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FREE Thursday, January 23, 2025 Volume 45, Issue 3

REMEMBERING **THOMAS CLARIDGE**  
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**REMEMBERING THOMAS CLARIDGE**  
Former Caledon Citizen owner Thomas Claridge is pictured above with his father, Fred, and son Alan. CONTRIBUTED PHOTOS

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## Former Caledon Citizen owner Thomas Claridge passes away at 89

BY SAM ODROWSKI

A man who devoted his life to community news and keeping people informed has passed away.

Thomas Claridge, 89, who was born and raised in Shelburne, passed on peacefully at Headwaters Health Care Centre in Orangeville on January 18, surrounded by the love of his family.

He leaves behind his three children, Alan, Nancy and Christopher, as well as his four grandchildren Jacob, Ella, Owen and Maija.

Alan and Nancy describe him as thoughtful, passionate, quiet but caring, and heavily dedicated to his work.

Family was also something that Thomas always cherished.

"Beyond being passionate about the different work that he had professionally, his passion was just making sure that his kids and grandkids were happy," said Nancy.

Claridge started his journalism career with the Canadian Press shortly after graduating from university and went on to write for the Globe and Mail for 30 years. While working as a reporter for the Globe, he purchased the Shelburne Free Press and Economist from his father in 1972 and founded the Orangeville Citizen in 1974.

Thomas and his wife Pam, who passed in 2024, also owned and operated the Caledon Citizen and Grand Valley Star-Vidette. Their son Alan contributed as reporter, editor and general manager over the years.

"[Tom] had gumption to start a newspaper in Orangeville where there already was an established newspaper at the time, [the Orangeville Banner]. He was just that serious about the responsibility of informing the community and providing an outlet for public response — all while he worked for the Globe," said Sheila Duncan, who worked as editor of the Orangeville Citizen, alongside Thomas, for around 20 years.

After he left the Globe and Mail in 1999, he became the managing editor of The Lawyer's Weekly. He held this role for many years before retiring but continued to write and edit for the newspapers he owned.

Continued on Page A9

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**Local teacher-librarian wins national award**

BY ZACHARY ROMAN  
LOCAL JOURNALISM INITIATIVE REPORTER

Caledon Central Public School's teacher-librarian has been recognized for her outstanding contributions to the profession.

Jennifer Brown, a teacher-librarian and guidance counsellor at Caledon Central, has won Canadian School Libraries' (CSL) 2025 Angela Thacker Memorial Award.

The award was established in 2001 and honours teacher-librarians who have made contributions to the profession through publications, research, productions, or other professional development activities that deal with topics relevant to teacher-librarianship.

Brown said it was a really wonderful honour to receive the award and that she was quite surprised when she learned she'd won it.

Continued on Page A3

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# Dufferin-Peel Catholic District School Board's flag protocol receives minor update



The Dufferin-Peel Catholic District School Board's offices in Mississauga were packed for a January 21 meeting where the Board's flag protocol was discussed. PHOTO BY ZACHARY ROMAN

## Flying pride flag and flags for other observances is still disallowed

BY ZACHARY ROMAN  
LOCAL JOURNALISM  
INITIATIVE REPORTER

A local school board recently made a small update to its flag protocol.

On January 21, the Dufferin-Peel Catholic District School Board (DPCDSB) updated its flag protocol at a By-Law/Policies Review Committee meeting.

Board staff shared a report with DPCDSB trustees at the meeting.

The report provides clarity to the Board's flag protocol, adding a policy that states when a third flag pole is present at a DPCDSB facility, the ShareLife flag or a DPCDSB flag (such as its "We All Belong" flag) may be flown.

At all DPCDSB facilities, the Canadian flag is flown, and at facilities where there are two flag poles, the Provincial flag of Ontario is flown as well.

A number of delegates attended the January 21 meeting to advocate for changes to the flag protocol that would permit the pride flag, and flags for other observances, to be flown at DPCDSB facilities.

A number of delegates also attended the meeting to advocate that no changes should be made to the flag protocol that would permit the flying of the pride flag or flags for other observances.

Evelyn Butler, of Rainbow Sauga Alliance, said studies have shown that feeling seen, supported and accepted leads to better mental health and stronger academic performance. Butler said raising the pride flag gives hope to those who feel forgotten, unloved and alone.

Lori Austin, Dufferin-Peel elementary unit president of the Ontario English Catholic Teachers Association, said DPCDSB schools should be communities built on love, compassion and the unwavering belief in the dignity of every human being.

"The pride flag in the context of our schools is not a political symbol or a statement about moral or theological positions. Instead, it is a symbol of inclusion, safety and solidarity to those who are often marginalized," said Austin. "It reflects our commitment to respect and care for every student as Christ taught us to

love our neighbors unconditionally."

Mason Schmidt, a Grade 12 student at Robert F. Hall Catholic Secondary School in Caledon, said "the pride flag represents views and lifestyles that are inconsistent with the moral teachings of the Catholic Church."

William Kaminski, a student from St. Marcellinus Catholic Secondary School in Mississauga, supported allowing the pride flag

to be raised and said "in our modern climate, raising the pride flag during June is seen and accepted as basic responsibility for public institutions and is the most visible and obvious way of showing love, support and acceptance for the LGBTQ+ community."

He added, "I have a duty as a follower of Christ to stand up and speak regarding this issue."

Brea Corbet, DPCDSB trustee for Mississauga Wards 9 and 10, put forward an amendment at the January 21 meeting in support of allowing the pride flag and flags for other observances to be flown at DPCDSB facilities.

"Back in June 2024 our Board made a decision to no longer allow the flying of additional flags outside our Board Office. The impact of that policy change has caused significant harm," said Corbet. "When we remove rainbow flags or other heritage flags, we're not protecting Catholic identity, we're revealing institutional fragility. [The] rainbow flag doesn't threaten Catholic education. Policies of exclusion do."

Caledon's DPCDSB trustee, Paula Dametto-Giovanozzi, said "there's only symbol that should be promoted by a Christian, and that is the cross."

Corbet's amendment was ultimately voted down; she was the only trustee who voted in favour of it.

## Region of Peel welcomes new Medical Officer of Health

Dr. Hamidah Meghani will begin her new role on February 18

BY ZACHARY ROMAN  
LOCAL JOURNALISM  
INITIATIVE REPORTER



DR. HAMIDAH MEGHANI  
CONTRIBUTED PHOTO

Peel has a new Medical Officer of Health. On January 17, the Region of Peel announced that Dr. Hamidah Meghani had been appointed as its new Medical Officer of Health.

Meghani will begin working in her new role on February 18.

As Medical Officer of Health, Meghani will lead Peel Public Health and contribute to the Region's health system and health services leadership team.

Meghani will be responsible for overseeing public health initiatives that enhance the well-being of Peel residents.

"Under her leadership, Peel Public Health will continue to work towards improving health and quality of life, decreasing death and disease, and reducing health inequities among population groups," said the Region of Peel in a statement.

Before joining the Region of Peel, Meghani worked at Public Health Ontario as Deputy Chief of Medical and Systems Support. There, she provided advice on communicable disease control to local public health units and health care providers across Ontario.

Prior to that role, Meghani worked for nearly a decade as the Medical Officer of Health for Halton Region.

Nancy Polsinelli, Peel's Commissioner of Health Services, said the team is excited to have Meghani on board.

"With her innovative and thoughtful leadership, she will bring fresh perspectives to advancing health and wellness across our diverse community. Under her leadership, Peel Public Health will continue developing programs and services uniquely tailored to the lives of people in Peel as we deepen partnerships to promote health equity and community well-being," said Polsinelli.

Nando Iannicca, Peel Region Chair, said Meghani's expertise and leadership will further strengthen Peel's commitment to innovation and excellence.

"Peel Public Health has a reputation for innovation and performance that stands out in Canada, serving one of the country's most diverse populations and supporting healthy lives for 1.5 million people in Peel," said Iannicca.

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Jennifer Brown is the winner of the 2025 Angela Thacker Memorial Award. PHOTO BY ZACHARY ROMAN

# Brown has won Canadian School Libraries' Angela Thacker Memorial Award

Continued from FRONT

"I had no idea that two of my colleagues had nominated me," she said. "You don't do it for the recognition, but it's nice when your years of work are recognized."

Brown said across Canada, funding for school libraries has decreased over the past 40 years and that some school boards don't even have libraries in their schools. She said winning the award has given her the opportunity to advocate for school libraries.

"I love the work I'm doing [at Caledon Central] and this is what every student should have access to," said Brown.

Caledon Central's school library is an inclusive and welcoming place for all students to learn and play. Brown said

she and other Caledon Central staff have worked hard to transform the space and make it somewhere students can truly feel is theirs.

"It's about books, play and learning, but it's also about things like wellness and finding a quiet place for a student who might be having a stressful moment," said Brown of Caledon Central's school library. "We've worked really hard to make sure kids know we will find ways to accommodate whatever they need in this space."

Brown said working as a teacher-librarian is a privilege and she's happy she gets to connect with students in all grades.

"It's such a gift... my job is to make sure this space is here for students and to make it everything they need it to be," said Brown.

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## SERIOUS COLLISION INVESTIGATION

Officers from the Caledon OPP are investigating a serious collision on Highway 10.

“On January 21, 2025, just before 9:00 a.m., officers responded to a collision on Highway 10, near Beech Grove Sideroad, in the Town of Caledon,” say Police. “Four vehicles were involved. One driver was transported to a Toronto-area trauma centre with serious but non-life-threatening injuries.”

Highway 10 between Charleston Sideroad and Country Road 109 was closed for several hours while the OPP Technical Collision Investigators and Reconstructionists assisted with the investigation.

The investigation is ongoing.

Anyone who may have witnessed the collision or has dashcam footage is asked to contact Caledon OPP at 1-888-310-1122. You can also provide information anonymously by contacting Peel Crime Stoppers at 1-800-222-TIPS (8477) or on-

line at <https://peelcrimestoppers.ca>. When you contact Crime Stoppers, you stay anonymous, and you never have to testify.

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

## SEXTORTION INVESTIGATION

The Caledon OPP entered into two separate sextortion investigations that occurred on the same day.

“On January 15, 2025, officers received two reports of males ages 14- to 16-year-old that fell victim to sextortion,” say Police. “In both cases, they believed they were engaging in an online chat with a female and sent intimate images. They were then extorted with the suspects demanding money in exchange for not distributing the pictures.”

The investigations are ongoing, with the assistance from the Caledon OPP Major

Crime Unit and the OPP Child Sexual Exploitation Unit. Anyone with information is asked to contact police at 1-888-310-1122. You can also contact Peel Crime Stoppers at 1-800-222-TIPS (8477) or online at <https://peelcrimestoppers.ca>. When you contact Crime Stoppers, you stay anonymous, and you never have to testify.

“The OPP remains committed to ensuring the public is aware of the many potential threats to public/personal safety in the real and virtual world and encourages everyone to ensure their online presence is as safe as it can be,” Police continue. “Parents are also encouraged to talk with their children about the potential threats they may encounter when using the Internet, social media, email and their mobile devices. Inform them that they can trust you and that they should not deal with these types of situations alone.”

For anyone finding themselves in a sextortion situation, remember these simple steps:

- Stop the chat;
- Take screenshots of the chat and profile;
- Block the account and report it to the platform;
- Report it to [Cybertip.ca](https://Cybertip.ca) or police;
- Get support through [Cybertip.ca](https://Cybertip.ca);
- Don't send any more images, don't pay, don't respond to demands, and don't continue the conversation.

There are a number of resources for additional information and safety tips or for guidance when falling victim of sextortion:

- Canadian Centre for Child Protection: Addition information and resources: <https://www.protectchildren.ca>;
- [Cybertip.ca](https://www.cybertip.ca/en/): Canada's national tip-line for reporting the online sexual exploitation of children: <https://www.cybertip.ca/en/>;
- [NeedHelpNow.ca](https://www.needhelpnow.ca/en/): For guidance when dealing with cyberbullying and online exploitation: <https://www.needhelpnow.ca/en/>;
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- Canadian Anti-Fraud Centre: To obtain information and report frauds: <https://antifraudcentre-centreantifraude.ca/scams-fraudes/extortion-extorsion-eng.htm#a9>

“It is an offence under Canada's Criminal Code 162.1 (1) to share intimate imag-

es of a person without the consent of the person in the image. This offence came into force on March 10, 2015. This law applies to everyone, not just people under 18. The purpose of this offence is to protect the privacy a person has in his or her nudity or sexual activity. Several other Criminal Code offences also deal with bullying, including cyberbullying and extortion.”

## SUPPORT FOR FRAUD VICTIMS

This week the OPP's Serious Fraud Office (SFO) has launched a new Victim Portal and website.

The Portal is a secure and user-friendly online platform designed to enhance communication and support for victims impacted by SFO-investigated fraud.

The Portal streamlines the SFO efforts in providing accessible, effective and confidential resources for those impacted by fraud. Individuals who are a victim of fraud that is under SFO investigation will be invited by a victim liaison to access the Portal.

The SFO recognizes the impact that fraud has on individuals and is committed to ensuring they receive a high standard of support according to the principles of the Canadian Victims Bill of Rights.

To align with their commitment, the Portal offers victims a streamlined way to access critical information, communicate directly with victim liaisons, stay informed about the status of their cases and receive information about their rights and the resources available to them. It also allows for victim liaisons to efficiently communicate important updates about on-going cases to many victims simultaneously.

The Portal was developed through a collaborative effort with victim liaisons, fraud investigators, Crown prosecutors and technology experts to ensure that the platform meets the unique needs of those impacted by fraud.

In addition to the Portal, general members of the public can view the new SFO website that offers valuable resources about fraud, how to report fraud, victims' rights and the criminal justice system. To access the new informative website visit [sfo.opp.ca](https://sfo.opp.ca).

Both the Victim Portal and the website have been designed to be mobile-friendly, to ensure information can be accessed whenever and wherever needed.

**CANADIAN DENTAL CARE PLAN**

**NOW COVERS DENTURES AND CROWNS.**

Call them today at **1-833-537-4342** to see if you're eligible, then call our office to book an appointment for your dental needs!

**CANADIAN DENTAL CARE PLAN covers**  
Exams and x-rays • 1 Cleaning a year  
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*Don't assume you don't qualify, call them and find out!*

**CHILDREN 18 AND UNDER ARE NOW ELIGIBLE!**

**Bolton Family Dental Centre**  
905-951-9511  
24 Shore St., Bolton (behind the Pizza Nova)  
[www.boltonfamilydentist.com](http://www.boltonfamilydentist.com)

**REMEMBER TO SHOP LOCAL!**

**The Citizen CROSSWORD**

1	2	3	4		5	6	7	8	
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48			49	50				51	
53						54		55	
56						57			
	58							59	

**CLUES ACROSS**

1. “Loser” rocker

5. Partner to relaxation

9. Mixing

11. Winged nut

13. Expression of blame

15. Vast ocean

16. Comedienne

Gasteyer

17. Multiply

19. Meat from a pig (French)

21. Related

22. Rocker Stewart

23. Surprise completely

25. Loon

26. Canister

27. Large, deep-bodied fish

29. Takes forcefully

31. Oil cartel

33. Palmer and Hepburn are two

34. More than one

36. Places down purposefully

38. Pitching statistic

39. Type of sword

41. Witnesses

43. Body part

44. Mixes slowly

46. Satisfy

48. Strong belief

52. One's physique (slang)

53. More frightening

54. Soup cracker

56. Teaches

57. One who carries something

58. Actor Sean

59. Changes

**CLUES DOWN**

1. \_\_\_ Aires, city beliefs

2. Coarse grass

3. Type of gene

4. Door handle

5. Competition

6. Muslim ruler title

7. Hunting expeditions

8. Large mollusk

9. Bind securely

10. Former U.S. presidential candidate

11. 2-point plays in football

12. Breezed through

14. Type setting

15. Felt for

18. Codified rules

20. Small dome

24. Chevrotain

26. Male reproductive gland

28. Controversial philosophical principle

30. Z Z Z

32. One who confines another

34. Bishop

35. Garlands

37. Bird that flies by the coast

38. Optical device

40. Greek goddess of discord

42. Some are “Rolling”

43. Formerly (archaic)

45. Thrust a knife into

47. German river

49. Atomic #26

50. Make a grotesque face

51. Primordial matter of the universe

55. Chinese

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



## ALLEGED THEFT DURING FACEBOOK MARKETPLACE TRANSACTION

The Caledon OPP is investigating a theft that occurred during a Facebook Marketplace transaction.

“On January 20, 2025, just before 4:00 p.m., officers responded to a theft outside of Tony Pontes Public School on Kennedy Road,” say Police. “After agreeing to purchase an iPad, the seller and potential buyer met at the school. Without making any payment, the suspect shoved the victim and fled on foot with the item. No injuries were sustained as a result of the incident.”

The suspect is described as a male, 16 to 17 years old, Hispanic/Spanish /or Mediterranean descent, curly hair on top/short on the sides, thin moustache, approx. 5’ 9”, 120 lbs, wearing a black jacket, black or grey hoodie, and red pants with white stripe.

The investigation is ongoing with the assistance from the Caledon OPP Major Crime Unit. Anyone with information is asked to contact police at 1-888-310-1122. You can also contact Peel Crime Stoppers at 1-800-222-TIPS

(8477) or online at [peelcrimestoppers.ca](http://peelcrimestoppers.ca). When you contact Crime Stoppers, you stay anonymous, and you never have to testify.

“This is a good opportunity to remind the community that Caledon OPP launched Project Safe Trade in 2023. The area is located in front of the Caledon OPP detachment at 15924 Innis Lake Road in Caledon East.”

### WHAT IS PROJECT SAFE TRADE?

Online classified and auction sites are often used as tools to sell stolen property to unknowing victims and can present a safety threat. To increase public safety and reduce crime, the Caledon OPP is inviting members of the public to use our detachment parking lot to facilitate property transactions arranged online.

### SAFE TRADE CHECKLIST

- Meet in a busy public place;
- Meet in person to inspect the product;
- Bring a trusted friend or family member along as a witness;
- Bring a cell phone in case you need to call for help;
- If you must go alone, tell a friend or family member when and where you are meeting someone;
- Keep transactions to daylight hours;
- Don’t invite a stranger into your home. It allows them access to the layout of your

house, gives them information regarding alarm systems/dogs and provides a chance to see any valuables you may have;

- Never tell your schedule to a stranger. They do not need to know when you will not be home;
- Don’t erase any e-mails, texts or voice-mails between yourself and the seller or buyer;
- Keep things local. Never mail a cheque or wire money to sellers;
- Do not give out personal or banking information (social insurance number, back account number, etc.).

## IMPAIRED CHARGES

Members of the Caledon OPP have charged a driver with impaired operation following a traffic stop on Highway 10.

“On January 18, 2025, just after 2:00 a.m., an officer patrolling the area of Highway 10 and Forks of the Credit Road in the Town of Caledon conducted a traffic stop for a Highway Traffic Act violation,” say Police. “During the interaction, the officer formed grounds that the driver’s ability to operate a motor vehicle was

impaired by alcohol and was subsequently arrested.”

As a result of the investigation, Kevin Adams, 55, of Georgetown, was charged with:

- Operation while impaired - blood alcohol concentration (80 plus);
- Speeding;
- Drive vehicle with cannabis readily available.

The accused is scheduled to attend the Ontario Court of Justice in Orangeville on February 6, 2025, to answer to the charges.

The charges have not been proven.

The driver’s licence was also suspended for 90 days, and the vehicle impounded for seven.

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 <https://peelcrimestoppers.ca>. When you contact Crime Stoppers, you stay anonymous, and you never have to testify.

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**PARNABY**  
**team** sales representative

# Thinking of Selling?



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CX-90 MILD HYBRID

**2.9%**  
**PURCHASE FINANCING**  
FOR 36 MONTHS\*

**\$1,000**  
**MAZDA BONUS\***  
ON ALL 2025 CX-70 & CX-90 MODELS



2025 CX-50 GS-L AWD

LEASE EQUIVALENT TO  
**\$119<sup>††</sup>** /WEEK AT **3.95%** APR  
\$239<sup>††</sup> bi-weekly for 36 months.  
\$1,150 down. Excludes HST.



Mild Hybrid Inline 6 Turbo  
2025 CX-70 GS-L AWD

LEASE EQUIVALENT TO  
**\$139<sup>††</sup>** /WEEK AT **3.45%** APR  
\$278<sup>††</sup> bi-weekly for 36 months.  
\$1,200 down. Excludes HST.



Mild Hybrid Inline 6 Turbo  
2025 CX-90 GS-L AWD

LEASE EQUIVALENT TO  
**\$151<sup>††</sup>** /WEEK AT **3.45%** APR  
with **\$0** down  
\$302<sup>††</sup> bi-weekly for 36 months. Excludes HST.

\* Limited time finance offer provided through Mazda Financial Services on approved credit. Representative finance offer based on a new and previously unregistered 2025 CX-90 MHEV Signature model (WXKG85AA00). Vehicle Price is \$66,497.35. 2.9% finance APR for 36 months. Monthly payment is \$1,930.89, which includes: \$2,195 freight and PDE; \$100 A/C charge; regulatory fees (up to \$12.50); retailer administration fee (up to \$795); lien registration fees (up to \$58.85, including lien registering agent fee); as well as all other applicable fees, levies and duties (all of which may vary by region and retailer). 36 monthly payments required. Licence; insurance; registration; and applicable taxes are extra. \$0 down payment or equivalent trade-in required. Cost of borrowing is \$3,014.84 for a total obligation of \$69,512.19. Retailer may sell for less. Retailer order/trade may be necessary (but may not be available in all cases). Conditions apply. Offer ends January 31, 2025, and is subject to change or cancellation without notice. Visit [mazda.ca](http://mazda.ca) or your Mazda Retailer for more information. † \$1,000/\$1,000 Event Bonus ("Bonus") is available on new and previously unregistered 2025 CX-90/2025 CX-70 models that are purchased or financed/leased (on approved credit) and delivered between January 3 – 31, 2025, from an authorized Mazda retailer in Canada. Bonus will be applied to the negotiated selling price of the eligible vehicle before taxes and: (i) has no cash surrender or other value; and (ii) cannot be applied to past transactions. Conditions apply. See [mazda.ca](http://mazda.ca) or your local Mazda retailer for details. †† Offer available on retail leases of new 2025 CX-50 GS-L AWD (JXLN85AA00)/2025 CX-70 MHEV GS-L (XXLF85AA00)/2025 CX-90 MHEV GS-L (WXLF85AA00) with a lease APR of 3.95%/3.45%/3.45% and 78/78/78 bi-weekly payments of \$239/\$278/\$302 for 36/36/36 months, the total lease obligation is \$19,780/\$22,919/\$23,564, including down payment (or equivalent trade-in) of \$1,150/\$1,200/\$0. First monthly payment is due at lease inception. 20,000 km per year mileage allowance applies; if exceeded, additional 10¢ per km applies for CX-5, CX-50 (15¢ per km for CX-70, CX-90 models). Offered leasing available to retail customers only. Offers include \$22.50 Tire Stewardship fee (all models, covering the cost to Mazda Canada of collecting and recycling tires), \$12.50 OMVIC charge, freight and P.D.E. of \$2,195, \$100 Air Conditioning charge (all models), \$1 oil filter fee and \$795 administrative fee. The administration fee is intended to cover various costs, including documentation, processing, administrative, and other expenses related to the purchase, sale, or lease of the vehicle. Offers exclude HST. Licence, insurance, taxes and down payment (where applicable) are extra and may be required at the time of purchase. Retailer order/trade may be necessary on certain vehicles. Offers valid January 3 – 31, 2025, while supplies last. Lease and finance on approved credit for qualified customers only. Offers subject to change without notice. Visit [mazda.ca](http://mazda.ca) or see your retailer for complete details.



**PUBLIC NOTICE**



# Notice of Complete Application and Public Meeting Proposed Official Plan Amendment

**FILE NUMBER:** POPA 2024-0010

This is to inform you that the Town of Caledon has received an application to amend the Official Plan. A statutory Public Meeting will be held to provide those interested an opportunity to make representation with respect to this 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 offering a Hybrid Committee and Council Meeting model with options for you to engage with Council, including in-person or virtual opportunities.

**MEETING DATE:** February 18, 2025

**START TIME:** 7:00 p.m.

**LOCATION:** Council Chambers, 6311 Old Church Road, Caledon East

**HOW TO PARTICIPATE:**

- Attend In-Person:** Register to delegate in-person and speak to an item listed on the agenda or sit in the gallery to watch the meeting.
- Submit Written Comments:** Submit written comments regarding the proposed application by completing the Participation Request Form, available at [caledon.ca/speak-at-council](https://caledon.ca/speak-at-council)
- Virtually:** Upon request, participate via phone or WebEx. For more information, please visit [caledon.ca/notice](https://caledon.ca/notice) or contact the Planning & Development Department. Please note that there are deadlines to request participation at the Public Meeting.

You can also provide input by:

- Submitting written correspondence to [agenda@caledon.ca](mailto:agenda@caledon.ca) and [planning@caledon.ca](mailto: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 (See contact information below).
- Booking an appointment to visit Town Hall to speak with Planning staff. Visit [caledon.ca/development](https://caledon.ca/development) for more information.

**APPLICANT:**

SGL Planning and Design Inc. on behalf of Wildfield Village Landowners Group

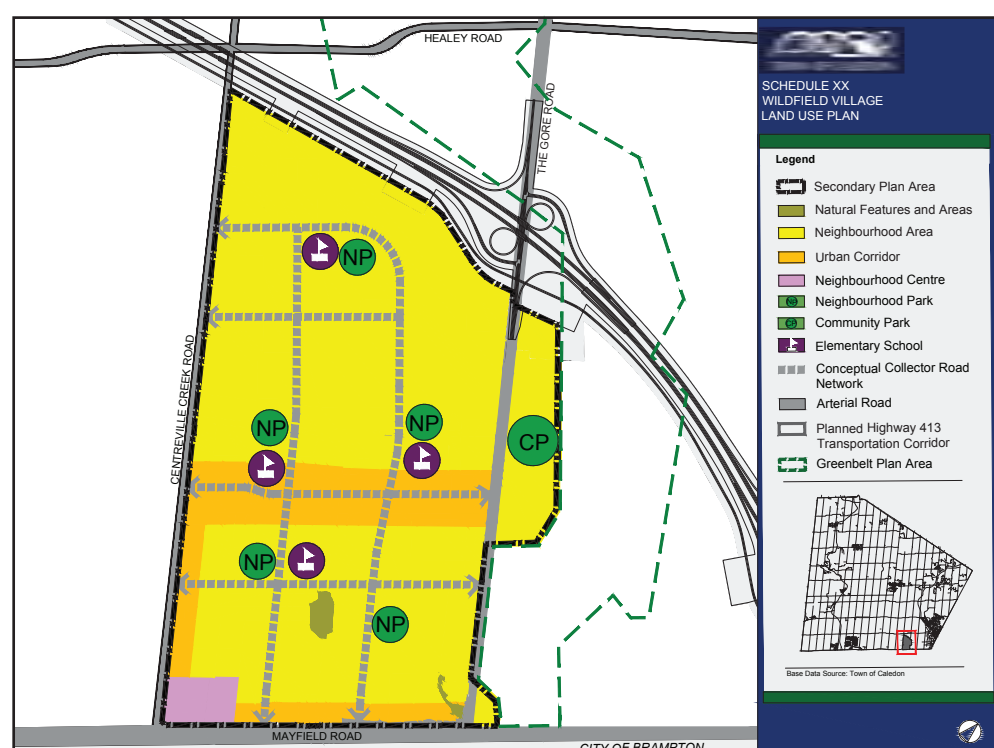
**LOCATION:**

12047, 12049, 12077, 12113, 12175, 12191, 12319, 12319, 12319, 12389, 12411, 12419, 12435, 12561, 12599, 12735, 12753, 12767, 12777, 12797, 12805, 12825, 12833 Centerville Creek Road; 7040, 7072, 7174, 7212, 7236, 7472 and 7480 Mayfield Road; 12052, 12056, 12204, 12220, 12272, 12286, 12300, 12348, 12398, 12494, 12538, 12560, 12568, 12610, 12630, 12650, 12660 and 12830 The Gore Road; 7171 Healey Road

**PROPOSED CHANGES:**

The applicant has submitted an Official Plan Amendment application (File POPA 2024-0010) for a new Secondary Plan that will include policies to facilitate the development of approximately 7,600 new residential units with a population of 24,500 people across a total area of approximately 355 hectares (877 acres). The Secondary Plan will also include policies relating to the natural heritage system, community amenities including schools and parks, a connected road and active transportation network, and a mix of land uses including commercial/mixed use. The estimated density will be approximately 88 residents and jobs per hectare.

The lands are currently designated New Community Area in the Future Caledon Official Plan. The applicant is proposing to redesignate the lands as Neighbourhood Area, Neighbourhood Centre, Urban Corridor, and Natural Features and Areas.



\*The plan is for information purposes. The applications are currently under review by the Town of Caledon

**LEAD PLANNER:**

Graham Richards, CD, MES  
Town of Caledon Planning Consultant  
MHBC Planning  
705-728-0045 ext 233  
[g-richards@mhbcp.com](mailto:g-richards@mhbcp.com)

**ADDITIONAL INFORMATION:**

For more information about this matter, including appeal rights, a copy of the proposed Official Plan Amendment and for supporting material, please visit [caledon.ca/notices](https://caledon.ca/notices) or contact the Lead Planner at Town Hall from Monday to Friday, 8:30 a.m. to 4:30 p.m.

**APPEAL PROCEDURE:**

If a person or public body would otherwise have an ability to appeal the decision of the Council of the Town of Caledon to the Ontario Land Tribunal but the person or public body does not make oral submissions at a public meeting or make written submissions to the Clerk of the Town of Caledon before the proposed official plan amendment is adopted, the person or public body is not entitled to appeal the decision.

If a person or public body does not make oral submissions at a public meeting or make written submissions to the Clerk of the Town of Caledon before the proposed official plan amendment is adopted, the person or public body may not be added as a party to the hearing of an appeal before the Ontario Land Tribunal unless, in the opinion of the Tribunal, there are reasonable grounds to add the person or public body as a party.

**HOW TO STAY INFORMED:**

If you wish to be notified of the decision of the Town of Caledon on the proposed Official Plan Amendment, you must make a written request to the Clerk of the Town of Caledon, 6311 Old Church Road, Caledon, Ontario L7C 1J6.

**ACCESSIBILITY:**

If you require an accessibility accommodation to attend or participate in this Public Meeting, or 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](mailto:accessibility@caledon.ca). Requests should be submitted at least 10 days before the Public Meeting.

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

**Notice Date: January 23, 2025**

# Bylaw enforcement service calls on the rise: Town Staff

**BY ZACHARY ROMAN**  
LOCAL JOURNALISM  
INITIATIVE REPORTER

Caledon's bylaw officers have been busy. At Caledon Council's January 7 General Committee meeting, Town of Caledon municipal law enforcement employee Joel Assaly provided an update to Councillors on the Town's increased municipal law enforcement service levels through a memorandum.

In July of 2023, Town staff were told by Council to review municipal law enforcement service levels and report back to Council. Staff did so and in February of 2024, Council passed a motion to implement increased service levels based on data gathered by Town staff. At that time, a budget motion was also passed to add two full-time parking enforcement officers to the Town's municipal law enforcement team.

Since the change in service level, Caledon bylaw officers have responded to a surge in after-hours calls. From June 1 to September 30 last year, they responded to 297 of them, compared to just 69 in the same time frame in 2023.

"During after-hours operations, officers respond to calls by gathering necessary information and taking appropriate action. As a result, 297 complaints were addressed, and corresponding files were generated. These included both parking and non-parking complaints, ensuring timely responses to parking-related issues and the initiation of appropriate actions for non-parking concerns," reads the memorandum. "Non-parking complaints include a variety of issues, including fireworks, noise disturbances, animal control matters, and more. This demonstrates the program's versatility and its ability to address a wide range of community concerns."

In the June 1 to September 30 time period last year, bylaw officers issued 4,197 parking tickets, up from 3,429 tickets in that period in 2023.

"Enhanced parking enforcement throughout the Town resulted in a 22 per cent increase in parking ticket issuance," reads the memorandum.

Assaly's memorandum said the increased municipal law enforcement service levels are preparing Caledon for future growth. It said regular evaluations of service levels will be completed to provide the best service to the community

# Dufferin-Caledon Ontario Liberal candidate exits race

**BY SAM ODROWSKI**

Orangeville Councillor Tess Prendergast announced she is withdrawing as the Ontario Liberal candidate for Dufferin-Caledon in the next provincial election.

Prendergast, a French teacher and librarian, announced her candidacy on October 20 of last year.

She put out a statement regarding her withdrawal on January 7, where she noted that the recent passing of her father, shortly before Christmas, has been an immeasurable loss for both her and her family.

"As we navigate this challenging time, I have made the difficult decision to prioritize my family's well-being and step back from the responsibilities of a provincial campaign," Prendergast's statement reads. "This decision was not made lightly but reflects my belief that this campaign – and our community – deserve the full focus and dedication of its candidate."

The statement noted Prendergast's "immense gratitude" to the Ontario Liberal Party, its local membership and everyone

who has supported her in her candidacy.

"It has been a privilege to work alongside so many passionate and dedicated individuals who are committed to building a better future for Dufferin-Caledon and Ontario," she noted. "I have deep respect for the commitment and determination required to lead a successful campaign. While I step back from this role, I remain confident that the next candidate will bring the energy and vision needed to champion the values we share and work tirelessly for a brighter and more prosperous future for our community."

Prendergast will remain actively involved in assisting with a smooth transition to the next candidate for the Ontario Liberal Party to ensure the momentum that's been built will continue without disruption.

"This has been a profoundly difficult decision, but one I believe is in the best interest of my family and the campaign. I remain committed to supporting the Ontario Liberal Party and the new candidate as they build on the progress we have made together."

**PUBLIC NOTICE**



# Notice of Public Meeting to Consider Changes to Building Permit and Planning Fees

TAKE NOTICE that the Council of The Corporation of the Town of Caledon will hold a Public Meeting on **February 18, 2025, at 7:00 P.M. in the Council Chambers located at the 6311 Old Church Road, Caledon East, ON.**

**THE PURPOSE** of the Public Meeting is to obtain public comments on proposed changes to the Town of Caledon's existing building permit fees and planning fees, and is being held pursuant to Section 7 (6) of the Building Code Act, 1992.

**A REPORT** outlining the changes and the rationale for the changes will be available to the public at the Public Meeting and online at [caledon.ca](https://caledon.ca) at no cost.

**THE PROPOSED** fee changes will be considered by Council on a date subsequent to the Public Meeting.

**ANY PERSON** may attend the Public Meeting, and make oral and/or written submissions either in support of or in opposition to the proposed fee changes.

**IF YOU WISH** to be notified of the adoption of the proposed fee changes, you must make a written request to the Clerk of the Town of Caledon at 6311 Old Church Road, Caledon East, ON L7C 1J6

**ADDITIONAL INFORMATION** may be obtained by contacting Bindu Shah, 905-584-2272 ext. 4059 or via email at [bindu.shah@caledon.ca](mailto:bindu.shah@caledon.ca)

Dated at the Town of Caledon, January 23, 2025

Robert Cummings, Commissioner, Finance  
Chief Financial Officer  
TOWN OF CALEDON  
6311 Old Church Road  
Caledon East, ONTARIO, L7C 1J6



6311 Old Church Road  
Caledon, ON L7C 1J6  
[caledon.ca](https://caledon.ca)  
T. 905.584.2272 | 1.888.225.3366 | F. 905.584.4325



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T. 905.584.2272 | 1.888.225.3366 | F. 905.584.4325



# Caledon set to implement traffic safety advisory committee

BY ZACHARY ROMAN  
LOCAL JOURNALISM  
INITIATIVE REPORTER

Caledon is in the process of getting a traffic safety advisory committee up and running.

At Caledon Council's January 14 planning and development committee meeting, Town staff brought forward a report on the establishment of such a committee. Town staff developed terms of reference for the committee, and Councillors unanimously voted in support of it.

The bylaw to officially implement the committee is coming to Council's January 28 meeting for final approval.

The proposed committee will have a mandate to provide a community perspective on road safety issues involving all vehicle types, on Town of Caledon roads.

"The goal of the Committee is to enhance road safety and promote responsible driver behaviour through education, public engagement, and advo-

cacy," reads the bylaw coming forward on January 28.

The proposed committee will consist of two members of Caledon Council and between four and eight community representatives. The committee is set to collaborate with Caledon's Illegal Land Use Task Force and Active Transportation Task Force on common goals.

The Traffic Safety Advisory Committee will also be supported by Caledon's Transportation Engineering and Municipal Law Enforcement divisions; Caledon OPP; the Region of Peel's Traffic Engineering division; and the Ministry of Transportation, all on an as-needed basis.

Council first directed Town staff to develop the terms of reference for a Traffic Safety Advisory Committee in October last year.

If the bylaw passes on January 28, Council appointments to the committee will be scheduled for February 4. Recruitment for community representatives for the committee would take place in February.

## Mulmur encourages participation in 2025 Kraft Hockeyville Competitions

BY PAULA BROWN  
LOCAL JOURNALISM  
INITIATIVE REPORTER

The Township of Mulmur is calling on the support of community members as they join the 2025 Kraft Hockeyville Competition.

In a press release issued on January 15, the Township of Mulmur announced its participation in the 2025 Kraft Hockeyville Competition, with the hopes of winning \$250,000 to use for arena upgrades and the chance to host an NHL game.

"The Kraft Hockeyville Competition starts with the "Nomination and Rally" phases, which run from January 1 to March 2.

Community members are being encouraged to rally for the Honeywood Arena by submitting a nomination story, written or video, which shares why the Honeywood Arena is important to them and the community, and how winning the competition will help enhance the arena for future generations.

Participants can also help by earning "rally points": 10 points for a nomination story; 3 points for each photo added, with a maxi-

mum of 5; 1 point each for posting a supporting rally note; and 1 point for reach to other stories and photos.

Rally points contribute to 20 per cent of the total score, while judges evaluate the nomination stories for the remaining 80 per cent.

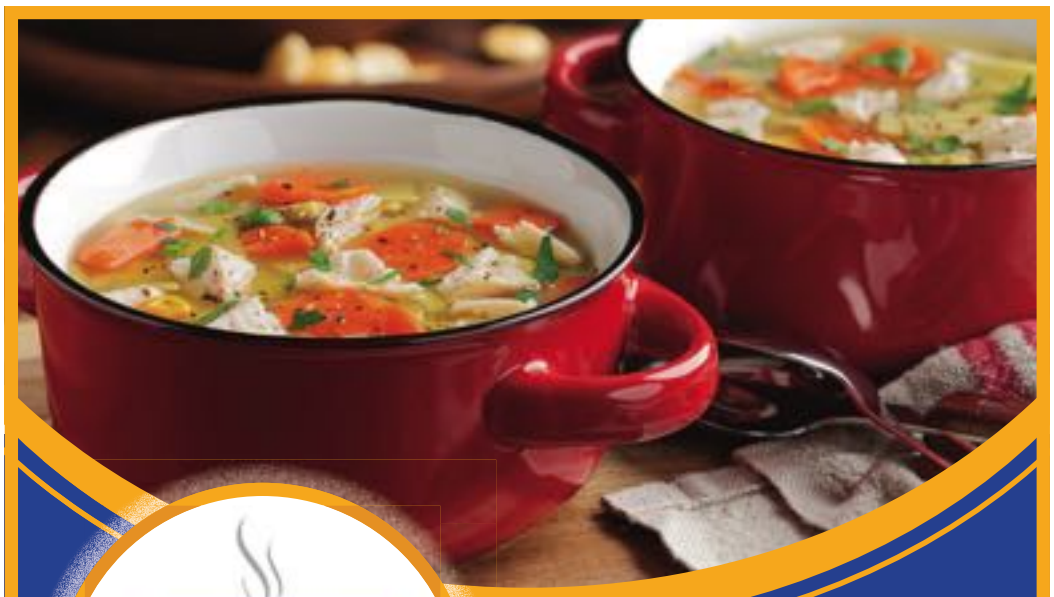
The Township of Mulmur highlighted how the Kraft Hockeyville Competition could bring "much-needed" renovations to the Honeywood Arena, which has been a vital hub for the community and a beacon of hockey spirit since 1912.

The Township added that the prize money would enable them to make upgrades and repair the aging facility, provide a safe and more welcoming space for skaters and hockey players, and continue to foster a love for hockey for future generations.

The Top 3 Runner-Ups will receive \$25,000 for arena upgrades. "Every rally effort is crucial," said the Township.

Those interested in submitting their stories and connection to the Honeywood Arena can do so by visiting [www.hockeyville.kraftcanada.ca](http://www.hockeyville.kraftcanada.ca).

The deadline for submissions is March 2.



**Bolton Rotary is offering a food challenge to donate soup ingredients to The Exchange (55 Healey Road) or any cash donation will be matched to \$2500 for the month of February, 2025.**

Think about the winter weather and how different types of soup warm the soul. We will cook once a month and make giant vats of soup to freeze for patrons of the Exchange.

"Soul Soup" is a comforting, nourishing dish often associated with warmth, healing, and emotional comfort. It's more than just a meal; it's a metaphor for something that feeds not only the body but also the spirit. A Soul Soup might be made with wholesome ingredients like hearty vegetables, grains, or legumes, simmered slowly to create a rich, flavorful broth. The key to its essence is the care and love put into its preparation, which makes it feel like a cozy hug in a bowl.

**To volunteer to cook or offer soup ingredients, email [boltonrotary@gmail.com](mailto:boltonrotary@gmail.com). To donate go to [boltonrotary.ca](http://boltonrotary.ca).**



**Soul Soup is a natural partner with Coldest Night of the Year!**

Being held on February 22, a family-friendly, national walk to raise money for charities serving people experiencing hurt, hunger and homelessness.

Right here in Caledon, it's not always easy to see homelessness, but it is very real and growing. Go to [ccs4u.org/donate/coldest-night-of-the-year](http://ccs4u.org/donate/coldest-night-of-the-year) to walk, volunteer or donate to raise awareness of hunger and homelessness in our community.



NEWS

Subscribe to the Town's email newsletter at: [caledon.ca/enews](http://caledon.ca/enews)

## Download the Caledon Recreation App Today

Caledon Recreation Mobile App allows you to browse for program/activity schedules, register, pay right from your mobile device, and more!

**Flexible. Convenient. Easy.**

Download the app today, visit [caledon.ca/recreation-app](http://caledon.ca/recreation-app)



## Golf Tournament Grants



**Caledon Community Golf Tournament Grants**

Are you a non-profit organization or community group looking to fund a project, program or service that benefits Caledon residents?

Apply for a 2025 CCCGT grant today! Applications close January 31, 2025. Visit [caledon.ca/golf](http://caledon.ca/golf) for more details and to apply.



**CCCGT**  
Caledon Council Community Golf Tournament



## COFFEE with COUNCIL

Come by and share your thoughts on what makes Caledon a great town to live, work and do business in.

**Saturday, January 25**

Caledon East Community Complex - Banquet Hall  
9 a.m. to 11 a.m.

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# Back to... the future?

In this job, there are certain questions one can pose that reveal a lot about a person.

One example I have previously written about in this space is the deceptively simple question of, "Hepburns: Katharine or Audrey?"

Both remarkable in their own right, the women followed similar career paths, produced decades of award-winning performances, and both earned their rightful and respectful places in the pantheon of entertainment icons, but both also made significant strides to better our world, whether it was the furthering of democratic and civic causes, as was the case with Katharine, or the tireless humanitarian work that dominated the latter half of Audrey's life.

There are no wrong answers on the informal Hepburns questionnaire, but which one resonates with you, and why, can say a lot.

A similar telling question is also, "If you could pick any superpower, what would it be?"

Sometimes the answers can be flippant – choosing x-ray vision for some nefarious purpose, for example – but answers can often be insightful on what makes an individual tick.

Recently we had our near-annual viewing of a silly little movie from 1988 called "Vibes" with the unlikely cast of Jeff Goldblum, Cyndi Lauper and Peter Falk. It's not a "good" movie by any stretch of the imagination, but, as much of a nonsense as it is, it's got that elusive "It" factor that never fails to make me chuckle.

A catalyst in the story is an organization that wants to harness the various "superpowers" of everyday people for anything but the greater good. Lauper's character specializes in astral projection and out-of-body experiences, while Goldblum's character has the ability to see the complete history of any object he touches.

As someone who grew up in a house that had a near-endless parade of antique furniture come and go over the years, this always seemed like a pretty neat power to have; after all, if you had a haunted dresser or sideboard, you should know about it! But, I suppose this goes hand-in-hand with the always imagination-capturing power of time travel.

Who wouldn't want the ability – or even a time machine to make it all possible – to observe one's forebears in their natural habitat or eavesdrop unnoticed on a particularly impactful episode in human history to get the real scoop? Well, some of you who watched Back to the Future in your formative years might be hesitant, but, come on, take that as a cautionary tale and forge ahead. What's the worst that could happen? This is all pie-in-the-sky fantasy.

To a point. As much as the history buff in me loves the idea of hopping through time with a Samantha Stephens nose twitch, or with the aid of some type of vehicle, I'd be all too willing these days to consign said idea to the scrap heap because the "Be Kind Rewind" era we're now living through is underscoring that turning back the hands of time is not all it's cracked up to be.

On Monday, Donald Trump returned to the White House in an expectedly-dramatic fashion.

Never one to take things humbly, the ushering in of this not-so-new and, in my view, not-so-kind era, was as garish as many expected. But it wasn't all the typical razzle-dazzle. He was quick to get down to business fulfilling campaign promises, even those that some of his more enthusiastic supporters insisted was mere rhetoric rather than policy that would

come to pass.

Touting a familiar mantra of restoring "common sense" to public life, he said a "Golden Age of America begins right now."

But what does this "Golden Age" really mean? For those who cast their vote in the hopes he would somehow lower grocery prices with the stroke of a pen, there was precious little of that in his speech. Much time was devoted to settling scores, claiming American sovereignty would be "reclaimed" and the nation would be "liberated" and remain a "free, sovereign and independent nation" and all of his greatest hits. But, in fairness, I think George Washington handily settled most of that some centuries ago.

"We have a public health system that does not deliver in times of disaster, yet more money is spent on it than any country anywhere in the world," he said. "And we have an education system that teaches our children to be ashamed of themselves, in many cases to hate our country despite the love that we try so desperately to provide to them. All of this will change starting today and will change very quickly...."

"This week, I will also end the government policy of trying to socially engineer race and gender into every aspect of public and private life. We will forge a society that is colorblind and merit based. As of today, it will henceforth be the official policy of the United States government that there are only two genders, male and female. This week I will reinstate any service members who were unjustly expelled from the military for objecting to the COVID vaccine mandate with full back pay. And I will sign an order to stop our warriors from being subjected to radical political theories and social experiments while on duty. It's going to end immediately."

And quickly it came. By the end of the day, the President had pulled the United States once again out of the World Health Organization and the Paris Climate Accord, a deal designed to mitigate some of the biggest impacts of climate change. His Executive Orders reversed nearly 80 of President Biden's Executive Orders, including those related to racial equity and pushing back against discrimination faced by the 2SLGBTQ+ community.

It feels we've collectively regressed back to the 90s, at the very least, and it's not as pleasant as nostalgia would have one believe. "Canada and the United States have the world's most successful economic partnership," said the Prime Minister on Monday's Inauguration Day. "We are each other's largest trade partners, with a relationship that creates millions of jobs, attracts billions of investment into the continent, and keeps our people safe..."

"We are strongest when we work together, and I look forward to working with President Trump, his administration, members of the United States Congress, and officials at the state and local levels to deliver prosperity for our peoples – while protecting and defending the interests of Canadians."

As Monday ended with confirmation that tariffs will be coming our way, as promised, whoever succeeds Justin Trudeau as Prime Minister will have a long road ahead of them. As important as it is to work together – and that includes all provinces and territories – it's also important that we don't follow their lead in turning back the hands of time – and the hands of progress.

And it will be incumbent on us to all do our part – even if my dream time machine is left to moulder and rust away in that metaphorical scrap heap.



# Courage, fortitude needed to face the year ahead

by Mark Pavilons



January 1 was like any other Wednesday, other than it was a day off. It was a day to reflect, ponder and look ahead, because looking back was no longer an option.

Like a "bridge over troubled water," I had been weary, feeling small, with tears in my eyes. There were multiple times in the past year when I simply had "to lay me down."

Life, like music, apparently wants to go where it wants to go.

They say every year – in fact every day – is a new beginning. Every minute we spend on this planet is a journey into the unknown.

It can be exciting, mysterious, uneventful, even sad and solemn.

But we humans are equipped to handle all of those emotions, those things that tease us, that make up our DNA.

I feel like the world is moving really fast, much quicker than it has in previous decades. In the past year, we've seen so much in terms of conflict, space exploration, archaeological discoveries, advances in medicine and technology. Along with the best that we're capable of, we've also witnessed some of the worst.

Political unrest, natural disasters, war, economic stressors and the cost of living weigh heavy on our minds. Fresh out of an expensive holiday season, and we're faced with some financial realities.

Grocery prices show no sign of decreasing, and the new year brought a gas hike, just as we're spending more time warming up our vehicles. Some new federal taxes are on the horizon and while Canadians are given some token rebates and refunds, it's still quite expensive to live here in the Great White North.

According to Made in CA, Canadians aged 46-55 owe the most money and have an average household debt of \$72,482, excluding mortgage.

Almost six out of ten Canadian households are in debt.

Average Canadian credit score is between 600 and 650 with anything above 650 considered a good credit score.

Only 34% of Canadians live in mortgage-free homes.

Canadian household debt remained under \$200 billion in the 1960s and 1970s but then began to rise exponentially, reaching over \$1,000 billion at the turn of the millennium.

The grim outlook was echoed by a recent survey that indicated some 20% of Canadians plan to take on more debt in 2025.

TransUnion Canada's Consumer Pulse study revealed that 82 per cent of those asked wor-

ry about inflation and 44 per cent expect their finances to be worse in the year ahead. The study surveyed 1,000 Canadian adults between September 25 and October 6, 2024. The survey also found one in five Canadians plan to take on more debt in 2025, with 43 per cent saying they plan to apply for a new credit card.

This survey also found that 25% said they might not be able to pay all their bills in 2025. And, Credit Canada saw one of its largest increases in clients seeking help last month in more than a decade.

The MNP Consumer Debt Index, a broad gauge of how Canadians feel about their ability to pay down debt, reported that 50 per cent of those polled now feel they're \$200 or less away from being unable to pay all their bills and debt obligations in a month.

I relay these rather bleak stats, not to frighten or raise eyebrows. This is the reality for many of our fellow citizens – our neighbours, the person sitting next to us on the bus, or the couple enjoying a coffee at the next table. We should all be concerned about the greater society and everyone in it.

Sure, many, particularly in this neck of the woods, enjoy a rather comfortable lifestyle. But no one is immune to stock market or real estate fluctuations. Even the well-to-do don't particularly enjoy paying more for insurance, gas, furniture and car repairs.

Not all residents are enjoying the sunshine. The King Township Food Bank sent out a call to action late last year, pointing to "an alarming rise in demand for its services."

Since its founding in 2004, the food bank has been a vital resource for residents struggling to put food on the table. Despite King Township's reputation as a wealthy area, food insecurity has long been a reality for many, particularly lower-income families, rural workers, and seniors on fixed incomes. This year, the need has skyrocketed, with the food bank reporting a 66% increase in individuals served since the beginning of 2023.

Now supporting over 500 people each month, the KTFB operates three distribution centres in King City, Nobleton, and Kettleby, all run entirely by volunteers. Many of those turning to the food bank are first-time users – working families who, despite full-time employment, can no longer make ends meet as the cost of living continues to rise. The Food Bank urgently needs a larger location with fridges, freezers, and a loading dock to handle more food donations and ease the strain on volunteers, many of whom are seniors. Without these improvements, the organization risks falling short of its mission to provide food for everyone in need. This is reality. This is what our friends and neighbours are going through. Not only should we shake our collective heads, but it should lead us to action and support in any way we can.

That community has demonstrated, time and again, how it rallies together to meet challenges. Residents and volunteers have banded together to make things happen.

A new location for the Food Bank should be well within our grasp. Let's make it happen.

And let's show more compassion out there – on the roads, waiting in line and in retail outlets. You never know what the person next to you is going through.

Submit your **LETTERS TO THE EDITOR**

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

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

**GENERAL MANAGER**  
Zach Shoub  
zach@lpcmedia.ca

**EDITOR**  
Brock Weir  
brock@lpcmedia.ca

**CLASSIFIED ADVERTISING OFFICE ADMINISTRATOR**  
Mary Speck  
admin@caledoncitizen.com

**REPORTERS**  
Zachary Roman  
zachary@lpcmedia.ca

**MOTORING**  
Heather Erwin  
heather@caledoncitizen.com

**SPORTS**  
Jim Stewart  
jim@lpcmedia.ca

**DISPLAY ADVERTISING**  
Erin Lockett  
erin@lpcmedia.ca

Vicki Meisner  
vicki@lpcmedia.ca

Melinda Crake  
melinda@lpcmedia.ca

**PRODUCTION**  
John Speziali

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SHERALYN ROMAN  
TALK CALEDON



## “Shop Local!” If only...

Remember back in the dark days of the pandemic when Councillor Tony Rosa posted well-crafted messaging on social media highlighting many of our local businesses? His earnest exhortation was how important it was to continue to shop and support local. Currently, there is a campaign called CaleDine promoting eating out at participating local restaurants between January 31 and February 13. These were, and are, good things. Whether initiated by the Town, the Chamber of Commerce or by other means of drawing attention to small, local businesses, for me, the idea is that we help to create and foster a community in part by the company we keep. Shopping locally means your next door neighbour can pay their bills, that your kid’s soccer team has a sponsor, or that you get the benefit of sage advice, perhaps some specific help, or a recommendation that no “big box” store employee might be able to give, along with friendly, personalized service. All of this is almost always on offer when you “shop local,” except when it isn’t, which might soon be the case at Forster’s Book Garden in Bolton.

A part of the community since 1998, Forster’s is a treasure trove of books, journals, paper goods, a plethora of book-related products (think bookmarks, funky specs, and more) and is a local distributor of Peace by Chocolate. For over 25 years, and through two store location moves, Donna and Paul – and a succession of three, exceptionally delightful, if hairy, store greeters – have catered to the reading tastes of Boltentites and beyond. Little ones being introduced to reading through picture books, teens finding favourite reads or support for high school English assignments and adults seeking fiction or nonfiction, have all found what they are looking for often with the very knowledgeable and enthusiastic help of Donna. Sadly, to quote Bob Dylan, “the times they are a changin’.”

It’s possible that as soon as the end of February, Forster’s will be no longer. No doubt there are many reasons for this, but our lost (or at least very much faded) sense of community is surely one of them. The sense of loyalty that once drove many of us to frequent the same establishments, where folks knew you by name, has now been replaced by the “convenience” of Amazon and its ilk, but at what cost? For example, where else but at a local bookstore would a local author find support and a place for their book on the bookshelf? I’d venture to say that, for many, that would never happen at an Indigo/Chapters location. Where else but at a local bookstore would you find someone willing to help scour the shelves for that perfect gift for someone, running solely on “she likes Wnglish murder mysteries with a twist, but I can’t remember the author’s name?”

Perhaps you are looking to introduce your early reader to a book series and need some advice on age-appropriate content – again that’s a local bookstore to the rescue, one that’s perhaps not so dependent on the big publisher marketing machine that pushes some collections to the front of store over what might be best for your own emerging literary fan.

Sure, there are other systemic factors too. As towns and cities grow, what are they doing to support the businesses that were there first and that helped to fuel that growth? Is there an effective Chamber of Commerce supporting small businesses? Is there the availability of great public transit providing teens with easy access to the store location that can either help them complete a homework assignment with just the right book or that provides them with an opportunity for part-time employment? Are there programs and services provided by the Town that help small businesses throughout Caledon to flourish, similar to the BIA that supports the downtown Bolton area? What about programs like the Caledon Improvement Plan that offers grants and incentives to renovate? Even when such programs exist, are they easy to navigate? If you are a tenant, what specific incentives are there for you to take advantage of, or that you could use to encourage your landlord to participate in for your mutual benefit? Is there more that we can, and should, be doing to help support these kinds of retailers? Through two different location moves, dedicated customers of Forster’s Book Garden showed up to help them move books by the box load because as a community we believed in supporting local. I worry now that instead of showing up in droves in support, we’ll simply lament the loss of yet another store on our social media feeds and then move on.

Forsters is but one example of many local businesses that might be struggling. I’m biased, of course, as a writer and indeed an author whose book once sat on their shelves, but losing small local businesses like this, in many ways speaks to the larger issue of community, or our lack of it.

The days of Harry Potter parties where all the kiddos dressed up to hang out at the local bookstore, that very essence of community, a place where we visit and where they might even know us by name, is slowly eroding away. It’s true we are all leading busier lives, and as a result often settle for convenience over community, but wouldn’t it be great if the community (the Town, et al) helped foster convenience instead, by providing the tools and resources necessary to make access to our local small businesses easier?

## Claridge was Orangeville Citizen founder, former owner of Shelburne Free Press

Continued from FRONT

“I said for years, he’d probably die at his desk because that was what made him the happiest,” said Alan. “He didn’t golf, he didn’t collect stamps or do woodworking or anything like that. He was happy working. He was happy doing what he was passionate about.”

Nancy added, “He wasn’t a man that had a lot of time because of all the work that he did, but when he was involved with something, he gave it his all, and he always wanted to make sure people were taken care of.”

She said, “The newspaper was not a venture to make money. It was to serve the community and make sure there were jobs there. That’s the way he liked to contribute.”

Alan said when Thomas bought the Shelburne Free Press and started the Orangeville Citizen, he and Pam were doing a majority of the work.

“Dad was the editor, the principal reporter, and the sports reporter for a long time,” he recalled.

“When both Nancy and I were younger... dinner times in the weekdays were always after 8 o’clock. If it was a Monday, which was production day, dad was heavily involved in not just the writing and the editing, but the production of the actual paper, so we’d eat later. Then the other four weekdays, he was in Toronto, working for the Globe and Mail.”

Alan said he learned a lot about the value of hard work from his father.

“The biggest thing that he instilled in me was a work ethic,” he noted.

Duncan added his brain never shut off.

“He was always thinking and always full of ideas. His face would light up with a thought and he’d often have a chuckle before he took off with his latest idea,” said Duncan. “He amazed me with his well-reasoned editorials and how quickly he could interpret and analyze everything from legal judgments to provincial energy reports.”

She added, “Journalism was in his blood and he had the brain and the integrity that suited that passion.”

Carolyn Dennis, who worked with Thomas at the Orangeville Citizen for around 20 years as office manager, described him as a “gentleman and a very gentle man.”

She said he was naturally curious, very knowledgeable about a variety of topics and was always a pleasure to chat with.

“Tom would sit down and talk to you and

listen intently and carry on a conversation for as long as you want,” Dennis recalled. “It was always very interesting to talk to him because he was really well educated. He knew a lot about a lot of things... and he could tell a story.”

Alan said, “He was somebody you could talk to about literally almost any subject and he could carry a conversation with you about it.”

Dennis said Thomas dedication to the newspaper ensured local residents knew what was happening where they live.

“His impact on the community was huge because he really believed in community newspapers and community knowledge – getting the facts out there,” said Dennis.

She added that he and his late wife Pam were also very active in the Anglican Church.

Thomas wasn’t raised Anglican but converted when he met Pam, who he married in 1965.

“He got a lot of happiness from the community that he found in the churches that he was involved with,” said Alan.

Nancy noted, much like Pam, he had a passion for music, joining church and community choirs. For a period of time, he was director of Orangeville Music Theatre (OMT).

Thomas and Pam’s love of music was something they passed down to their kids.

“If you can believe it, all of us used to be performing on the stage of the ODSS cafeteria,” Nancy recalled.

Thomas accompanied Pam and Nancy on several concert tours to Carnegie Hall as well as France, Austria, Italy and Wales.

Behind the scenes, Thomas would ensure people visiting the town for music had a home to sleep in and that local events were well publicized.

Nancy and Alan said their parents’ dedication to giving back and supporting the community is something they picked up as well. Both of them have been members of the local Rotary Club and Nancy helps organize the Orangeville Blues and Jazz Festival each year.

“Serving the community was deeply ingrained by our parents in us,” Nancy said.

A celebration of life for Thomas will be held on Friday, January 31 at 2 p.m. at St. Mark’s Anglican Church in Orangeville.

Donations may be made to the Orangeville Food Bank or St. Mark’s in lieu of flowers.

In Thomas’s memory, a tree will be planted in the Dods & McNair Memorial Forest at the Island Lake Conservation Area.



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## Credit Valley Conservation seeking nominations for environmental awards

Award categories include youth achievement, corporate leadership, and outstanding volunteer



## Credit Valley Conservation

BY ZACHARY ROMAN  
LOCAL JOURNALISM  
INITIATIVE REPORTER

A local conservation authority believes those leading important environmental work should be recognized.

If you know of a person, business, municipality, school, landowner or community group in the Credit River Watershed that's a champion of the environment, you can nominate them for an award from Credit Valley Conservation (CVC).

On January 13, CVC communications staff announced in a media release that the conservation authority is accepting nominations for its annual Friends of the Credit Conservation Awards.

There are nine award categories: youth achievement, outstanding volunteer, environmental awareness, landowner stewardship, corporate leadership, green cities, legacy donor, watershed excellence, and diversity, equity and inclusion leadership.

"The awards program honours local

environmental champions who are making a positive impact and supporting a thriving environment that protects, connects and sustains us," said the CVC in a statement.

Holly Nadalin, CVC's Manager of Community Outreach and Education, said the awards are an opportunity to highlight "exceptional on-the-ground initiatives that are improving environmental health across the Credit River Watershed."

Examples of initiatives include landowners who have taken action to protect and restore nature on their property; local businesses, municipalities or regional governments who have adopted innovative or green approaches

to infrastructure; individuals or businesses that donate land or funds to purchase land ensuring its long-term protection; youth or individuals who have taken action to protect and improve the natural environment in their community; and leadership and initiatives focusing on diversity, equity and inclusion, that engage people of diverse backgrounds and cultures, encouraging them to take part in environmental

activities that support a sustainable future.

Nominations can be submitted online on the CVC's website, [cvc.ca](http://cvc.ca), until February 22. The CVC Board of Directors will then review nominations and select award winners.

The CVC has been running its conservation awards program since 1986 and has recognized hundreds of community leaders over the years.

## Councillor's motion to request federal fireworks ban fizzles out

Ward 2 Councillor Dave Sheen's motion defeated by 5-4 vote

BY ZACHARY ROMAN  
LOCAL JOURNALISM  
INITIATIVE REPORTER

Caledon will not be advocating for a federal fireworks ban.

At Caledon Council's January 7 General Committee meeting, Ward 2 Councillor Dave Sheen brought forward a motion asking Council to request that the Government of Canada enact legislation to prohibit the sale, purchase, possession and use of consumer fireworks except for authorized professional displays.

The motion said Canada should implement a national strategy to phase out existing inventories of consumer fireworks and provide support for businesses impacted. It also said Canada should increase penalties for the illegal importation, sale and distribution of consumer fireworks.

In his motion, Sheen said personal fireworks pose significant risks to public safety, property and the environment.

He said municipalities that have banned fireworks, such as Caledon, are having limited success enforcing such bans as the municipalities cannot effectively control the sale and possession of fireworks.

"A coordinated national approach would be more effective in addressing the issues associated with personal fireworks use," reads Sheen's motion.

At the January 7 meeting, Sheen said his motion came from a conversation with Town Staff, who he said told him they're having many challenges enforcing Caledon's fireworks ban.

"As long as consumer fireworks are for sale, it's going to be a continuing problem for our staff to enforce the fireworks ban," said Sheen.

Sheen's motion was ultimately defeated, with Mayor Annette Groves and Councillors Doug Maskell, Tony Rosa, Cosimo Napoli, and Mario Russo voting against it.

2025-26 SEASON

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## COMMUNITY events

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

Tuesday January 28, 2025 - 6 PM  
Free Bingo Night at Bolton United Church  
Join us for Bingo, Prizes, Pizza and Fun!  
To reserve a table, call ahead or e-mail us at [office@boltonunitedchurch.com](mailto:office@boltonunitedchurch.com) or just drop in. Everyone welcome! 8 Nancy Street, Bolton, Ontario, L7E 1C7. Ph: 905-857-2615 [www.boltonunitedchurch.com](http://www.boltonunitedchurch.com)

Albion Bolton Historical Society - Monday, February 10, 2025, 7:30 - 9:30 PM meeting at the Albion Bolton Community Centre, 150 Queen Street South, Bolton, Meeting Room C, 2nd Floor. (Elevator available). "Stand By Your Man (more or less): The Wives of Canada's Prime Ministers" presented by noted local historian Ken Weber. Ken will speak about the truly interesting women who have accompanied their spouses to the peak of Canada's political landscape,

and how they approached their role as prime minister's wife in quite different ways. Questions, Nathan Hiller at 905-584-2801 or [nhillerphoto@bell.net](mailto:nhillerphoto@bell.net)

FREE COMMUNITY PANCAKE BREAKFAST  
Saturday, February 1st, 2025 from 8:30 am to 10:30 am.  
Caledon East United Church, 6046 Old Church Rd.  
Pancakes, eggs, sausages, yogurt, fruit, tea, coffee, juice. All are welcome!

Kinsmen Toonie Treasure Sale: Saturday January 25 from 10 am till 1 pm at the President Bldg, Albion Bolton Fairgrounds. Racks and racks of new /gently used apparel for men women and children all for a TOONIE !! All proceeds help support community needs.

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by Barb Scheffler

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# Alzheimer's Society of Dufferin County educates community for annual awareness month

BY PAULA BROWN  
LOCAL JOURNALISM  
INITIATIVE REPORTER

The Alzheimer's Society of Dufferin County is making sure those diagnosed with dementia-causing illnesses are not forgotten as they recognize Alzheimer's Awareness Month.

Alzheimer's Awareness Month is a 31-day campaign recognized each January by the Alzheimer's Society of Canada, which looks to raise awareness and education for those living with dementia-causing illnesses.

"Our overall goal is to let people know that we're here to help and to get people to understand that the numbers speak for themselves; dementia is a health care crisis," said Carmelina Cicuto, Executive Director of the Alzheimer's Society of Dufferin County.

Dementia is a broad term that describes a set of symptoms that may include memory loss, changes in mood, and difficulties with thinking, problem-solving and language. Dementia happens when brain cells become damaged and eventually die. There are many diseases and conditions which can cause dementia, with Alzheimer's disease being the most common.

The Alzheimer's Society reports that in Ontario alone over 300,000 people are living with dementia and that number is expected to triple by 2050.

According to the Alzheimer Society of Dufferin County, there are currently 1,500 people living with a dementia diagnosis in the County, which has a population of 66,257.

"I don't think people realize the staggering number. People need to understand the importance of that number," said Cicuto. "Unless you know someone who has the disease, you're not going to look into dementia. It's not part of your world."

In helping bring more education to the growing disease, Cicuto said it's important to address the stigma faced by those with a dementia diagnosis.

"People are afraid to say 'I have dementia'. Dementia is not the end of life. There are people still working who have a dementia diagnosis and there's a young onset group of people in their 50s and 60s that have dementia, but they're still living," said Cicuto.

"The more we talk about it the more accessible it's going to be," added Nancy Frater, Chair of the Alzheimer's Society of Dufferin County's Board of Directors.

Alzheimer's Awareness Month helps to high-

light the resources available to people with dementia-related illnesses, including supports for their loved ones and caregivers.

Mono resident Margot Steane has been a caregiver for her husband, George Steane since his diagnosis in 2017 with cognitive impairment, which has since developed into Alzheimer's. She contacted the Alzheimer's Society of Dufferin County in 2019 for education as a caregiver and eventually joined two support groups for caregivers.

"My role now is to mainly ensure safety and to ensure that he is well taken care of. These groups are very supportive of each other. They really help people like me who have not experienced [Alzheimer's] firsthand," said Steane.

She spoke about the significance of Alzheimer's Awareness Month in recognizing families going through the dementia journey.

"The month really brings it home that there are people who are going through this journey, there is help out there, and this disease is not going away. Bringing it to the public reminds them that this is something people are living with."

While Alzheimer's Awareness Month gives the local Society the time to raise awareness and share education with the community, it also gives them the time to fundraise for donations to support the programs and resources they provide.

According to the Alzheimer Society of Ontario, dementia presents challenges for individuals, families, care partners and the health care system which ultimately costs the province over \$30 billion annually.

Cicuto told the Free Press that operating all of the programs provided by the Alzheimer's Society of Dufferin County costs over \$700,000 per year.

Although they receive partial funding from the government, the Alzheimer's Society also depends on generous contributions from community members – such as Susan Reynolds.

In December of 2024, Reynolds raised funds for the local Alzheimer's Society by selling almost 40 handcrafted "pocket dolls" at Booklore in Orangeville.

The miniature-sized dolls were hand-knitted by Reynolds and took roughly 12 hours to complete a single figure.

The decision to donate the proceeds raised from the sale of the pocket dolls was one close to Reynolds' heart.

In 2000, Reynolds and her husband became the primary caregivers of her mother, Clarice



Hunt, after she was diagnosed with dementia. Remembering her mother as a beautiful knitter, Reynold wanted to use the knitted dolls as a tribute to her memory.

"I was unaware of the Alzheimer Society back then and the programs, awareness and support, and so I didn't reach out to them," she recalled.

Reynolds' pocket dolls sold out within the week of availability and raised more than \$1,000 for the Alzheimer's Society of Dufferin County.

"We couldn't have raised the money without the incredible support of those who purchased them. It was a community effort; wasn't just me," she said.

To help spread awareness of Alzheimer's and other dementia-causing diseases, the Alzheimer Society of Dufferin County will be hosting a "Dementia Experience Day" event on January

30. The event will consist of two one-hour sessions, where participants will be walked through different scenarios to simulate a first-hand look and feel of what it is like to live with dementia.

"We're putting people in a situation where they have no choice but to be vulnerable and the only way you'll understand what someone's going through in the dementia world, is to be vulnerable," said Cicuto.

"You need to have the experience to truly understand," said Frater.

For more information about Alzheimer's and the local resources available, visit the Alzheimer Society of Dufferin County website. The Alzheimer Society of Dufferin County can also be contacted directly by phone at 519-941-1221 or by emailing info@alzheimerdufferin.org.

**Peel Region**  
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## Public Notice

### NOTICE OF IN-PERSON PUBLIC INFORMATION CENTRE #1

#### Schedule C Class Environmental Assessment

#### Kennedy Road Sanitary Trunk Sewer Project

**Background:**  
To help make new homes available faster, Peel Region has taken a significant step toward building the water infrastructure needed to meet the housing targets outlined in the "More Homes Built Faster Act" (Bill 23). By adopting a program management approach, Peel Region is expediting the construction of essential water and wastewater infrastructure to meet community and provincial needs, both now and into the future. Committed to supporting a growing population, Peel Region is focused on creating a thriving, inclusive, and sustainable community that promotes robust infrastructure, economic growth, environmental resilience, and overall well being.

Peel Region is taking proactive steps to achieve this goal by initiating multiple projects, including the Schedule C Municipal Class Environmental Assessment (MCEA) Study for the Kennedy Road Sanitary Trunk Sewer Project. This Project will help ensure sewage capacity requirements are met by 2051 to support growth in Peel Region. Refer to Figure 1 for Project Study area.

Figure 1: Kennedy Road Trunk Sewer Project Study Area

**Process:**  
This study will follow the 2023 process for a Schedule "C" MCEA project, which includes:

- Indigenous community engagement and public and stakeholder consultation
- Background studies
- Development and evaluation of sewer route options; impact assessment; and mitigation measures.
- Selection of the preferred sewer route including design, and schedule

**Your Input is Important:**  
Two Public Information Centres (PICs) will be held to present the findings of the MCEA study and provide opportunities to give feedback to the project team. Community engagement is key to the MCEA process. Early discussions will help identify ways to reduce project impacts on residents, businesses, and commuters.

**In-Person PIC #1:**  
**When:** Tuesday January 28th, 2025, from 6 p.m. to 8 p.m.  
**Where:** Paul Palleschi Recreation Centre (30 Loafers Lake Lane, Brampton ON L6Z 1X9), Meeting Rooms 1 & 2

We invite all interested community members to join the first in-person PIC #1 to learn more about the Kennedy Road Sanitary Trunk Sewer Project and have the opportunity to ask questions to the project team members.

**Virtual PIC #1**  
The first of two PICs was held virtually starting on December 4, 2024. The display boards for this PIC are available in an online format with a narrated video and online survey and can be viewed on the Kennedy Road Sanitary Trunk Sewer Project webpage at <https://peelregion.ca/construction/environmental-assessments/kennedy-road-sanitary-trunk-sewer-project>. Please review the files and share your feedback through the survey until February 14, 2025.  
PIC #2 is planned for Spring 2025 with similar notification. Once the study is complete, results will be published in an Environmental Study Report (ESR) and will be made available for public review and comment.

**Contact the Team:**  
To be added to the mailing list or to receive further information about the study, please contact:

<p><b>Italia Ponce, P.Eng.,</b> Project Manager, Region of Peel Tel: 905-791-7800 ext. 4583 Email: <a href="mailto:italia.ponce@peelregion.ca">italia.ponce@peelregion.ca</a></p>	<p><b>Faranak Amirjalari, MES, MCIP, RPP</b> Environmental Planner, AECOM Tel: 416-420-1286 Email: <a href="mailto:faranak.amirjalari@aecom.com">faranak.amirjalari@aecom.com</a></p>
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The Region of Peel is committed to ensuring that all Regional services, programs, and facilities are inclusive and accessible. Please contact the Project Manager if you need any accommodations to provide comments and/or feedback for this study.

**This notice was first issued on January 16, 2025**

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Robert F. Hall Catholic Secondary School's basketball team won the inaugural Ball for Milo Memorial Basketball tournament. CONTRIBUTED PHOTO

## Admirals take three of four points with OT win in Georgetown and OT tie versus Buffalo

BY JIM STEWART

The Caledon Admirals put in four periods of extra work on Thursday and Saturday to take three of four points from two playoff-bound clubs.

The plucky Admirals battled the fifth-place Buffalo Junior Sabres to a 2-2 double overtime tie on Thursday night at the Mayfield Recreation Complex.

On Saturday, the Admirals edged the eighth-place Georgetown Raiders 4-3 in another double overtime tilt when leading scorer Cam Lang fired the game winner with 16 seconds left.

With the tie against the Sabres and the win versus the Raiders, Caledon improved its record to 4-4-2-0 (.500) over their last ten games. This is a remarkable improvement in performance, given that the rookie-laden Admirals accrued a 4-26-0-0 record (.133) over their first thirty games.

Admirals Head Coach Chris Taylor was pleased by his team's improvement.

"There's been a huge progression. At the beginning of the season, the young players struggled, but now they think we have a chance to win every night. They know they can be competitive in this league and they're motivated every night."

In Georgetown on Saturday night, the Raiders opened the scoring with Braydon Hobson's power play goal at 10:59 of the first period.

Fifty-four seconds into the middle frame, Justin Huynh gave Georgetown (17-15-2-4) a short-lived two-goal lead when he beat Caledon goaltender Calem Yorke.

Admirals forward Kaleb Young banged one past Georgetown netminder Noah Mavin just 13 seconds after Huynh's marker to pull Caledon to within one.

Freeman's unassisted goal at 17:46 tied the game heading into the second intermission.

Ben Austin restored the Raiders' lead five minutes into the final frame, but Ryan Haeney forced overtime when he converted a three-way passing play with Cam Lang and Freeman and beat Georgetown goaltender Noah Mavin. Lang and Freeman earned their 25th and 17th assists of the season, respectively, on the tying goal by Haeney.

After a scoreless first extra period, Lang played overtime hero when his power play goal provided the margin of victory with 16 seconds left on the clock. Freeman earned his third point of the game with an assist on Lang's dramatic game winner. Oddly enough, it was into an empty net. Coach Taylor explained the context:

"Georgetown is fighting for a playoff spot so they were looking for two points and pulled their goalie. Agius did most of the work on the winning goal. He secured the puck, passed it to Freeman who sent Lang on a breakaway pass, and Lang fired it into the empty net. It was a bit anticlimactic. We didn't play our best game in Georgetown, but we found a way to win. We were chasing Georgetown all game so getting a goal late in the game to send it into overtime was nice. It's something

we haven't done too often this year. I was proud of their effort late in the third period and in overtime."

In Caledon on Thursday, Eric He's power play goal at 8:03 broke a scoreless tie to give the Admirals a 1-0 lead. Curtis Freeman earned his 16th assist of the season on the Admirals' go-ahead goal. Coach Taylor complimented Freeman's helper.

"That was a beautiful setup by Curtis on He's goal. He had a very productive pair of games with five points."

Freeman's power play goal at 16:53 gave the home team a two-goal margin heading into the second intermission.

The Junior Sabres (21-16-2-1) rallied in the final frame to salvage a point on the road.

Dylan McFadden's 18th of the season got Buffalo on the scoreboard four minutes into the third period.

McFadden fired the tying goal with 1:58 left in the game. Cam Doran earned his 22nd assist of the season on McFadden's marker.

Coach Taylor expressed his disappointment that the Admirals didn't beat Buffalo in regulation.

"We were up 2-0 and it was a far different game than we played in Georgetown. Buffalo got a lucky bounce on their first goal in the third period—the puck deflected twice and went high over Yorke — and they scored late in the game to tie it up."

The teams fought to scoreless overtime periods and a significant factor in Caledon's success was the steady play of goaltender Calem Yorke. The rookie netminder blocked all eight Sabre shots in the fourth and fifth periods of play and turned in an excellent effort between the pipes.

In all, Yorke repelled 44 of the 46 shots he faced in 70 minutes of work and earned Taylor's praise:

"Yorkey played really well. He had great focus. He was calm and forced face-offs to slow down Buffalo. As they pushed hard at the end of the game and in overtime, he slowed the game down for us. When your goalie is making saves look easy, there is no panic. He's found his stride as a junior goalie."

Coach Taylor was pleased with his team's effort against a pair of playoff contenders like Georgetown and Buffalo.

"The dressing room is really positive. The guys are motivated, full of energy, and confident. The guys are also seeing that they are competitive in this league. We're embracing the role of spoilers."

The Admirals host the Milton Menace on Thursday, January 23 at The Icebox.

Opening faceoff is 7:30 p.m. Caledon's Junior A squad travels to King Township to battle the Rebellion on January 26 and will take part in the Zancor Centre's grand opening.

The Admirals have been fine tuning their role as spoiler in the last four weeks and could diminish the Rebellion's slim playoff hopes with a road victory at the sparkling new recreational centre in King City. Puck drop is 3 p.m.

## Robert F. Hall wins inaugural Ball for Milo Memorial Basketball Tournament

BY ZACHARY ROMAN  
LOCAL JOURNALISM  
INITIATIVE REPORTER

A recent basketball tournament had a storybook ending.

On January 10 and 11, the inaugural Ball for Milo Memorial Basketball Tournament was held at Robert F. Hall Catholic Secondary School in Caledon East.

The tournament was held by Robert F. Hall and the Milo Foundation, and it honoured the memory of former Robert F. Hall student and basketball star Milo Yekmalian.

Yekmalian is remembered not only for his basketball abilities but the tremendous impact he made on the community through his charitable initiatives like Hoops for Hunger.

Eight teams came out to compete in the tournament.

A \$500 scholarship was up for grabs

at the tournament, to be won by the player whose work ethic on and off the court most resembles Yekmalian's. The scholarship was won by Guelph student Trey Holmes.

Yekmalian's father, Alen, said it could not have been more fitting that Robert F. Hall won the tournament.

Mike Mackenzie, coach of Robert F. Hall's basketball team, said he's really proud of his team this year.

Hall won the final game 65-61 against a school from Guelph. Hall was down 15 points at halftime, but came back in the second half to take the victory.

"Looking back at the game, the way we came back, you almost feel like Milo was looking over us, taking care of the team, like he was part of the game," said Mackenzie.

Robert F. Hall and the Milo Foundation plan to make the tournament an annual event, and hope to grow it each year.

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Caledon Citizen's Student Athlete of the Week

# Hicks' "Elite Talent" on display for Mavericks' hockey and lacrosse teams



SAVANNAH HICKS  
CONTRIBUTED PHOTO

BY JIM STEWART

Mayfield Secondary School's hockey coach Jon Forbes is effusive in his praise of Grade 12 two-sport student-athlete Savannah Hicks.

The veteran teacher-coach described the University of Prince Edward Island Panthers commit as an "elite talent."

"In hockey, she is a smooth-skating centre who controls the ice and the pace of the game. She is so fun to watch and both opponents and teammates alike get caught puck-watching when she is on the ice. She is an exciting offensive talent and creates multiple quality scoring chances a game. She is also a great teammate, is unselfish in her play, and is the hardest-working player on the ice.

"She's a quiet leader who motivates the team to follow her lead and is always inclusive. It is clear that Savannah has worked hard to get to the level that she has and has really earned the opportunity to play at the next level at UPEI next year."

Forbes also provided insights into Hicks's athletic versatility that she's demonstrated in field lacrosse. "Her time on the lacrosse team really speaks to her athleticism as it is a sport

that she had never played before coming to Mayfield, but through hard work, she has developed into a really important player and leader on the team."

In addition to being a two-sport athlete at Mayfield Secondary School and the Captain of the U22 OWHL Oakville Hornets, Coach Forbes described Hicks's impact on his school's academic community: "Savannah is a diligent Honour Roll student. She works as hard in the class as she does on the ice and field. She understands that being a student-athlete is a privilege and takes pride in her work in the classroom and as a representative of Mayfield. She carries a heavy load in athletics both inside and outside of the school, but still maintains an impressive average. All teachers agree that she is a joy to teach."

Despite all the athletic and academic accolades, Coach Forbes is most impressed with Hicks's demeanor and her treatment of others.

"Savannah is one of the nicest people you would ever meet. She is confident yet unassuming. You would not know that she is a hockey player if she didn't tell you. She is quiet but makes sure that others are comfort-

able. That is why she was selected as a captain this year. She is inclusive and the players on the team, specifically the younger players, really appreciate this."

The Mayfield Hockey bench boss offered a view of his Captain from his rink-side point of view: "We knew that she was a special player the first time she stepped on the ice. However, one particular moment that stands out was in our semifinal game last season. We were down 3-1 to Gonzaga going into the third period. She scored two goals (including the winner) and added an assist to give us a 4-3 victory. In this year's semifinal, she scored our only goal on a highlight reel end-to-end effort. Although we lost, she really carried the team and created a number of excellent chances (including a couple of posts) to give us a chance to win. We are sad to see her go, but are so thrilled that she will get a chance to take her talents to the next level playing U-Sports for UPEI."

Savannah Hicks took time from her exam preparation and on-ice obligations with the Hornets and Mavericks to answer our interview questions:

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

**Savannah Hicks:** "Although I am a bit on the quieter side, I like to think that I am a determined athlete with a 'team first' mentality. I always try to lead by example and I also like to promote positivity both on and off the ice (or field)."

**Caledon Citizen:** What were your key statistics and performance moments from the past two seasons that you are most proud of?

**Savannah Hicks:** "There are quite a few moments from the past two years that were special to me; however, if I had to pick my top 3 – they would be: Receiving the MIP award for the Mayfield Girls Lacrosse team - last year (2023); Being selected as Team Captain for my Oakville Jr. Hornets team (rep team) – current season; Being selected as Team Captain for my school hockey team (Mayfield

Secondary School) - current season."

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

**Savannah Hicks:** "I have played competitive hockey since I was 6 years old. I currently play for the U22 Oakville Jr. Hornets team."

**Caledon Citizen:** How would you describe yourself as a student at Mayfield? To which sports teams and clubs do you belong? Honor Roll?

**Savannah Hicks:** "I am a driven and responsible student who takes a lot of pride in completing tasks on time. During my years at Mayfield, I have been a member of the girls' hockey team, as well as the girls' Lacrosse team. I was also on the Honor Roll in Grade 9 and 11."

**Caledon Citizen:** What are your post-secondary plans regarding prospective academic/athletic destinations?

**Savannah Hicks:** "I will be continuing my education and hockey journey at UPEI in August 2025!"

**Caledon Citizen:** Who is your role model in terms of the person you admire the most?

**Savannah Hicks:** "My older sister Rhea is my role model and has been from as far back as I remember. We are only 2-1/2 years apart but I have always looked up to her and admired her strong work ethic and ambition. She is also the kindest and most empathetic person I know. She plays hockey as well, and she is always pushing me to be the best version of myself both on and off the ice."

**Caledon Citizen:** How do you feel about being nominated as The Caledon Citizen's Student-Athlete of the Week?

**Savannah Hicks:** "I'm very excited and honoured to be considered for the Caledon Citizen's Student-Athlete of the Week. It's a privilege to be a part of the teams that I am on, and I have met a lot of great people as a result of it."



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

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OBITUARIES

**THOMAS MACDONALD CLARIDGE**

May 31, 1936 – January 18, 2025

In his 89th year, Thomas Macdonald Claridge passed away on January 18, 2025, at Headwaters Health Care Centre, surrounded by the love of his family. Born and raised in Shelburne, Ontario, he was the eldest child of Fred and Helen Claridge.

A journalist by trade, Thomas began his career with the Canadian Press shortly after university. His journey led him to Victoria, British Columbia, where he met his future wife, Pamela Anne (née Paver). They were married on August 28, 1965. Together, they returned to Ontario, initially settling in Toronto, where he worked for The Globe and Mail. In 1975, Thomas took over his father's newspaper, the Shelburne Free Press and Economist, and later returned to Orangeville to start the Orangeville Citizen.

Thomas and Pamela were blessed with three children: Alan (Vanessa), Nancy, and Christopher (Liisa), as well as four grandchildren: Jacob, Ella, Owen, and Maija. He will be deeply missed by his extended family: Fred (Unni), Mary (Peter), Phil (Val), John (Cheryl), Julie (Aansen), Heather (Derek), Heather (Rob), Julie (Lance), Jenn (Paul), along with his great-nieces and great-nephews. He was predeceased by his sister-in-law, Jill McVie; brother-in-law, Bruce Haire; and niece, Kristen Haire.

A brilliant journalist, Thomas initially covered the nuclear energy sector before shifting his focus to Ontario's court system. For decades, he was a fixture at the University Avenue Courts, where his sharp analysis and insightful reporting earned him the respect and admiration of many lawyers and judges. After leaving The Globe and Mail, Thomas became Managing Editor of The Lawyer's Weekly, a role he held for many years before retiring, though he continued to write and edit for the family's newspapers.

Outside of his professional life, Thomas had a passion for music. He sang Bass in local Anglican church and community choirs, joining Pamela and Nancy in several concert tours to New York's Carnegie Hall, as well as to France, Austria, Italy, and Wales.

Thomas was preceded in death by his beloved wife, Pamela, in 2024. He will be remembered for his deep love for his family, his dedication to his work, and his warm, vibrant spirit.

A celebration of his life will be held Friday, January 31, 2025 at 2 p.m. at St. Mark's Anglican Church, Orangeville. In lieu of flowers, donations may be made to the Orangeville Food Bank or St. Mark's Anglican Church.

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



OBITUARIES

**ROBERT "LAWRENCE" NODWELL**

FEBRUARY 14, 1940 - JANUARY 17, 2025

It is with great sadness the family would like to announce the passing of Robert Lawrence Nodwell on January 17th, 2025, at the Avalon Care Centre Orangeville.

Predeceased by parents Mercer (1994) and Verna Nodwell (1978) and his brother William Mervin Nodwell (2016)

Dear brother of Dianne Howatt (Jerry) and their children Jennifer Chimienti (Giovanni) and Darren Howatt

Dear uncle of Glenda Nodwell (Phil Wilkins) and Darryl (Deidre) Nodwell and great uncle to Emilee and Kate Nodwell.

Lawrence was a farmer on the family farm in East Garafaxa for many years. He was a resident at Avalon Long Term Care in Orangeville.

We wish to express our Special Thanks to the 1st floor South Staff, who cared so well for Lawrence over the years.

Visitation will be held at In Memoriam Funeral Services Inc. (28 Main Street N, Grand Valley, L9W 5S7) on Thursday January 23, 2025, from 6:00 PM to 8:00 PM.

The funeral service will be held on Friday January 24th, 2025, at In Memoriam Funeral Services Inc. (28 Main Street N, Grand Valley, L9W 5S7) beginning at 1:00 PM. The family will receive friends one hour prior to the service time.

Spring burial will take place at the Grand Valley Union Cemetery.

In lieu of flowers, donations can be made to the Canadian Cancer Society.

Online condolences can be made at [www.imfunerals.com](http://www.imfunerals.com)

In Memoriam Funeral Services Inc has been given the honour of serving the Nodwell Family.



**ROBERT MAXIMILIAN (BOB) ANKNER**

Bob Ankner in his 91st year passed away peacefully at Headwaters Health Care Centre on January 16th, 2025, with family by his side. He is survived by his beloved wife Marlies of 70 years. Dear father of Martin (Marina), Dieter, Hans (Kim), Peter (Judy), Steven (Tammy). Beloved Opa to his 9 grandchildren; Thomas (1997), Shaun, Theresa, Anna, Paulina, Zachary (2007), Nicole, Stephanie, Kevin and Emma and 12 great grandchildren; Brynn, Weston, Faith, Finn, Conner, Summer, Maisie, Lucy, Miley, Greyson, Erin and William. Predeceased by his parents Maximilian and Bertha (Edrich), his siblings Hella, Monika, Hildegard and Albrecht. Bob will be greatly missed by his many friends both here and in Germany. Ruhe in Frieden (Rest in Peace)



Visitation will be held at the Dods & McNair Funeral Home, Chapel & Reception Centre, 21 First St., Orangeville on Friday, February 7th, 2025 from 2:00 pm - 4:00 pm & 6:00 pm - 8:00 pm.

Those who wish may donate on Robert's behalf to Headwaters Health Care Foundation.

Private family service.

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

**JOHN BARTON WHEELWRIGHT**

It is with great sadness that we share the news that our father, John Barton Wheelwright, died peacefully at Headwaters Health Care Centre, surrounded by his family and his beloved caregiver Lovey on Wednesday, January 1, 2025.

He was predeceased by Isabel, his wife of 65 years, and leaves behind his children John (Patti), Martha (Glenn), Mary (Rob, deceased) and Ruth (Murray). He was a wonderful Grumpy to Madelaine (Dominik), Pate (Heather), Cosi (Cobi), Robin (Jeff), Alexandra, Will, Ben (Karma) and Sam. He was best Great Grumpy to Duncan, Laura, Emmett, and Salix.

Dad graduated from Westmount High School in Montreal and received his Bachelor of Engineering (Civil) from McGill University in 1952. He created John Wheelwright Limited in 1961 and grew his company to be a well respected general contracting firm. The week before Christmas he was visiting job sites and attended the Wheelwright Group Christmas party, surrounded by friends, colleagues and sub-trades. No one loved or knew more about pre-engineered steel buildings than John Wheelwright. He will be greatly missed in the industry.

In his 97th year, Dad still loved a party and was never happier than when surrounded by his many friends and family. He practiced gratitude every day of his life and often expressed how fortunate he was to have had such a full and impactful life. He never missed an opportunity to share his wealth of knowledge by pointing how to do any task better! He relished opportunities to help others and loved spending time out in the bush or in his workshop with his grandchildren. Work weekends with Grumpy were special treats.

We would like to thank the nurses and doctors at Headwaters Health Care Centre. As always, he received wonderful care. Special thanks to Dr. Watts, Allison, Linsey, Jacquie, and Anjali and of course to his wonderful Lovey, who was his caregiver over the past year.

Please join us in a celebration of his life on Sunday, January 26, 2025, at the Caledon East Community Centre, 6215 Old Church Road, Caledon East, Ontario L7C 1J7. The ceremony begins at 2 pm and will be followed by food and drink to celebrate John's amazing life.

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



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**DAVID RUSSELL CLUMPUS**

Suddenly at home on Sunday, November 24, 2024 after celebrating his 56th wedding anniversary the night before, David Russell Clumpus, at the age of 85. Beloved husband of Sandra. Loving father of Amy and Jeffrey. Dear brother of Mary-Louise and predeceased by John. Cremation has taken place. A memorial for Dave will take place in April. Details to follow. Condolences for the family may be offered at [www.EganFuneralHome.com](http://www.EganFuneralHome.com).



**SHEILA LOUISE FROST (1954-2025)**

Sheila Louise Frost, beloved wife and mother, 70, of Cheltenham, Ontario, passed away at home on January 19th, leaving a void her family cannot fill.

She was born in Peterborough in 1954 to Sam and Kathleen McKelvey, the second of five children. Sheila moved to Brampton as a child where she met husband Allan in high school.

Sheila was a devoted mother to sons Stephen and Michael; daughter-in-law Megan (wife of Stephen), and grandmother to Evie, her pride and joy. She always said their births changed her life for the better, and they felt that in the love and support she provided.

Sheila worked at Apotex pharmaceuticals for 20 years before retiring in 2022. Sheila loved to spend time with friends and family. She also enjoyed traveling - with Ireland and New York being favourite destinations, and volunteered in the community at Bethell Hospice.

Sheila was preceded in death by her parents and sister Kathy, and is survived by husband Allan, her remaining siblings; Alex, Andrew and Brian, sons Stephen and Michael, and granddaughter Evie who will never forget the love she brought to their lives.

The family will receive their friends at the Egan Funeral Home, 203 Queen St. S. (Hwy 50), Bolton (905-857-2213) Monday, January 27 afternoon 2 - 4 and evening 6 - 8 o'clock. Memorial service will be held in the chapel on Tuesday morning, January 28 at 11 o'clock.

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



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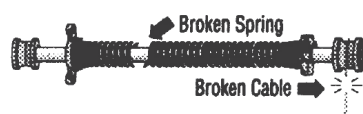
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**I**n a 2021 survey from the global fitness brand Orangetheory® Fitness and Kelton Global, 43 percent of respondents indicated they suffered from a lack of motivation to exercise. Lack of motivation can affect people of all ages, including seniors. 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 neighbours or friends to come along to the gym for a favoured 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 theatre 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.



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Celebrating SENIORS

# 3 questions to ask before beginning a new fitness regimen

Exercise is widely recognized as a vital component of a healthy lifestyle.

Routine exercise is beneficial for people of all ages, and seniors are no exception. Aging adults who want to be more physically active but think they are among the 72 percent of individuals who aren't meeting CDC exercise guidelines can speak with their physicians and ask these three questions to ensure the transition to a less sedentary lifestyle goes smoothly.

### 1. SHOULD I GET A HEART CHECKUP?

Doctors may already be monitoring aging individuals' hearts even if they have not exhibited symptoms of heart problems in the past. However, it's best to discuss heart health in greater detail prior to beginning a new fitness regimen. In an interview with Penn Medicine, Neel Chokshi, MD, MBA, medical

director of Penn Sports Cardiology and Fitness Program, noted the risk of heart attack or cardiac complications slightly increases when individuals begin to participate in a moderate or intense activity. So a physician might want to conduct a heart checkup in order to determine if a patient has an underlying heart condition.

### 2. WHICH TYPES OF ACTIVITIES SHOULD I LOOK TO?

A physician also can recommend certain activities depending on a person's age and medical background. Though exercise is beneficial for everyone, certain activities may not be. For example, Advent-Health notes that high-impact activities like jogging and jump rope may not be suited for individuals with arthritis. In addition, aging individuals with physical limitations that require them to use a wheelchair should not write off their ability to exercise, as physicians can recommend exercises for patients with mobility issues as well.



### 3. SHOULD I TAKE EXTRA CAUTION WHILE ON MEDICATION?

Prescription medication use is another variable that must be taken into consideration before beginning a new exercise regimen. The CDC notes that roughly 84 percent of adults between the ages of 60 and 79 use one or more prescription medications. Each medication produces different effects, and a 2016 study published in the Methodist DeBakey Cardiovascular Journal noted that certain medications evoke an acute drop in blood pressure, which can disturb

balance and increase fall risk, while others actually facilitate greater improvements in health outcomes. That means the dynamic between medications and exercise is unique to each medication, which underscores the importance of speaking with a physician whenever a fitness regimen is started or tweaked and/or a new medication is prescribed.

These are just three of the questions seniors can ask when discussing exercise with their physicians. Seniors are urged to ask any additional questions they might have during such discussions.

## PRE-WORKOUT TIPS FOR SENIORS

**AS PHYSICALLY ACTIVE INDIVIDUALS AGE,** they typically must change how they approach exercise. For example, rather than jumping two feet first into new activities like they might have done when they were younger, seniors may have to think about injury prevention and

ways to improve their endurance prior to lacing up their sneakers. For most, that may boil down to taking various pre-workout steps.

### GET ENOUGH REST

The body requires adequate sleep and other

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

### WARM UP

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

### EMPHASIZE STRETCHING

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

### WEAR THE PROPER FOOTWEAR AND CLOTHING

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

### CAREFULLY CONSIDER PRE-WORKOUT SUPPLEMENTS

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

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



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**MAYOR GROVES**



# Caledon Community Services (CCS) Supports Quality of Life in Caledon for Every Age and Life Stage

You may have caught the news story that ran on CBC/Radio Canada this month entitled "Ex-Ontario MPP who became homeless says it's 'humbling', politicians rallying to move him out of shelter."

Humbling? Yes, and what Lorenzo Berardinetti's story demonstrates is that 'homelessness' can happen to anyone. Seniors are particularly at risk with factors like health challenges, divorce and waning employment prospects being just the tip of the iceberg.

Berardinetti spent decades as an elected representative, advocating for his constituents and also for his own elderly mother in areas such as access to health-care, combating isolation and loneliness, eliminating financial insecurity and addressing the strain on

long-term and community care and supports – before finding himself on the other side, actually needing help.

The article states on his first night in a homeless shelter his thought was, "What am I doing here? I never thought this would have happened to me, but it happened." Proof positive it can happen quickly and unexpectedly.

At Caledon Community Services (CCS) Exchange Food Bank, the surge in new clients seeking help has risen to the highest level we've seen in Caledon. With the roll-out of our partnership with Caledon Public Library (CPL) and community support we're able to bring access to employment and community resource services to three branch locations and by

launching a Mobile Food Pantry delivery service, CCS is seeking to address the growing need while improving accessibility.

CCS is here to help, but we can't do it alone. If you're doing okay, you can help our neighbours in need, including seniors, by participating or pledging in support of Coldest Night of the Year (CNOY), a national walk for those experiencing hurt, hunger and homelessness, on February 22. Your actions can uplift someone who has unexpectedly fallen on hard times – this could be someone you know, even someone you love.

And if you need a helping hand, we're here for you. Please call 905-584-2300 or visit our website [www.ccs4u.org](http://www.ccs4u.org) for more information.



## Seniors can backstroke their way to improved health

**EXERCISE PROVIDES** a number of measurable benefits for people of all ages, including older adults. Swimming is one exercise that may be especially beneficial for seniors.

Many people learn to swim in childhood and sharpen that skill as they get older. Though swimming devotees may get in the water for fun rather than fitness, this popular, joyful and relaxing pastime may be the ideal exercise for seniors looking to improve their overall health, particularly because it is very low-impact.

Because the water provides buoyancy while swimming, there is little risk of injury and minimal strain on the body. Water exercises, including swimming, work all the muscle groups, so it can be a complete exercise, says American Senior Communities. Swimming also is a great cardiovascular exercise that can strengthen the heart muscle and improve lung function and endurance. Because it lowers

blood pressure and improves circulation, swimming is a great way to get the heart pumping.

A gentle, 30-minute swim can burn up to 200 calories, which is more than walking.



A faster swim can burn calories more quickly than running or cycling. However, since water supports up to 90 percent of the body's weight, this activity will put less stress on muscles and joints while one is exercising.

Individuals with mobility issues or arthritis pain may find that swimming helps relieve discomfort and improves range of motion. Again, because the water is doing much of the work holding up the body, it will take the stress off of joints, helping a person to feel better while stretching and moving gently in the water.

Even seniors who don't know how to swim can still reap the benefits of water exercise. Walking in shallow water, or using a kickboard to stay above the water can be effective. Using foam dumbbells or even pushing and pulling one's arms through the water can serve as a great resistance exercise that builds strength.

Swimming and additional water activities are great ways for seniors to stay in shape. As always, individuals should speak with their doctors before beginning any exercise regimen to ensure that it is safe.

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Celebrating SENIORS

# Nominate a Senior for the Town of Caledon's Senior of the Year Award



Every year, the Town of Caledon recognizes an exceptional senior, aged 65 or older, as part of the Province of Ontario's Senior of the Year award. This prestigious honor celebrates individuals who have enriched the social, cultural, or civic life of our municipality through their contributions.

Older adults are a vital part of our community and bring experience, wisdom, and talent to every aspect of life in Caledon. Whether it's through sharing knowledge, supporting local initiatives, or fostering connections among neighbors, seniors play a key role in making Caledon a vibrant and thriving place to live. Their actions inspire others and contribute to the

strong sense of community that defines our town.

Do you know someone over the age of 65 who has made a difference in Caledon? Help us celebrate the remarkable seniors in our community by nominating them for the Senior of the Year award. Nominations are open from January 27 to February 21.

For more information, including eligibility criteria, visit [caledon.ca/adult55](http://caledon.ca/adult55) or contact us at [adult55@caledon.ca](mailto:adult55@caledon.ca) or 905-584-2272 x4106.

Let's come together to honor the incredible contributions of Caledon's seniors!

## What is a Denturist?



This is a question I often get asked by my patients when they first come into my office. As a Denturist I am a denture specialist, not a Dentist. As a licensed Denturist I am responsible for the recognition or dental deficiencies and oral complications. I do not do fillings, nor do I pull teeth – I co-ordinate this with your Dentist to provide the best treatment options for you. We sit down together and discuss what your expectations are from your new teeth and what we can provide in terms of appearance, fit and function.

Having a new set of dentures fabricated can often be a stressful and fearful experience. Here at The Kostynyk Denture Centre I take strain out of the process. With 30 years' experience and the utilization of new techniques and materials I can eliminate many of the unpleasant procedures associated with denture creation. Creation, it truly is! Each step of the

process will be clearly outlined to you as we proceed towards your new smile and, we will not complete the new denture until you are happy with the appearance, and I am happy with the function. Having an on-site laboratory allows me to make special accommodations you may require for your new smile.

A proper fitting denture provides not only a sense of confidence when out in public but allows you to eat a proper and balanced diet. The ability to properly chew food takes the strain off the digestive system and often reduces stomach problems. Don't be afraid to order your favorite foods when out because you are worried about your dentures. To book your Free Consultation please give me a call at (905) 857-4464 and, let's get you smiling again.

Yours In Good Health,  
David Kostynyk DD, BSc.

### NEW!

## Outdoor Maintenance Assistance Program



We've expanded the Snow Removal Financial Assistance Program and renamed it the Outdoor Maintenance Assistance Program.

**Low-income older adults (65+), Older Adults 75+, and low-income persons with disabilities in Caledon** can receive up to \$500 towards service costs for snow removal, grass cutting, garden maintenance and leaf raking.

If you're a Windrow Removal Assistance Pilot Program recipient, you cannot apply to the Outdoor Maintenance Assistance Program.

Apply today at: [caledon.ca/adult55](http://caledon.ca/adult55).



## WE HAVE BEEN MAKING SMILES FOR OVER 30 YEARS!

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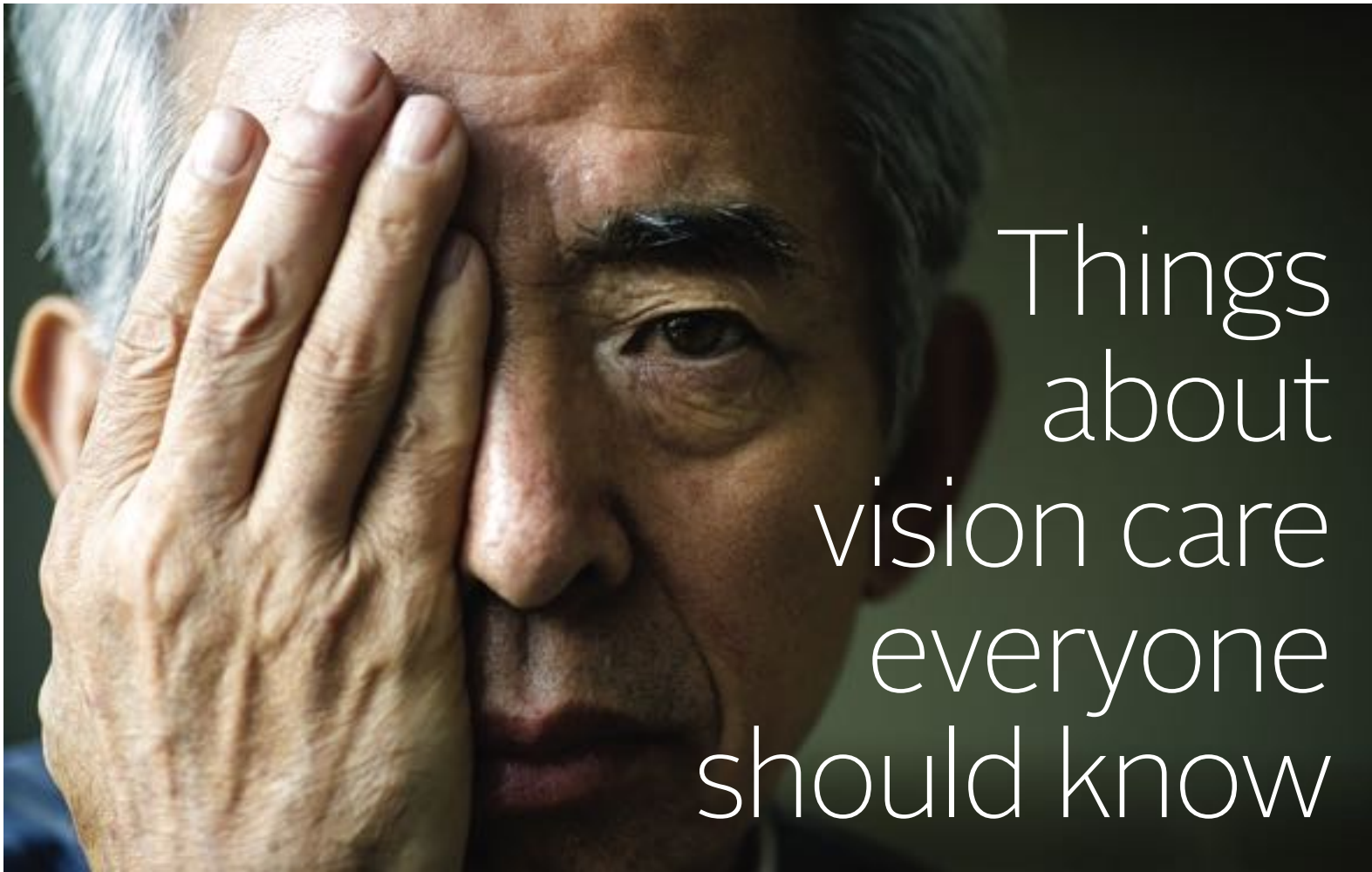
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(NC) Even though World Sight Day has passed, it still serves as an important reminder to take another look at an aspect of our health that we often take for granted. Even though eye care and vision loss are not always at the forefront of health-care conversations, here are five common but serious eye conditions that everyone should be aware of.

**BEWARE OF THE BIG FIVE:**

**1.** The first is known as age-related macular degeneration (AMD). The macula is the part of the retina at the back of your eye that lets you see directly ahead, and it can deteriorate with age. It is the most common cause of vision loss in people over 60.

**2.** Next are cataracts. That's when the lens in your eye becomes cloudy, making it hard to see.

**3.** Glaucoma is caused by damaged eye nerves and can lead to blind spots in your field of vision or even complete blindness.

**4.** Diabetic retinopathy, as the name suggests, affects many people who have diabetes. It can affect the blood vessels in the eye and impair vision.

**5.** Finally, there are a host of injuries to the eye, such as scratches on the cornea, that can reduce your field of vision or lead to blindness.

Prioritize early detection. Did you know that 80 per cent of vision loss is readily treatable and/or preventable? That's why it's never too early to start monitoring eye health. Many conditions that affect vision develop slowly, so having clear baseline measurements is an important way to help eye-care professionals catch problems at the earliest possible stages.

Age is a common factor in many eye conditions. AMD, for example, typically develops when we're

60 or older. But AMD is also strongly linked to genetics and chronic conditions such as obesity and hypertension. Smoking and eating a diet in saturated fats also increase the likelihood of having AMD.

Geographic atrophy (GA) is another eye disease that's gaining wider recognition. It's a type of advanced dry macular degeneration where the cells in the middle part of the retina – the macula – start to die off. Vision loss begins slowly, and, if left untreated, progresses irreversibly until everyday tasks, and even facial recognition, become extremely difficult.

GA mostly affects older adults, but early detection is possible thanks to new scanning technology. So, get your eyes checked regularly, and if you notice any blind spots in the middle of your field of vision, contact your eye-care professional immediately.

Learn more at [livingwithga.ca](http://livingwithga.ca).

[www.newscanada.com](http://www.newscanada.com)

**PRIORITIZE EYE CARE IN 2025**

**3 things to know about geographic atrophy**

(NC) This is the time of year when people think about positive changes they'd like to make in their lives. But some changes, like vision loss, happen against our will. For seniors, vision loss can be caused by an eye disease called geographic atrophy. Here are three things you should know about it.

**IT'S AN AGE-RELATED DISEASE.**

GA is a type of advanced dry macular degeneration – let's break that down. The macula is the part of the retina at the back of your eye that lets you see directly ahead, and it can deteriorate with age. GA causes the cells of the macula to die off slowly, causing loss of central vision. The damage and vision loss build slowly, often over years, and can make things like driving, reading and even recognizing faces difficult.

**IT'S MORE COMMON THAN YOU'D THINK.**

GA affects an estimated five million people worldwide, most of them seniors. The slow, irreversible vision loss that it causes can catch patients off-guard – after all, it's easy to think "I'm just getting older" when it becomes harder to read. But it's serious: GA can take away a person's ability to live independently, especially if it isn't caught early enough.

**IT'S DETECTABLE.**

Research into the cause of GA is still ongoing, but there have been strides made in detection and diagnosis. New imaging techniques are helping health-care professionals better track retina health and catch the signs sooner. If you detect any blind spots in the middle of your field of vision, reach out to your eye-care professional – don't wait for the problem to get worse.

Learn more at [livingwithga.ca](http://livingwithga.ca).

[www.newscanada.com](http://www.newscanada.com)



Celebrating SENIORS



# The Power of Connection

**SOCIAL ISOLATION AND LONELINESS ARE NOT JUST EMOTIONAL CHALLENGES**—they pose serious health risks. They can increase the likelihood of heart disease, stroke, type 2 diabetes, depression, anxiety, dementia, and even earlier death. At Caledon Meals on Wheels, we see the profound impact these challenges have on seniors, but we also witness how connection can transform lives, restoring hope, comfort, and well-being.

Our services are designed to build those vital connections. From delivering nutritious meals and providing friendly visits to facilitating wellness programs and community events, we aim to address not just hunger but the deeper need for human connection. Every program we offer is a step toward reducing social isolation and fostering a sense of belonging.

**PROGRAMS THAT CHANGE LIVES**

Caledon Meals on Wheels is more than a meal delivery service. Our programs are holistic, addressing the physical, emotional, and social needs of seniors and others in the community:

• **MEAL DELIVERY SERVICES:** More than just a hot meal, our deliveries are a lifeline, providing regular check-ins and reassurance for clients.

• **FRIENDLY VISITING PROGRAM:** Weekly visits by volunteers offer companionship and conversation, reducing loneliness and fostering new friendships.

• **SENIORS' WELLNESS PROGRAMS:** From fitness classes to creative workshops, these activities keep seniors active, engaged, and connected with their peers.

These programs are made possible by the generosity of our funders, supporters, volunteers, and partners who believe in the power of connection to transform lives.

**LOOKING AHEAD**

At Caledon Meals on Wheels, we are proud to name 2025 as The Year of Connecting. This theme reflects our unwavering commitment to fostering meaningful relationships and addressing the critical needs of our community.

We invite you to join us on this journey—whether as a volunteer, donor, or advocate. Together, we can build a stronger, more connected community where no one feels alone.

Visit our website to read our 2024 Annual Report, learn more about our programs, or find out how you can get involved. Let's make 2025 the year where connection makes all the difference.

Together, we can turn isolation into inclusion, one meal, one visit, and one connection at a time.

[WWW.CMOW.ORG](http://WWW.CMOW.ORG)

## THE BENEFITS OF LIVING IN ABBEYFIELD CALEDON'S NON-PROFIT SENIORS RESIDENCE



**YOUR GOLDEN YEARS SHOULD BE A TIME OF JOY,** comfort and peace, a period to enjoy the fruits of your lifelong journey in a serene and welcoming environment.

At Abbeyfield Caledon, we've mastered the art of blending care, community, and comfort to create an unparalleled living experience for seniors. Set in the heart of Caledon East's tranquil neighborhood, our non-profit seniors residence promises more than just a place to stay - it offers a chance to thrive among peers in a family-like atmosphere. Let's talk about the myriad of benefits that life at Abbeyfield Caledon provides, highlighting why it stands out as an exceptional choice for seniors seeking companionship, independence, and a vibrant lifestyle in their later years:

**WE OFFER....**

- COMPANIONSHIP AND COMMUNITY
- HOME-LIKE SETTING
- NUTRITION AND WELL-BEING
- AFFORDABLE LIVING

- INDEPENDENCE AND DIGNITY
- VOLUNTEER SUPPORT

Living in a non-profit seniors residence like Abbeyfield Caledon offers the privilege of a supportive, caring community, nutritious meals, and a comfortable living space. It ensures a secure, dignified, and affordable lifestyle for seniors, helping them preserve their independence while living in a social, stimulating environment. This combination of benefits makes Abbeyfield Caledon an attractive choice for senior living in Ontario.

We can't wait for you to make Abbeyfield Caledon your new home. We are here, ready to welcome you with open arms into our family. Get in touch with us if you are interested in becoming a resident or if you want to join us as a volunteer serving the community. Call Lisa Chevalier, House Manager at: 905-860-0181 or visit us at: [abbeyfieldcaledon.org](http://abbeyfieldcaledon.org).



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## We are Looking for Volunteer Board Members, Volunteer Treasurer & Volunteer Director of Development.

For more information, please contact Gord Gunning at [president@abbeyfieldcaledon.org](mailto:president@abbeyfieldcaledon.org)



Abbeyfield Caledon is a non-profit home for independent seniors. Nestled in the beautiful town of Caledon East, our house is dedicated to providing good nutrition and companionship.

Interested in becoming a resident? Contact us for more details.

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# Seniors and the drawdown era

BOOMERS ARE SHIFTING AWAY FROM ACCUMULATION TO DECUMULATION.



AS boomers enter the decumulation stage, their behaviour shifts and we as advisors need to shift our practices along with them.

Too many of us are still worrying about fees and the markets and things we have no control over.

You see, while investors may use two advisors in the accumulation years, they often switch to one advisor near their decumulation stage usually because of several life milestones:

- A) career change
- B) they start to think about or enter retirement
- C) they start receiving OAS CPP turning their RRSP to a RRIIF, etc.

So, investors consolidate to simplify their financial affairs.

About 50% will consolidate as they get older. We, as advisors, have to also change.

By 2026 -2027 people aged 55 and over will control 72% of all the wealth.

Over the next few years, a lot of assets will be changing hand. And to top it off, all baby boomers will be over 65 by 2030.

Therefore, we as advisors must go beyond just the client's portfolio of investments.

We must start asking clients about:

- 1) how are they living
- 2) where will you live
- 3) what is a spouse dies or becomes ill

We need to get to the core of the clients and care about them rather the markets.

We need to manage their risk.

What if we have another financial crisis like 2008 and you are in that decumulation stage or, God forbid, another virus?

Do you have any mechanisms to guarantee your investments?

Many people over 60 are overly exposed to the markets.

There are investments out there that guarantee you the principle, yet you get to participate in the markets.

You see, we are in the INVESTMENTS business. BUT it's a HUMAN BUSINESS FIRST.

You need to go beyond financial decisions in the de-cumulation years to shift to a more holistic approach to prepare yourself and your families as you face retirement.

Even among those on the cusp of retirement (including older Gen Xers aged 45 to 54 and Boomers up to age 64) 32 per cent have saved nothing. Drilling down on those who have saved, the average is just \$345,000, while 49 per cent have saved under \$250,000.

And it's worse for women: only 22 per cent have a formal retirement plan or even a good idea of how much income they'll need, versus 32 per cent of men. Even on the cusp of retirement, by age 55, 43 per cent of women and 27 per cent of men lack a plan.

The traditional thoughts a decade ago was to defer RRSP withdrawals which allows you to compound your returns tax-free within the RRSP for longer. We might have to change strategies.

#### FOUR STEPS TO A SIMPLE PLAN NOW AND INTO RETIREMENT

- 1) Lay the foundation. In other words, set goals.
- 2) Determine how much you need
- 3) Develop a plan
- 4) Take action

#### REMEMBER A GOAL WITHOUT A PLAN IS JUST A DREAM

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Celebrating SENIORS

**What people with diabetes should know about heart and kidney health**

(NC) Millions of Canadians live with conditions affecting their heart, kidneys and metabolism. These include type 2 diabetes, heart failure, cardiovascular disease and chronic kidney disease. But few know they're interconnected; a change in metabolism can affect multiple organs including the heart and kidneys.

In fact, Type 2 diabetes can increase your risk of developing heart or kidney disease.

"There are steps you can take to protect your health," says Dr. David Cherney, Professor of Medicine at U of T, Clinician Scientist at UHN, TGH Research Institute. "One important factor is early detection through regular medical checkups - including screening for heart disease and kidney disease."

Consuming a balanced, nutritious diet and getting regular exercise are other factors that reduce the risks of heart and kidney complications.

There are also medications that may lower your risk of dying from heart problems and can help treat kidney disease.

The sooner you know your risks, the sooner you can change your lifestyle. Talk to your health-care provider about the impacts Type 2 diabetes can have on your heart and kidneys.

Learn more at [itsconnected.ca](http://itsconnected.ca).

[www.newscanada.com](http://www.newscanada.com)



**Skincare issues seniors should be aware of**

(NC) As we age, our immune system weakens, making it more likely that we'll suffer from various ailments.

Some of these negative health impacts can affect our skin. Skin conditions can range from skin tone and texture changes to skin lesions, skin cancer, and skin conditions like eczema. We spoke with dermatologist Dr. Aaron Drucker about common skin challenges seniors face.

**SKIN CANCER**

"With a lifetime of exposure to sunlight, seniors should take extra care to monitor their skin for new and changing lesions. Changes to moles - such as changes in

colour, shape or size should be reported to your health-care provider right away," says Dr. Drucker. "You can check yourself in a full-length mirror and get assistance to check your back and other areas that are hard to see."

**SHINGLES**

"Shingles is a viral infection caused by the same virus that produces chickenpox. Symptoms of shingles can include a painful skin rash. If you had chickenpox earlier in life, the virus stays in your body and can reactivate later in life as a painful shingles rash on your body," says Dr. Drucker.

**ADULT-ONSET ECZEMA**

Dr. Drucker shares, "While many people might associate the skin condition eczema with babies and children, it can also develop later in life. At any age,

eczema causes rash, itch and pain, which can lead to intense scratching and disruptive sleep. We see many people with adult-onset atopic dermatitis, the most common form of eczema. The good news is that a health-care provider can help ease symptoms and improve quality of life for eczema sufferers of all ages."

**STASIS DERMATITIS**

"Stasis dermatitis, also known as venous eczema, can occur when there is poor blood circulation leading to swelling in the lower legs," says Dr. Drucker. "Symptoms include skin discoloration, dryness and itching. If you do detect these symptoms, see your health-care provider."

Find more information on eczema, including treatment options, at [eczemahelp.ca](http://eczemahelp.ca).

[www.newscanada.com](http://www.newscanada.com)



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**Seniors can boost energy with the right foods**

**LONG-TERM CARE** 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 fibre 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 & 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 fibre 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.

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Celebrating SENIORS



# NEW YEAR'S resolutions for seniors

Resolutions can be made at any age. Seniors who may feel that they are past the point in life where trying something new or setting goals is relevant to them can reconsider, as it's never too late in life to have aspirations big or small.

The golden years may be different from any other period in a person's life, but seniors can still embrace making positive changes. In fact, according to studies by Rush University, people who view life with a sense of purpose are two to four times less likely to develop Alzheimer's disease. The following are some potential resolutions for seniors.

**• FOCUS ON SAFETY**

Aging sparks certain changes to the body and mind. Recognizing that you can't do all of the things you did when you were younger doesn't mean there aren't ways to improve upon those things you can do, especially if you make some safety-minded tweaks. Resolve to improve home safety, such as removing tripping hazards, installing grab bars, checking smoke alarms, and installing a security system.

**FIND NEW AND ENJOYABLE WORKOUTS**

The exercise routines you engaged in just a few

years ago may no longer suit your physical abilities or interests. Investigate new fitness regimens or methods of movement. Tai chi, yoga, water aerobics, walking clubs, and more can be incorporated into your daily habits.

**ORGANIZE MEDICAL RECORDS**

Seeing health pictured systematically and clearly can help you stay on top of appointments and wellness measures. There are many different organizing systems to embrace; find one that works for your needs.

**DECLUTTER YOUR HOME**

Resolve to get rid of extraneous items that are no longer serving a purpose beyond collecting dust. Having more room to move around can be safer, particularly if you need a cane or another assistive device, and there will be less to clean if you remove some clutter. If you plan to downsize soon, clearing clutter can make the move easier.

**LEARN SOMETHING NEW**

A language, skill, or hobby are all within reach when you map out the steps to achieving your goal.

**MAKE NEW SOCIAL CONNECTIONS**

Caring Places senior communities indicates socially active older adults have better cognition and lower risks for depression than those who do not consistently reach out to friends. Aspire to make some new companions or to get back in touch with those you haven't spoken to in some time.

Seniors can focus on key resolutions to make positive changes for the future.

## Common Questions About Hearing Aids, answered by a Licensed Audiologist



Curious about how hearing aids work or wondering if they can help with that constant ringing in your ears? These are common questions, and the answers can make a big difference when it comes to understanding your hearing health. Katie Koebel, a licensed audiologist at HearingLife, breaks down these topics and explains why seeking professional advice is key when considering hearing aids.

**HOW DO HEARING AIDS WORK?**

Think of hearing aids as tiny personal assistants for your ears. They're advanced little devices designed to make the sounds around you clearer and easier to understand. Katie describes them as "sound boosters," but there's more to it than just turning up the volume. These devices are custom-programmed to match your specific hearing needs. That means they focus on amplifying the sounds you might struggle with, like conversations in a busy café or the dialogue on your favorite TV show, while keeping background noise in check.

With the right hearing aids, everyday moments—like chatting with friends, enjoying a walk in the park, or catching subtle sounds in your favorite music—become more accessible.

**CAN HEARING AIDS HELP WITH TINNITUS?**

Yes, they can! Tinnitus, that constant ringing or buzzing in the ears, can be frustrating. But many modern hearing aids come with features designed to make tinnitus less noticeable. Katie explains that addressing hearing loss alone often reduces tinnitus symptoms for many people. When the brain gets more of the sounds it's been missing, it tends to focus less

on the ringing. And for those with persistent tinnitus, specialized programs within hearing aids can provide soothing sounds to help you concentrate on what matters most—like enjoying your day without distraction.

**IS THERE FINANCIAL ASSISTANCE AVAILABLE IN CANADA?**

Yes, government programs in Canada may help cover part of the cost of hearing aids, though the type and amount vary by province. Our team at HearingLife is here to guide you through these options and explain what's available. We also offer flexible payment plans, so you can find the solution that's right for you without added financial stress.

**WHY SHOULD YOU CONSULT A PROFESSIONAL?**

Here's the thing: hearing aids aren't one-size-fits-all. Your hearing is as unique as your fingerprint, and what works for one person might not work for you.

Katie emphasizes the importance of working with a hearing care professional. "They'll assess your hearing, talk with you about your lifestyle, and fine-tune the devices to ensure they meet your specific needs," she explains. This personalized approach means you get the most out of your hearing aids—whether it's understanding speech more clearly, reducing tinnitus, or simply feeling more connected to the world around you.

If you've been wondering about hearing aids or have questions about your hearing, don't hesitate to reach out to a licensed hearing healthcare professional. It's a small step that can make a big difference!

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