

## Sip 'n Savour signals start of another successful Home Show, benefiting CMOW

By **Sheralyn Roman**

Opening night of the Caledon Home and Lifestyle Show on Friday, April 11, served as a well-attended fundraising event in support of Caledon Meals on Wheels.

The evening marked the return of 'Sip 'n Savour,' where attendees were invited to shop, sip, and savour delectable bites prepared by local businesses and CMOW's own Chef Scott MacNeill.

Local wines from Windrush Estates and great craft beer from GoodLot were also available.

The show ran throughout the weekend offering home, lifestyle and landscaping tips and tools and was produced by Liz Shaughnessy who was happy to continue the tradition of supporting CMOW with this signature event.

During the opening ceremonies, Executive Director Kim Rodriguez spoke to assembled guests about the important work CMOW does in the community, supporting over 350 clients each week with subsidized, or low cost meals, friendly visitor wellness checks and free seniors programs such as fitness classes and more.

According to Rodriguez, all of this would not be possible without the support of critical fundraising initiatives like this one which help to ensure there are no barriers for people to access any CMOW services.

Dignitaries in attendance included local Dufferin Caledon MPP and Health Minister Sylvia Jones, Councillor Doug Maskell representing Mayor Groves, and other members of Council, along with special guest and keynote speaker Doug Wood, a former Olympic pole-vaulter and coach of current Olympic champion Alysha Newman.

Mr. Wood spoke about his experiences with the sport and coaching, along with sharing his own family's long history of volunteering with organizations like Meals on Wheels in the small community of Wingham, where he grew up.

Along with booths representing a number of area businesses, the recently formed CCRSA was also onsite, sharing information about their work alongside a petition for interested area residents to sign.

Between the Friday night Sip 'n Savour celebrations and further community contributions made by show visitors throughout the weekend, organizers anticipate raising more than \$2,000 for Caledon Meals on Wheels.