Maintaining good dental hygiene is important.

7. **Oral cancer.** Older adults are at higher risk for oral cancers. The risk is higher for people who chew tobacco or smoke cigarettes, pipes, or cigars. Regular dentist appointments can help detect problems early.

- Remember to brush twice daily with fluoride toothpaste. A soft, electric toothbrush may make dental hygiene easier. If you're forgetful, set reminders.
- Remind your parent to floss regularly. Flossing daily helps prevent plaque and gum disease as well as tooth picking.
- Keep dentures clean and soak them nightly.
- Schedule regular dentist visits. Regular appointments can help prevent dental problems and keep teeth healthy. Seeing the dentist at least once a year for cleaning and a check-up is highly recommended.
- Tell the dentist about medical conditions and medications you're taking. If dry mouth is a problem, we are able to offer strategies to help relieve it.

We are fully prepared to treat all our patients during this pandemic so there is no need to be fearful about coming to see us. We've gone above and beyond in implementing important safety measures. Call today to book your appointment or an appointment for your loved ones who need help. We're here to help.

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CELEBRATING SENIORS

Have you committed to yourself this year? Good fitness can be had at any age or ability.

Did you know that fitness is crucial for good mental health due to the connection between the body and mind? Having good fitness can help improve your mood, provide better quality of sleep, enhance your cognitive function and memory, reduce stress, and promote good brain health.

We have put together a warmup fitness routine for you to do before you start your busy day. But first, a couple notes on safety:

- Check with your health care provider before starting any new physical activity.
- Ensure your home is a safe environment, free of clutter and tripping hazards
- Breathe easily during exercise and refrain from holding your breath
- Shoes should be selected to provide adequate support, cushioning and protection
- Hydrate! Drink water before, during and after exercise

Try this daily fitness warm-up routine to energize your day. Turn on the tunes or flip on a favourite show to make the time go by even quicker.

- Chair march
- Chest press – hands flat together and squeeze

- Chair push-ups – hands firmly on arms of chair and push up
- Leg extensions – rotate toes pointed and foot flexed
- Seated toe taps – heel and toe rotations
- Isometric abdominals – squeeze the core muscles
- Seated reaching – up/down and side to side
- Seated stretch – stay firmly planted on the chair

Know your limits! If you are feeling any of the following, stop your activity and consult with a health care physician:

- Chest Pain
- Light-headedness
- Confusion
- Pallor
- Nausea

Looking to increase your fitness or want to connect with others who are getting their fitness on? Come out to one of our Meals on Wheels programs. Check us out at www.cmow.org for more information on our programs.



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Project Lifesaver

- Provides those who may wander a wristband, to assist the O.P.P. and families locate their loved ones.
- Currently available in Caledon and Dufferin County.

Friendly Visiting

- Match volunteers with a senior for a one-to-one visit.
- Promoting senior socialization.
- Building relationships with seniors and prevent isolation.

We are looking for Board Members!

Do you want to be a part of a meaningful organization focused on seniors well-being? Our Board of Directors are looking for Board Members. Join us to help Caledon Meals on Wheels serve your community better!

CELEBRATING SENIORS



Volunteers play a vital role at Caledon Dufferin Victim Services.

Don't retire your skills when you retire.

Your community needs you!

With only three full-time staff and the vast geographical areas of the Town of Caledon and the County of Dufferin to serve, the task of supporting victims of crime and tragic circumstances would be nearly impossible without them.

Mature volunteers bring with them a wealth of skills and life experiences that are so unique and valuable. Please don't retire your skills when you retire, consider volunteering with us!

No experience necessary – you got that on your own.

As a Crisis Responder-Volunteer, you will be trained to help victims cope with the impact of crime, tragedy and adverse situations. You will also learn how to provide short-term emotional support, community information and referrals.

Your work will empower those affected by crime and tragedy to participate in the healing process of their choice. You will support people who have been victims of fraud, scams, family disputes, motor vehicle collisions, and other life situations.

You will receive specialized training in many interesting areas, and our staff team will always be there to support you in your work.

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CELEBRATING SENIORS

What seniors should know about prediabetes

Most seniors recognize that routine visits to their physicians are an important component of preventive health care. Annual physicals are important for everyone, but they're especially important for individuals 65 and older who may be more vulnerable to disease and various other health conditions than younger adults.

The National Institute on Aging reports that millions of individuals 65 and older have visited their physicians and learned they have a condition known as prediabetes. For some, the day they receive a prediabetes diagnosis also marks the first time they've heard of the condition. Since so many seniors are affected by prediabetes, it can behoove anyone to learn more about it.

What is prediabetes?

The Centers for Disease Control and Prevention notes that prediabetes is a serious health condition characterized by higher than normal blood sugar levels. When a person has prediabetes, his or her blood sugar levels are not yet high enough to indicate type 2 diabetes, but that could change if prediabetes patients do not make changes to prevent such a progression.

How common is prediabetes?

A 2023 study published in the journal Diabetes Care indicates that 464 million individuals across the globe had impaired glucose tolerance (IGT) and 298 million had impaired fasting glucose (IFG) in 2021. Each of those conditions are hallmarks of prediabetes, cases of which the study indicates are expected to rise significantly by 2045.

What causes prediabetes?

The CDC notes that when a person has prediabetes, the cells in his or her body do not respond normally to insulin, which is a hormone produced by the pancreas that enables blood sugar to enter cells, which then use it for energy. The pancreas then makes more insulin to get cells to respond, but eventually the pancreas cannot keep up, resulting in a rise in blood sugar.

Does prediabetes produce symptoms?

Many people have prediabetes for years and do not know it. In fact, the CDC reports that more than 80 percent of the 98 million American adults who have prediabetes are unaware that they do.

How can I determine if I have prediabetes?

The sheer volume of people who have prediabetes but are unaware that they do begs the question of what individuals can do to learn if they have the condition before they develop type 2 diabetes. Recognition of the risk factors for prediabetes is a good start. The CDC urges anyone who has any of the following risk factors to speak with their doctor about having their blood sugar tested:

- Being overweight
- Being 45 or older
- Having a parent, brother or sister with type 2 diabetes
- Being physically active less than three times per week
- A history of diabetes during pregnancy (gestational diabetes) or giving birth to a baby who weighed more than nine pounds
- Having polycystic ovary syndrome
- Being African American, Hispanic/Latino American, American Indian, or Pacific Islander. Some Asian Americans also are at greater risk for prediabetes.

Prediabetes can be a precursor to type 2 diabetes, which only highlights how important it is that older adults recognize their risk for the condition.



WHERE TO GO IF YOU FEEL UNWELL.

WINTER 2023

Family Doctor

If you or a family member are unwell, please call your **family doctor**. If you do not have a doctor or your doctor is unavailable, please try one of the options below.

Pharmacy

Many symptoms can be controlled with over-the-counter medications. Your **pharmacist** can now offer prescriptions for:

- Acne
- Acid reflux
- Canker sores
- Cold sores
- Dermatitis
- Diaper Rash
- Hay fever
- Hemorrhoids
- Impetigo
- Insect bites and hives
- Menstrual cramps
- Nausea and vomiting in pregnancy
- Oral thrush
- Parasitic Worms
- Pink eye
- Sprains and strains
- Tick bites
- Urinary tract infections
- Yeast infections

Pharmacists are also able to renew prescriptions for most medications, such as blood pressure, diabetes and asthma medications.

Health811

Health811 is a free, secure and confidential service Ontarians can access 24 hours a day, seven days a week to receive health advice from a **registered nurse** by calling **811** (TTY: 1-866-797-0007), chatting online or navigating to [Ontario.ca/health811](https://ontario.ca/health811).

Walk-In Clinics

<p>5th Ave Walk-In Clinic 50 Rolling Hills Dr., Unit 5, Orangeville 519-942-0040</p> <p>Central Bolton Walk-In Clinic 15 Allan Dr., Unit 9, Bolton 905-951-1234</p> <p>Dayspring Medical Centre 56 Queen St. N., Bolton 905-857-9797</p> <p>Orangeville Urgent Care Family Practice 33a Broadway Ave., Orangeville 519-938-9997</p>	<p>Bolton Walk-In Clinic 170 McEwan Dr. E., Unit 105, Bolton 905-857-3260</p> <p>Chafford-200 Medical Center 195 Broadway Ave., Orangeville 519-940-0333</p> <p>Headwaters Walk-In Clinic 170 Lakeview Ct., Unit 2, Orangeville 519-307-1201</p> <p>Pharmasave Walk-In Clinic Family Practice 18371 Hurontario St., Unit 5, Caledon Village 519-927-5550</p>
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This cold and flu season, please wash your hands regularly, get your flu shot and wear a mask in public if you feel ill.

Dufferin/Caledon Community Help Line

The Dufferin/Caledon Community Help Line is a free service that residents can access by calling **1-844-806-3093** Monday to Friday, from 8 a.m. to 8 p.m., to help navigate local health and social care resources.

Mental health or crisis services

For persons 18 years or older, please call the 24/7 Crisis Support Peel Dufferin at 905-278-9036 or 1-888-811-2222.

For persons under the age of 18 please call Dufferin Child and Family Services at 519-941-1530 for 24/7 support.

Central Ontario Regional Virtual Urgent Care Portal

A virtual appointment with a nurse practitioner may be right for you if:

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CELEBRATING SENIORS

Hobbies for seniors residing in assisted living communities

Assisted living facilities are a vital resource for aging individuals. Assisted living facilities have changed dramatically over the years, making them ideal options for adults who may need varying degrees of help with daily activities. Such facilities can help with activities like bathing and preparing meals, but they also can help residents find and explore new or existing hobbies. As individuals adjust to life in assisted living facilities, finding new hobbies or rediscovering old passions can be a great way to connect with fellow residents.

Reading: Reading is a rewarding activity that can greatly benefit seniors and provide an engaging pastime for those with limited mobility. Many assisted living facilities offer activities that are designed to foster communication between residents and a book club can do just that. What's more, reading every day may be especially valuable for people age 65 and older. A 2018 study published in the journal JAMA Psychiatry found that dementia risk was considerably lower among men and women 65 and older who participated in intellectual activities like reading than it was among seniors who did not engage in such pursuits.

Gardening: AARP notes that gardening provides a host of health benefits that go beyond ensuring fresh fruits and vegetables will be on the dinner table. For example, vitamin D is vital to bone health, which is important for aging men and women who are vulnerable to osteoporosis. A 2014 study from researchers in Italy found that exposure to sunlight can help older adults get adequate amounts of vitamin D. Signing up for a gardening club can be a great way for seniors to get some exercise, enjoy time outside the assisted living facility and promote strong bones.

Art therapy: According to the Chicago Methodist Senior Services, art therapy is a creative form of therapy designed to help older adults with memory loss or those experiencing mental or physical stress. The Harvard Medical School notes that recent research has indicated that engaging in creative activities may be more effective at delaying cognitive decline than merely appreciating creative works. A 2014 study from researchers in Germany found that retirees who painted and sculpted had greater improvements in spatial reasoning and emotional resilience than a similar group who attended art appreciation classes. Many assisted living facilities offer art therapy or similar programs to residents, and enrolling in such programs can promote social interaction and provide numerous benefits to men and women over 65. Assisted living facilities offer an array of programs designed to help residents develop rewarding hobbies that can benefit their long-term health.



Caledon Community Services provides Health Services for Every Age and Life Stage...

Did you know the World Health Organization (WHO) expects 1 in 6 people in the world will be aged 60 years or over by 2030? They also expect the number of persons aged 80 years and over to reach 426 million between 2020 and 2050.

At Caledon Community Services (CCS) we have a deep appreciation of the health needs of Caledon residents, especially where seniors are concerned. From in-home community care to respite companionship, transportation and our health and wellness programming, we want seniors to thrive independently for as long as possible and enjoy a high-quality of life.

Safely providing these services during the COVID-19 pandemic was a challenge and our staff never wavered to ensure the availability of vital supports when and where they were needed, and we continue to show adaptability and passion for our work even as restrictions lift, gatherings return, and service continues in this 'new-normal'.

"Senior's programs are more important now than ever," says Silvana Ferrari, Seniors Health and Wellness Coordinator. "When the pandemic hit, seniors were some of the most vulnerable and their fear of leaving home and contracting the virus left many feeling isolated. Since restrictions have lifted and programs have returned to 'near-normal' seniors are extremely grateful to be able to resume the activities that benefit their social, physical and mental well-being."

If you are interested in learning technology to stay connected with family and friends including grandchildren, if you love bingo or carpet bowling or just want a regular opportunity to connect with others for activities and exercise – CCS has opportunities all across Caledon. Call 905-584-2300 ext. 273 for more information, and dates on local activities in your community.

And did you know, CCS also offers transportation options for getting there? You can find out more by calling 905-584-2300 ext. 218.

If you're looking for ways to support seniors in your community, get ready to join Velocity 2024 – ride to support seniors. Stay tuned for registration opening soon!



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CELEBRATING SENIORS

How seniors can overcome a lack of motivation to exercise

Exercise has its fair share of devotees and millions of others who recognize its value but still struggle to include workouts in their daily routines. Motivation can be a significant hurdle when it comes to exercise, and recent studies are a testament to that difficulty.

In a 2021 survey from the global fitness brand Orangetheory® Fitness and Kelton Global, 43 percent of respondents indicated they suffered from a lack of motivation to exercise. Lack of motivation can affect people of all ages, including seniors. However, seniors may be uniquely positioned to overcome their lack of motivation to exercise, particularly if they're retired and have time on their hands. Seniors who aspire to exercise more frequently can consider these strategies if motivation becomes an issue.

• **Exercise away from home.** During the early days of the COVID-19 pandemic, a phenomenon that has been characterized as "basement burnout" developed. That referred to the lack of enthusiasm to exercise at home when gyms and other fitness facilities were forced to close as a public safety measure. Home workouts can become monotonous since most people do not have enough room at home to house the same array of equipment that's available at their local gym. Seniors can overcome monotonous workouts by purchasing a gym membership at a local facility. Many clubs offer discounted rates to seniors and some even offer senior-specific fitness classes like yoga and Pilates.

• **Employ the buddy system.** Seniors also can enlist friends and family members to join them when they exercise. Encourage neighbors or friends to come along to the gym for a favored fitness class, or invite friends and

family on hiking excursions or daily walks. The National Institute on Aging notes that turning exercise into a social activity is a great way for seniors to maintain their motivation to exercise.

• **Track your progress and celebrate your successes.** The NIA touts the benefits of tracking progress when trying to stay motivated to exercise. As exercise efforts pay increasing dividends, seniors may find it's no longer hard to stay motivated. Success can be measured in various ways. Some might aspire to produce healthier blood test results at the doctor's office, while others may hope to lose a few pounds. However you define success, celebrate when you achieve your fitness goals. Rewards such as a spa day, a night out at the theater or a weekend getaway can provide all the motivation you need to stay the course.

• **Be flexible with your routine.** Mobility issues and other physical limitations may affect seniors. But such issues need not prevent aging men and women from exercising, even if it does mean they won't be able to hit the gym four or five days per week. Mix up your routine so you can still exercise even if physical limitations make traditional workout routines more challenging. Go for nature walks on days when your body needs a break from strength-training, and check the forecast at the start of each week so you can rearrange your routine if Mother Nature makes outdoor exercise impossible on certain days.

Many people find it hard to stay motivated to exercise. Seniors can try a few strategies to ensure they stay the course with their fitness routines.



SPECIAL PROMOTION

55+ | Stay Active this Fall & Winter



Take advantage of **FREE** walking track access at the following locations:

- Caledon Centre for Recreation and Wellness (anytime with a Caledon Seniors Centre membership)
- Caledon East Community Complex (Mon-Fri: 11 a.m. to 4 p.m., Sat/Sun: 2 to 8 p.m)

Also, for 55+ groups looking to socialize, **FREE** access* to community rooms and lounges are available at:

- Caledon Centre for Recreation and Wellness
- Caledon East Community Complex
- Southfields Community Centre

*Subject to room availability.

For full details visit Caledon.ca/Adult55-Programs



Snow Removal Support Programs for 65+



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 residents 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



CELEBRATING SENIORS

Seniors can boost energy with the right foods

A nutritious diet is a key component of a healthy lifestyle. And for seniors, the right diet can be a key part of treating any number of health issues. In fact, changing one's diet may be something seniors can consider if they are feeling sluggish.

Food can be a helpful ally for seniors dealing with fatigue and low energy. WebMD says eating a balanced diet is one of the ways to improve low energy levels, and that balanced diet should include certain foods that are natural energy boosters.

Whole grains: Switching refined grains for whole grains is a good way to boost energy. These grains are full of complex carbohydrates that help boost metabolism and provide energy. They'll also work longer in the body than the more refined options. Swap out "white" products like breads and rices for whole wheat or brown rice.

Lean protein sources: While protein does not give the same quick boost of energy as a high carbohydrate meal, it will help fuel the body and keep a person feeling full longer. According to Discovery Senior Living, protein helps increase concentration levels, produces stronger muscles and helps maintain optimal blood sugar levels. Chicken, tuna and legumes are some notable protein sources.

Nuts: Most nuts are a complete package that provide healthy fats, proteins and amino acids that are good for the body. The fiber and carbohydrates in nuts digest more slowly and help provide a steady supply of energy throughout the day. Replace croutons in salads with nuts, or sprinkle some nuts on oatmeal at breakfast.

Fruits and vegetables: Berries, sweet potatoes, dark, leafy greens, and other produce are low-calorie, low-sugar options for snacks and sides that boost health. They're full of fiber and antioxidants that can ward off illness, and they can provide an energy boost as well. Berries and vegetables can be added to smoothies or salads.

The right foods can help seniors restore energy levels and promote overall health.



Keep your brain sharp as you age



Cognitive decline is on the minds of many adults as they get older. Memory loss and trouble processing things can sometimes be a side effect of aging, as Everyday Health says the brain changes in size and structure as a person gets older. These changes can affect how well the brain works over time. Furthermore, illnesses affecting the brain, such as Alzheimer's disease, may start showing their symptoms in people when they've reached their mid-60s, says the National Institute on Aging.

Cognitive decline and dementia are not a certainty of aging. But older adults interested in strengthening their brains may want to consider these strategies.

Address high blood pressure

High blood pressure can increase the risk of heart disease and stroke. Maintaining healthy blood pressure and cholesterol levels is associated with better cognitive function, according to data published in 2021 in the Journal of Alzheimer's Disease.

Use all your senses

Harvard Health says the more senses used in learning something, the more of the brain that is involved in retaining the memory. Studies have shown that images paired with pleasant aromas leads to better recall later on.

Exercise regularly

Staying physically active helps maintain blood flow to the brain, which also helps reduce the risk for hypertension.

Eat brain-healthy foods

According to Cone Health Medical Group, studies show eating fish rich in omega-3 fatty acids, like tuna, salmon and mackerel, decreases risk for cognitive decline. People should avoid saturated fats, trans fats and hydrogenated oils.

Read and write frequently

According to a study in the journal Neurology, regular reading and writing in one's older years reduced the rate of memory decline by 32 percent. Joining a book club or simply reading more on one's own can improve cognition. Similarly, writing improves memory and communication abilities and can help strengthen the brain as well.

Drink healthy beverages

Tea and coffee can improve alertness and focus, as they're rich in polyphenols and antioxidants. A Place for Mom says caffeine in these beverages can help solidify new memories. Avoid drinking sugary beverages and limit consumption of alcohol, as neither boasts brain-boosting properties.

Keeping the brain sharp is a multilayered process that involves healthy foods and beverages, exercise and brain-stimulating activities.



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CELEBRATING SENIORS

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	7	6	5	4				
		1				8		
				1		4		6
	6		9			1	2	
				6	4			
		4	2					
	9		6					
	2	3			7			
				5	3		7	

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Level: Intermediate

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6	4	8	1	5	3	9	7	2
1	2	3	4	9	7	5	6	8
7	9	5	6	8	2	3	4	1
5	3	4	2	7	1	6	8	9
2	1	9	8	6	4	7	3	5
8	6	7	9	3	5	1	2	4
3	8	2	7	1	9	4	5	6
4	5	1	3	2	6	8	9	7
9	7	6	5	4	8	2	1	3

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 10:45 am to 11:45 am – Chair Yoga with Clare – Beverley Nurden Room, Bolton/Zoom
 9:30 am to 10:30 am – Exercises with Sandy - Caledon East Community Complex

TUESDAYS:

9:30 am to 10:30 am – Exercises with Clare – Bob Smith Room, Bolton
 9:00 am to 9:30 am – Beginner Tai Chi – Beverley Nurden Room, Bolton
 9:30 am to 11:00 am – Tai Chi – Beverley Nurden Room, Bolton

WEDNESDAYS:


9:00 am to 10:00 am – Exercises with Cheryl – Beverley Nurden Room, Bolton/Zoom
 10:00 am to 11:00 am – Exercises with Soraya – ZOOM ONLY
 9:30 am to 10:30 am – Exercises with Sandy - Caledon East Community Complex

THURSDAYS:

9:00 am to 10:30 am – Nordic Pole Walking – Reception, Bolton
 11:15 am to 12:15 am – Chair Yoga with Clare – Beverley Nurden Room, Bolton/Zoom
 11:00 am to 12:00 pm – Exercises with Liz – Margaret Dunn Community Room

FRIDAYS:

9:30 am to 10:30 am – Exercises with Soraya – Beverley Nurden Room, Bolton/Zoom
 11:00 am to 12:00 pm – Exercises with Liz – Inglewood Community Centre

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Caledon Golden Hawks endure a Groundhog Day experience in 4-1 loss to Schomberg Cougars

BY JIM STEWART

Malapropism master Yogi Berra would have described the Schomberg-Caledon PJHL game on Saturday afternoon as “Déjà vu all over again.”

The Cougars’ 4-1 win over the Golden Hawks had an eerily familiar connection to the 1993 film Groundhog Day starring Bill Murray and Andie MacDowell. In the charming piece, Murray’s character must atone for his various transgressions with townsfolk and coworkers or he is damned to repeat the same day over and over again until he makes amends methodically to all those he’s wronged personally or professionally.

The Golden Hawks and Cougars must have thought they were extras in that quirky 30-year-old movie because the events of their PJHL matinee game at the Mayfield Recreation Complex this weekend were hauntingly similar to a game played in Caledon between these divisional rivals last month.

Unlike the movie that has a happy ending for the reformed protagonist, Saturday’s rising action, climax, and resolution were, unfortunately, the same for the Golden Hawks.

On Saturday afternoon, the parallels between the two games four weeks apart were uncanny.

Again, the Schomberg Cougars struck first when Michael Termini opened the scoring early as he did exactly four weekends ago on December 17 when the squads squared off at The Icebox.

Again, the Cougars took a commanding 3-0 lead heading into the third period.

Again, the Golden Hawks scored early in the third period to pull within two goals of the visitors and created a renewed level of energy to battle the visitors from Schomberg.

Again, the Cougars responded quickly to restore their three-goal margin over the home side.

Again, the goalies that squared off against one another four weekends ago—Anthony Paolini for the Cougars and Chad Walker for the Golden Hawks—put forth excellent efforts, but Paolini once again prevailed and Walker once again suffered the hard-luck loss.

There were some obvious differences between the two PJHL contests—Saturday afternoon’s game was missing the panoply of penalties that plagued the game in December which included an all-out melee in the third



Cougars’ defenceman Thomas Cecutti (24) keeps Golden Hawks’ leading scorer Patrick Polaczek (74) from slapping a rebound past Schomberg goalie Anthony Paolini in PJHL action on Saturday. Schomberg defeated Caledon 4 - 1.

PHOTO BY JIM STEWART

period.

Saturday’s game was tame by comparison with only five minor penalties being called against each team.

Schomberg won the contest 5-1 on December 17, but the sequence of the four goals on Saturday was identical to the game in Caledon four weekends ago.

When Termini wired a wrist shot past Chad Walker to light the lamp on Saturday less than four minutes into the game, the Golden Hawks had to wonder about PJHL history repeating itself.

Jordyn Palazzo—who had three assists in the previous contest—then put the visitors up 2-0. Later in the period, Walker stoned Palazzo and former Golden Hawk Joey Furlano on breakaways to keep the home side within striking range.

Eerily similar to their previous contest at The Icebox, the Cougars took a 3-0 lead early in the middle frame.

This time, Schomberg defenseman Thomas Cecutti scored 88 seconds into the second period to give the visitors a three-goal cushion that they took into intermission as they did in December.

Much like the December 17 contest, Caledon struck less than three minutes into the third period when Tyler Van Dehn’s power

play goal from the slot, assisted by Andrew Perrino and Jared Leite, pulled the Golden Hawks to within two goals. However, in a similar plot development, the Cougars answered quickly to stifle Caledon’s momentum.

Schomberg forward Spencer Natale banged in a rebound thirteen seconds after Van Dehn’s marker to restore the Cougars’ three-goal lead.

Paolini—fresh off his second stint with the OHL Mississauga Steelheads—flashed the leather at 14:43 to preserve the Cougars’ lead and his team required his athleticism in the final frame. Schomberg—the most penalized team in the 61-team PJHL—handed the Hawks a Golden 5-on-3 power play opportunity twelve minutes into the period.

Caledon Head Coach Tom Carnovale called a timeout to cue up the power play strategy, but two blocked shots by Matthew Lycek and Anthony Nascimento and some key point-blank saves by Paolini neutralized the home team’s concerted and valiant offensive press.

Schomberg Head Coach Mark Hrinco spoke glowingly about his goaltender’s performance, especially in the third period.

“Paolini was solid this afternoon, especially on the 5-on-3. He’s back with us after

gathering OHL experience with the Steelheads. His rebound control was incredible and our team’s confidence is high with him in the net.”

According to Coach Hrinco, the team has been placing an emphasis on blocked shots and it manifested itself at a crucial juncture in the third period.

“Funny enough, we starting charting blocked shots as a club in the new year. Part of our 5-on-3 defense is to get into lanes and block shots which they did today. There’s a commitment to winning as a team when everyone takes pride in blocking shots.”

Undaunted by the shot-blocking prowess of the Cougars and history repeating itself as it did on Saturday, the seventh-place Golden Hawks (10-19-1-2) will continue to jockey for playoff position with eighth-place Innisfil (6-24-1-1).

Caledon hosts the Spartans on Sunday, January 21 at the Mayfield Recreation Complex. Puck drop will be 2:30.

The Golden Hawks trail sixth-place Huntsville by only four points so a big game result versus the Spartans will be required by Caledon’s PJHL squad to keep pace with the Otters and climb the North Carruthers Division standings.

Canicross event held at Island Lake, providing exercise to both canines and owners



BY BRIAN LOCKHART

It was cold and snowy, but that didn’t stop pet lovers and their dogs from participating in the Snowy Paws Canicross event on the trails at the Island Lake Conservation Area on Saturday, January 13.

Dogs of all sizes and their owners went through courses of different lengths and enjoyed a good run that benefited everyone involved with some physical activity.

Canicross is the sport of cross-country running with dogs. Runners use hands-free running equipment with a belt and harness to allow the dog to run in front and pull their owner along behind them.

There are special verbal commands that owners use to guide the dogs. Most dogs understand the new commands pretty quickly and pick up on what the sport is all about.

The event was scheduled for a 9:00 a.m.

start for the first 10k race. However, the event was moved back an hour to accommodate people arriving late due to the inclement weather. Once things started, all the races went off without a hitch.

After the 10k race, there were two 5k races.

“The crew at Island Lake did an awesome job,” said organizer Shawn Sobon, founder of Canadian Canicross Sports. “They were out there early clearing the snow. When I arrived at 7:15 a.m., the roads leading into the park were already cleared and the parking lot was clear. There was an outdoor fire pit for spectators to stay warm, and we had the use of a garage to stay warm and register everyone. We had just under 40 people show up. Everybody had a great time. The smallest dog in the event was a miniature Dachshund.”

The harness the dogs wear is similar to what a mushing dog would wear when pulling a sled. Instead, they are pulling people

behind them. The idea is to get the dog to pull the owner along the trail.

“It seems to be natural for dogs to want to pull,” Shawn explained. “There is some learning involved. Some dogs have already been trained to walk alongside their owner.”

For most dogs, once they are in the special harness, they seem to get the idea about what is going on.

Some dogs see what others are doing and realize this event is different than going for a regular walk.

Each race was a timed event, with the top three finishers receiving an award.

It was a very competitive atmosphere, with first and second place in the 10k run separated by only four seconds.

The Snowy Paws Canicross event will be making a donation to the Friends of Island Lake to help with projects at the Conservation Area.

The Snowy Paws Canicross event was held on the trails at the Island Lake Conservation Area on Saturday, January 13. The event featured competitors with the dogs on 10k and 5k courses around the Conservation Area. A special harness allows the dogs to run while pulling their owner behind them, giving both canines and their owners some good physical activity. CONTRIBUTED PHOTO



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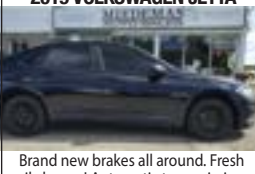

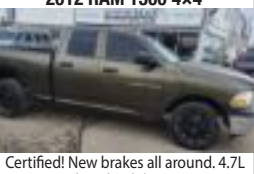

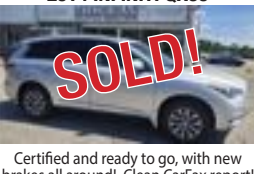

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PUBLIC NOTICE

NOTICE IS HEREBY GIVEN that on behalf of Rajendra Bissoon an application will be made to the Legislative Assembly of the Province of Ontario for an Act to revive 1227068 Ontario Inc.

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 1A2.

Dated at Brampton, this 6th day of December 2023.


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MARIA BROWN (NEE AMANN)

1967 - 2024



Maria (wife of Ken Brown, deceased) died peacefully at Bethell Hospice in Inglewood, Ontario, Stella by her side, after a lengthy battle with cancer on January 9th. She is survived by her siblings in Austria, brothers Andi Angerer and partner Barbara, Klaus Amann and wife Monika, and her sister Kony Amann, as well as by her sister Bernadette Stroemhaell and husband Sven, in Sweden. She is also survived by nieces, nephews and cousins in Europe, as well as her extended family, Ingrid Gingell, Simon Baines and Susan Ives, in England.

Maria is also survived by numerous friends who have constituted her Canadian family and who have surrounded her with love and companionship since 1987. Maria was a remarkable woman with a kind, loving, generous heart. She was compassionate, intelligent, hardworking, forthright, fearless and adventurous.



She was a woman who loved travel, music, good food and drink, going for walks, and the company of friends, and of course, there was a special, deep love for her husband, Ken, and her darling dog, Stella.

We cannot measure the hole left in the hearts of those she has left behind, but her capacity for love of her family and friends, and the respect of colleagues, will linger in the hearts and minds of those whose lives she has touched. Rest in peace, sweet Maria - aka Frau Brown!

At Maria's request, she is to have a simple cremation and no service. She has suggested that if anyone wants to do something in remembrance of her, that they adopt a child or pet if that can be done responsibly, plant a tree, donate to an animal shelter or animal adoption agency, or donate to Bethell Hospice.

MONK, STEWART CALDER

JULY 26, 1953 – JANUARY 7, 2024

Stewart is survived by his loving partner Patty Lambertus and fondly remembered by the Lambertus family. He was predeceased by his loving mother Lena, Aunt Margaret and the Stewart Family. Stewart was born and raised in the Scarborough area. He was one of a kind. The most loyal son, partner and friend.



The first 25 years of his life was devoted to music and he graduated with a BMus from the University of Toronto. After years of dedicated training, he was ready to embark on his musical career when he discovered figure skating and he never looked back. In true Stewart fashion, he dove into skating lessons, sat on executive boards, mentored under famed coach Wally Diestelmeyer, trained as a judge, researched the sport tirelessly and then started coaching professionally.

He met Patty on the ice in Orangeville and she remains shocked and amazed at his talents, accomplishments and idealism. Together they created the Ice Excellence Coaching Team and Dufferin-Peel Skating Club at Teen Ranch Ice Corral where generations of skaters and coaches pursue the sport in a supportive team environment. Stewart also managed the Mono Plaza Bingo for many years enabling funding for figure skating and many local service organizations. Stewart faced many health challenges in his later years due to type 1 diabetes. We are grateful to all of his healthcare professionals, but gives special thanks to Dr. Brian Wilson and June, Saint Elizabeth Health Care (Nurse Mandy), Closing The Gap's caring PSWs and Marshall, whose skill and dedication made it possible for Stewart to remain at home with us.

Big thanks to family friend Monica who regularly visited Stewart and kept his hair looking great. Stewart always had a sparkle in his eye and a nod for Monica.

Stewart was a reader, a researcher, a builder, a teacher and a dreamer. He wanted to be so many things and seemed to be always racing against time, but now he will rest.

There will be no visitation or service as per our families wishes.

Donations in Stewart's memory can be made to Teen Ranch, Caledon by e-transfer to bookkeeper@teenranch.com or if receipts required to Teen Ranch Ministries at giving@teenranch.com. Online condolences can be made at www.imfunerals.com.

In Memoriam Funeral Services Inc., has been given the honour to serve the Monk and Lambertus families.

FARQUHARSON, EDWARD BRUCE (EDDIE)

Peacefully at Headwaters Health Care Centre, Orangeville on Sunday, January 14th, 2024 at the age of 57.



Beloved friend of Ann May, Chris May, Emma May, Cole May, Karen May, Chris Tombasco, Zander Smith and Alexis Tombasco. Eddie will also be greatly missed by his family at Community Living Dufferin.

Memorial service will be held at *Dods & McNair Funeral Home, Chapel & Reception Centre*, 21 First St Orangeville, Ontario on Sunday, January 28th, 2024 at 12:00 pm. with visitation beginning at 11:00 am. Condolences may be offered to the family at www.dodsandmcnair.com

GRAHAM, BRUCE

Peacefully at his home on Thursday, January 11th, 2024 at the age of 82. Beloved husband of Christine Graham for 56 years. Dear father of Scott Graham and Tracy Hellquist. Loving papa of Evan (Kassidy), Chad, Brett and Carson. Great papa of Addison and Kayce. Bruce will be greatly missed by other cherished relatives and many friends.



Celebration of life will be held at the *Dods & McNair Funeral Home, Chapel & Reception Centre*, 21 First St., Orangeville on Friday January 19th from 3:00 to 6:00pm. In lieu of flowers memorial donations to Canadian Cancer Society would be appreciated by the family. Condolences may be offered to the family at www.dodsandmcnair.com

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GlowJam's first Orangeville-wide youth dance fundraiser

BY DANIELLE WILLIAMS

Glow Jam is having its first-ever school youth dance fundraiser at Orangeville District Secondary School (ODSS) next Friday, January 26, at 7 p.m.

GlowJam expands its target audience beyond sports teams and local groups to find a way to benefit schools in the region. With much excitement, GlowJam anticipates its upcoming youth dance fundraiser to be its "most significant" dance yet, inviting kids, ages seven to 13, to get out and enjoy a "fun-filled night."

"The excitement of bringing the community together for a cause that benefits youth education is truly inspiring. Seeing my work on all the background stuff coming together for a large event like this is truly unreal," said Dylan Davis, head dance organizer and owner of Nexus Sound & Lighting Inc., the company that founded GlowJam

GlowJam has introduced school codes that can be entered when purchasing a ticket, which are sold online for \$12 each. Each elementary school has a code associated with it. When the code is entered, students receive \$2 off their ticket and an additional \$3 is sent to the school that matches the

code.

Every general ticket sale bought without any school codes is set to have \$3 go toward The Orangeville Foodbank.

The seven schools and codes are Princess Elizabeth Public School (PEPS), Montgomery Avenue Public School (MAPS), Princess Margaret Public School (PMPS), Spencer Avenue Elementary School (SAES), Parkinson Centennial Public School (PCPS), Credit Meadows Elementary School (CMES), and Island Lake Public School (ILPS).

"By directly supporting local schools, we believe we can make more substantial impact on a number of students," said Davis.

Supporting neighbourhood schools is part of GlowJam's ongoing commitment to fostering a sense of community and ensuring every enjoyable experience serves a greater purpose.

GlowJam will be going into the school youth dance fundraiser with rather high expectations, hoping to continue with future events if it's successful.

"We're expecting a great turnout for this event, contributing to an amazing atmosphere and meaningful support for our local schools. With custom flyers for each school

explaining our fundraiser, this event should become our most known dance to date," said Davis.

Emphasizing GlowJam's purpose to support local schools, the school with the highest ticket sales at the end of the event will get an all-expenses paid GlowJam School Dance on the day of its choosing.

"GlowJam is really making a difference. I think it's really amazing that we are also fundraising for the local schools, so other youth in the community are benefiting from

it, as well as the participants. I think parents enjoy bringing their kids to it, knowing it's not just a fun night for them, but also something that is positively impacting their community," said Tyler Dunlop, an employee with GlowJam.

As January 26 creeps near, GlowJam is actively looking for organizations interested in partnering with them for any future events. If any organizations are interested, contact Dylan Davis at Dylan@GlowJam.ca.

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