



Caledon Citizen PROGRESS EDITION 2020

An annual report highlighting local businesses in Caledon.



Get Inspired AT ROCK GARDEN FARMS

Rock Garden Farms is an ultimate destination for foodies or those looking for some of the freshest produce in town.

by Sam Odrowski

For the last 30 years, the 88 acre, family run farm has been a fixture on Airport Road, located just five kilometres south of Mono Mills.

The business is owned by Nick and Tish Luglio but their daughter, Margaret Galati and son-in-law, Paul Galati have been head of operations since 1995. Their 3 sons and employees all work hard to make the customers experience a pleasant one.

"It's a team effort over here," said Mrs. Galati. "It's an honour to bring employment to the local area."

Rock Garden Farms is known for its dedication to customer service and staff enjoy forging a local connection with shoppers.

Paul Galati sources and hand picks produce from local farmers each morning.

"We really strive to offer only superior quality goods," noted Mrs. Galati.

Rock Garden Farms is filled with natural beauty and an awesome location for nature-lovers to enjoy this fall season.

A wide variety of the produce is grown and sold on site, including strawberries, eggplants, kale, beans, corn, squash, pumpkins, herbs and more.

The Galatis always look forward to harvest season and feeding the community with their bounty of harvest.

Mrs. Galati said she hopes the weather and beautiful fall colours over the next few weeks helps to get people out enjoying country drives and stopping by different markets along the way for a bounty of fresh Ontario produce.

She said it's a good time of year to begin planting fresh garlic for the coming season

and canning preserves or vegetables for the winter. Freezing wild Ontario blueberries and other fruits is also great to have for fresh smoothies over the winter.

It's a simple way of bringing the warmth of summer into Caledon's cooler season. Almost nothing can beat sprinkling local summer berries on your breakfast cereal in the dead of winter.

"My hope is for people to feel inspired to make meals like stuffed peppers and eggplant lasagna to freeze for the busy season ahead. And to enjoy making soups that are made with fresh ingredients now, to be frozen and savoured later in colder weather," said Mrs. Galati.

For those who don't enjoy canning or preserves themselves, there's plenty of freshly canned jams, pickles, sauces, vegetables and

frozen entrees available at Rock Garden Farms. There's also no better place to pick up fresh pies and desserts with Thanksgiving around the corner.

In terms of fall decor, Rock Garden Farms has you covered. All the necessities for decorating and adding the spirit of fall into your home can be found there.

The farm's store features beautiful autumn themed arrangements that will add ambiance to quality time with family and close friends. "My hope is that our customers and the entire community will see the joy that can be had when we take in all the beauty that surrounds us this time of year," said Mrs. Galati.

Rock Garden Farms is located at 16930 Airport Rd., Caledon East or visit online at www.rockgardenfarms.ca



As autumn approaches, Sorrento Retirement Residence is gearing up to proudly open its doors steps from downtown Bolton. Sorrento offers seniors a new community where they can independently live in luxury, enjoy greenspace and outdoor terraces with numerous amenities (think full-service restaurant, theatre, rooftop garden, etc.) and services that make life easy and enjoyable.

The owner picked this location because he personally wanted his own parents to have a place where they could live life to the fullest in style while remaining active and appreciated. He wanted a town where seniors are valued and are active members in the local neighbourhood; and where the municipality goes out of its way to consider older citizens in city planning. He couldn't find residence that fit the bill, but he did find the right community here in Bolton.



“There’s a real sense of community here. We’ve gotten to know many people and we want that sense of community for the seniors that move into Sorrento. Those that move here from out of town will find that they fit in easily in this friendly town. They’ll make new friends with likeminded people who have a zest for life here” said Mr. Raymond Nicolini, Developer and one of the owners of Sorrento.

Why move into a retirement residence and not just stay at home as long as you can? Particularly with all the news around the pandemic.

That is the question many seniors are asking themselves, and the answer is simple. Staying at home can often expedite the aging process; especially if they are not getting out, exercising, staying connected with people daily and creating a new purpose in life. Managing a household can start to become overwhelming and create unnecessary stress and anxiety, especially for those living alone.

“Most seniors wait too long to make a decision to move and take control of their aging. Then they are too ill and someone else makes the decisions for them. They end up in places that manage their care effectively but are not as focused on what can be done to restore their health or prevent further decline. We have a lot of programs in place that are prevention and restoration focused, that promote independence,” explained Deea Linehan.

The thought of moving sometimes conjures up images of long-term care (nursing homes), loss of freedom and the overwhelming work involved. Many are confused about the difference between retirement living and long-term care and use them interchangeably when in fact they are very different.

What is the difference between long term care and retirement living?

Long-term care homes (LTC) are for chronically ill adults who need help with most or all daily activities; and are focussed on providing 24hr nursing care above and beyond what is offered in retirement living. Some retirement homes can be confused with nursing homes as they provide advanced nursing care services making them look like care homes. LTC is government subsidized and has a lengthy application process where you must first qualify through the local health integration network before being accepted on a wait list.

Retirement living comes in a variety of options from communities where seniors live independent lives in their own space and on their own terms, with accessible facilities and services to those with a focus on private medical care. In a true independent retirement community, the emphasis is on lifestyle and activity. Any healthcare activities are about prevention and restoration.

Ms. Linehan noted, “we all age, but there are proactive things one can do to stay well. For example, we’ve put a volunteer program in place that’s part of the Sorrento Wellness Plan. We link you with regular activities that build on your skills and make you an active part of the local Caledon community, while potentially discovering talents you never knew you had.”

The 140-suite building has purposefully designed spacious, condo-style living areas featuring 10ft ceilings, windows that flood the room with light, barrier free washrooms and multiple storage solutions. The rental suites are available in multiple layouts including studio, one-bedroom, one bedroom + den and two-bedrooms; each showing off their own individual style.

The residence will have high quality European finishes in the suites as well as the amenity spaces. The developer and the designer directly imported many European features; from the Italian espresso machine in the bistro, to the uniquely patterned tiles covering the restaurant floor, to the authentic retro Fiat displayed in the front lobby welcoming guests alongside a friendly concierge.

Sorrento boasts its own restaurant, so residents have the luxury of choosing from a wide variety of options with the food made to order, and pizzas baked in an authentic outdoor pizza oven. And if they want

something special? They can hit up the bar for some drinks and head out to one of the many heated patios to dine al fresco, or order private room service in their suite.

The amenities in the building help foster a strong sense of community within the walls of Sorrento. Encouraging residents to meet and mingle as they make use of the gym and yoga studio, full-service salon, swimming pool, theatre, demonstration kitchen, rooftop patio and so much more. Sorrento always welcomes residents to share their space with family and friends.

In addition to the many common areas, careful thought was put into the building health systems. ERV and negative air pressure systems ensure suites always have fresh clean air different from the hallways, the restaurant is large enough to ensure social distancing and a UV Lightbox at concierge to disinfect incoming packages.

Sorrento Retirement Residence caters to all seniors and their family members including the four-legged kind. Residents are welcome to move with their furry friends and make use of a pet washing station with direct access to walking paths, and additional pet services available on site. Many senior condos and communities do not allow pets to join their owners, forcing them to be given up to family members or animal shelters which is another reason some seniors may put off a move.

The thought, hard work, and attention to detail put into the building, its services, and amenities has created quite a stir in Bolton. With the fall opening quickly approaching, many have already secured their ideal suites and certain styles are already fully leased. Ms. Linehan smiled and noted, “we are hearing a lot of families tell us they are looking forward their loved ones being closer, and our seniors telling us they are happy to have a new housing option and are excited to make a move. As the countdown continues, you can still reserve your suite and our team is available to answer any questions and are looking forward to opening day.”

The residence is currently still under construction and is located at 10 Station Road. For more information, please visit sorrentoretirement.com or call 647-317-7242.



What could be the best way to support local entrepreneurs and businesses?

To help the community become involved and lean about different products and services that surround them?

by Alyssa Parkhill

Two Bolton entrepreneurs figured it out and created a space that allow locals the opportunity to share their businesses, and the community to learn about them.

“It all started because we both own our own home businesses, and we know a lot of people who also run their own little businesses. We’ve always wanted to open up our own business, but the overhead was expensive and we figured, what better way than to get other people involved and we all move in under one roof, and do it together, without everyone having to be here,” said co-owner Marilyn Pilolli.

What was first known as Makers Market House, has now been changed to Due Stelle Inc, which perfectly describes the owners and the unique, quant shop located in Bolton.

Bruna Nasso and Marilyn Pilolli, work full-time jobs alongside running their market house shop, now named Due Stelle Inc. Pilolli runs her own flower business called the Floral Boutique and Nasso



prints edible images for bakeries to bring customized designs for different kinds of desserts, known as Imagine Images.

Nasso and Pilolli always wanted to organize a business together, but the costs of owning space and running it alone, showed to be costly, but through their friendships and knowledge of all the other local businesses like them, they knew they wouldn't be alone on their journey.

“Once we got a few vendors, they brought in other vendors, a lot of local, some from afar,” said Pilolli. “We knew there was a lot of people that worked from home doing whatever they do as their small little business, but until we opened the store, there’s a lot of people.”

The entrepreneurs found a need, and demand for a space for artisans around the Caledon community to showcase, and sell their artwork, handmade creations, decorations gifts and so much more. They claim to be a follower in the idea of this type of shop stating, “there’s a lot of stores across Ontario, but we’re a fan of The Nooks.”

Both Nasso and Pilolli have resided in the Caledon community for the past 16 to 20 years, they welcome all small businesses who may or may not have the space to display their products or work, and just need that helping hand. Vendors can apply online on the Due Stelle website, where Nasso and Pilolli look through the applications and determine where space could be made for them.

Finding vendors proved to be a challenge in the beginning, but through the work of social media and research, after finding a couple vendors, more and more applications began to be submitted.

Not only do they provide the space for local products to be displayed but have an advertising wall for businesses and individuals to put up their information such as business cards and/or pamphlets that get posted on the Due Stelle social media for \$50 a month.

“We welcome any small business, doesn’t necessarily have to be handmade, anyone that works from home. The minimum anyone is here is two months – so the type of

items sold may change throughout the year as vendors change,” said Nasso.

Due Stelle Inc can be a tad stressful when focusing on their other businesses along with their shop, but with the support and encouragement from the local businesses and entrepreneurs that we work with, they make it work.

“Everybody here is great,” said Nasso. “Everybody was very encouraging to go ahead and to do something like this because, we have gift shops in Bolton, but this is different. We don’t have one that supports local vendors and local small businesses. So, everybody’s been very supportive because everybody seems like everybody prefers these days to support small.”

She added, “It’s a hustling world out there. Small businesses are really hustling to make a dollar.”

Due Stelle Inc is located at 196 McEwan Drive East, Unit #3 in Bolton. They are always looking for new vendors and can be reached at (905) 857-7796. Learn more at duestelle.ca.

THE ROYAL AMBASSADOR EVENT CENTRE

RURAL CHARM CLOSE TO THE CITY

by Brian Lockhart



It is the ability to **envision the possibilities** that makes for a great business enterprise.

When John Giancola first visited the property where the Royal Ambassador Event Centre is now located, he knew that it was an ideal setting for a banquet hall that could be created to the standards he had always dreamed of. He wanted to build something that would rise above the average commercial banquet halls that are located in industrial areas around the city.

With an existing building, expansive grounds, and a natural lake that is part of the Humber River system, John saw potential in this beautiful setting that has a rural charm and yet is within an easy drive from larger cities.

By renovating and adding on to the original building, The Royal Ambassador is now a 28,000 square foot facility that includes the beautifully appointed banquet hall, new washrooms, a new second floor, and a new wing that features The Consulate Restaurant.

You don't just open a banquet hall with no experience and expect it to be a success.

John learned the business from the ground up.

"When I was in high school and college I worked in a banquet hall in Toronto and I really liked the business," he said of his start in the industry. "I always thought I would like to have my own banquet facility. That's where I learned the business and it put me through school."

After graduating college with a diploma in marketing, he worked for a publishing firm for nine years. However, with the dream of opening his own business still part of his life's plan, he decided to use his business acumen and knowledge of the industry to strike out on his own.

"I opened up a banquet hall in Woodbridge called Genesis Banquet Hall. I really enjoy the business. I like meeting our customers and talking to people."

While working in the industry, John was a keen observer of how things operated. He thought that if the opportunity became available, he could take a banquet facility

to the next level in terms of efficiency while adding touches to the overall customer experience that would have people coming back while recommending his establishment to friends and family.

"Almost all of the banquet halls in the city were in industrial areas and basically big square boxes with no windows," he explained. "At the end of the day, it was really no different than having an event in your basement. I really thought I could run an operation that was more efficient, more customer oriented and more employee oriented. I thought the industry really needed to change. Even the new banquet halls were still in industrial areas and in strip malls. I really wanted to create a place that made people feel like they had travelled to a different country. I wanted a concept that could be considered more European and much more relaxing as a guest."

The result is a well landscaped facility with a waterfall, two gazebos for old-world style weddings, and beautifully landscaped

gardens ideal for wedding photos.

In 2005, they built The Greenhouse – a new hall with a magical rustic style, big windows, and a vista overlooking the lake.

The Consulate Restaurant features fine dining with a varied menu that is ideal for both a mid-week lunch or a special night out.

Competitively priced with an affordable wine list with vintages from around the world, the Consulate offers an elegant dining experience in a spacious setting.

For John, pursuing his goal of creating his own style banquet hall, has resulted in a facility that provides outstanding service in a stunning and unique atmosphere that boasts a rural setting close to every major city in the GTA.

The Royal Ambassador Event Centre is located at 15430 Innis Lake Road, in beautiful Caledon East.

You can visit on-line at www.theroyalambassador.com or the restaurant at www.consulaterestaurant.com



by Alyssa Parkhill

"From the minute you walk in, you feel a sense of comfort in our office", said Josie Tishshaw, Manager at Bolton Family Dental Centre.

"It's very important as a front liner to give that comfort in order to ensure that the entire visit becomes a pleasurable one."

Located on Shore St. in Bolton, the dental centre has been serving the Caledon community since 2000. Founder and Dentist, Dr. Rosanna Porretta, developed Bolton Family Dental after her years working in the dental industry.

Dr. Porretta began her career in the dental industry as an office manager and clinical dental assistant. She later became a dental hygienist in 1993 in Buffalo, NY and finally attended dental school in 1995 at Boston University where she graduated in 1999.

With her immense career success, she also received the William Cummings Award.

The team at Bolton Family Dental Centre have been working with Dr. Porretta for many years. Josie had joined the team in 2017 and says, "we are more like family members than co-workers." "We are a close, tight-knit group of ladies that mesh well together to provide optimal services in the dental industry."

Josie describes the environment to be warm, personable and friendly for all patients entering the office. When going to the dentist, it poses as sort of a "scary" trip at times, it helps to know that the staff are able to make patients comfortable.

Along with the basic dental services, such as general dentistry and hygiene, Bolton

Family Dental also offer additional services including periodontal surgery, oral surgery, and orthodontics. "For convenience sake to our patients, we like to keep all services under one roof", says Josie.

"Our team works like a well-oiled machine," says Josie. From the first step into our office to sitting in the chair and then when leaving our office, we strive on making the entire experience here, a pleasurable one. She added, "we are just an awesome team with the same core values."

Dr. Porretta owns not one, but two offices. One is located in Bolton and the second is in Beeton.

Bolton Family Dental stands out among all the other dental offices in the area simply because of who they are, and what they represent.

"Our team here is so personable," said Tishshaw. "From the minute you walk in, you feel comforted in our offices. I think that's the most important thing in working on the frontline, is making sure that people are comfortable coming in. It makes the whole trip pleasurable."

She added, "The stress level comes down once you meet us, and the way we all work together as a team. We're just an awesome team."

Bolton Family Dental is located at 24 Shore St in Bolton and can be reached at (289) 206-0095.

For more information, please visit boltonfamilydentist.com.





Tender

NURSING CARE

by Alyssa Parkhill

I ca Poznic, knew she wanted to provide a care service for the community of Caledon, after witnessing the lack of equality one of her family members was getting while sick.

When her husband’s grandmother was ill, care service workers would come and go, in short quantities of time leaving her husband’s grandmother struggling to care for herself majority of the time.

Six years ago, Poznic decided it was time to bring higher quality of service and care to Caledon and surrounding areas such as the GTA.

“I’ve been a nurse for 26 years,” said Poznic. “Because I have so much knowledge, I should put something in place better than others. And that’s why I do this. We do more than four hours. We never do less than four hours of service because we don’t see the quality. Yeah. And it’s very important for the patients to have continuity. The same goals, the same staff and case managers to be around.”

She added, “I didn’t like the services, how they would come and go and I needed to do something.”

Tender Nursing Care officially opened in 2014.

Poznic trained in her birth country, Romania, and was licensed here in Canada. When she first began Tender Nursing Care, she tirelessly worked to care for her patients, alongside ill family members, all on her own.

But now, she is equipped with full staff of women, and full list of patients.

The caregivers at Tender Nursing Care prove to have impactful differences than other care services including complete in-person assessments to be able to provide the perfect caregiver for that patient, 24- hour care services, as well as several caregivers possess the ability to speak a variety of different languages, allowing easier communication for patients with English as their second language.

Poznic herself speaks fluently in English, Romanian, Serbian and Croatian.

Poznic was originally serving the Toronto and GTA community at the beginning, but later realized that she wanted to prioritize in Caledon and be able to provide quality care service to her community.

“The reason I wanted to come to Bolton was because we had a facility here, and I wanted to help the community more, because I love this community,” said Poznic. “I grew up in a small community, and I can see that they need the services more.”

Tender Nursing Care offers a variety of services including nursing assessments and education, care planning, in-home rehabilitation, pre and post-surgery care, alzheimer’s and dementia care assistance, palliative care, to name only a few.

Poznic describes Tender Nursing Care to be different that other care services, because of the close relationships she builds with her patients and her team.

“I wanted to be a doctor, but I’m glad I didn’t because there isn’t the same bond

and communications with my patients like you would have a doctor with a patient,” said Poznic. “I’ve been a nurse, I specialize in surgical and I’ve been a mental health nurse. It’s not just the treatment and the services, it’s more than that. It’s the bond. That’s what I find most important. Having clients who are calling me and trusting me.”

For more information on the Tender Nursing Care team and services, please visit tncare.ca or call (416) 606-3112.



RIVER RIDGE

café

Homestyle breakfast & lunch in the heart of Palgrave

by Brian Lockhart



I t is a passion for food and a keen interest in the restaurant industry that brought the River Ridge Café to Palgrave.

Cafe owner, Meaghan Varrall, opened her new restaurant in an historic building right in the middle of town after a lifelong enjoyment of baking and cooking.

If the name River Ridge rings a bell, it’s because Meaghan’s family has been in the area for over a century and operate River Ridge farm near Palgrave. She also has brothers who have kept the River Ridge name in their business enterprises.

“I’m going to use fresh vegetables from the farm to make fresh salads and other menu items,” Meaghan said of planning her summer menu. “I’ve always loved cooking and baking. I’ve always baked with my Mom. As I grew up I got more into cooking and developed a passion for food. I’ve always wanted to have

my own restaurant and decided to start small with my own cafe,” she explained of the path that brought her to establishing her own place in Palgrave.

After deciding to take the plunge into business the search was on for a suitable location. When a building became available right on Highway 50, in the middle of Palgrave, it seemed to be just the right place for a cafe that is both trendy and easily accessible for both local residents as well as the many visitors who make their way to the village every year to attend events and take advantage of the nearby outdoor amenities.

Inside, the décor is a nice mix of modern and rustic. With new counters, tables and chairs, you are surrounded by trim made from weather 100 year-old barn boards and benches that were created from

century old reclaimed barn beams that were rescued from a local farm.

Meaghan’s partner, Mike, used his skills to help with the updates and transitions in the cafe to make it what it is today.

The cafe provides a beautiful atmosphere if you are stopping by or breakfast, lunch, or just an ice cream cone on a hot summer day.

Large front windows allow natural light for a cheery ambiance all day long.

Since opening at the beginning of February, the response to this new cafe in the heart of Palgrave has proved it to be a welcome addition to the neighbourhood.

The menu provides everything from an all day breakfast to sandwiches and homemade soups.

“We make everything fresh every day,” Meaghan said. “We make everything to order. Soup and chili has been very popular over

the cold days in winter. During the summer we’ll specialize in salads and healthy items.”

The Reuben sandwich, club sandwich, and the toasted Western have all been big hits with patrons who stop by for lunch.

From locally produced honey to ice cream, she takes pride in supporting other Ontario business.

“Every thing we have is local from Ontario. Our honey is from Melancthon, our maple syrup is from Adjala. Even our coffee is roasted to order in North York.”

The cafe also has Kawartha Dairy ice cream – another Ontario producer. This summer, the cafe will be the local spot to drop by for an ice cream on a warm summer night.

The River Ridge Café is located on Highway 50, right in the heart of the village of Palgrave.



KOSTYNYK DENTURE CENTRE

by Alyssa Parkhill

What exactly is a Denturist, many patients ask when they first come into the office.

As a Denturist, David Kostynyk is a denture specialist and can provide comprehensive, full and partial denture services directly for his patients, you do not need a referral from a dentist. Since 1995, David has been providing patients in not only Caledon, but surrounding area, the right dentures for them. The clinic began in the lower level of the Bolton Professional Building, at 30 Martha Street, and later moved upstairs, to the ground floor, where they have been ever since. “We’ve grown quite a bit since we started off in dealing with 360 square feet,” said Kostynyk. “Now, we’ve got a pretty thriving practice with thousands of smiling patients.” Born and raised in Mississauga when it was considered a small town, Kostynyk knew that the small town, homey feel was where he was meant to be. When Kostynyk met his wife Katherine, they decided to pick up to move to small town Bolton, where they have raised their children, and have become a part of the community. “We have a lot of fun helping out with many different groups and organizations. Hockey teams, soccer teams, and other sports. We do a lot of work with the Rotary Club in town as well,” explained Kostynyk. “You’ve got to have a sense of community, and Bolton certainly does have the feeling of a good community.”

David got into the industry by helping out a friend who worked in a lab creating crowns and bridges. Being a hands-on type of worker, Kostynyk decided to lend a hand. “I’ve always worked with my hands, so I started helping him out. About a week or two, he told me, ‘you’re better at this than most of the guys I went to school with,’” said Kostynyk. “So, I went back to school and completed a diploma programme in dentures.” He added, “it’s the best of both worlds. I get to work with my hands and work with people.” But you may be thinking, what is a denture clinic? What do denture clinics do? “A lot of people confuse us with a dentist. We don’t pull teeth out, we put them back. We’re the nice end of the spectrum,” said Kostynyk. “We provide full dentures or ones that are only missing a couple teeth, partial dentures. Implants are the real big industry changer right now. It gives you replacement teeth as close to your natural teeth as possible.” With constant evolving technology, David continues to learn more about the industry and adapting to the changing industry. “Digital dentures are inevitably going to become the standard, but it’s still in its infancy stage. It’s supposed to make a more accurate denture. But it’s digital so I’m still working on getting soft tissue and hard tissue compression,” he explained.

“The implants are definitely one of the more popular advancements. More and more people are hearing about them, they’re becoming a little more affordable and the technology is getting better.” David looks forward to continuing his work within Caledon and keeping a close relationship to the community to bring functional, affordable and friendly service to all residents. Kostynyk’s Denture Clinic is located at 30 Martha Street, Suite 105 in Bolton. For more information on Kostynyk’s hours and services, please visit dkdenture.ca.



by Brian Lockhart

It was a desire to create a pure product free from hormones and other unnatural substances that led to the opening of the Paradise Farms Butcher Boutique in Erin. The shop serves all Caledon raised beef that comes from their local farms including Canadian breeds of high quality, fed and raised following the farm’s unique and forward thinking philosophy. Following a protocol that encompasses a natural process of raising beef including non GMO and non-antibiotic feed, the animals on the farm are maintained in a stress free environment and supervised by qualified staff. The store is bright, clean, and modern, with a friendly and helpful staff. The coolers are well stocked with a variety of beef products and the meat is cut on site. Customers appreciate the fact that the product is of high quality, hormone free, and locally produced. The background history of how Paradise Farms was created is a fascinating story

of determination, practicality, and good business sense. “Our mission statement when we opened, was to produce beef naturally without any hormone implants or antibiotics,” explained owner and founder Shane Baghai. “We wanted to do everything in a natural way with GMO free grains for feed. As far as the humane treatment of our animals, we keep the animals in the most comfortable way possible under the supervision of qualified staff. We also wanted to have purebred animals such as Aberdeen Angus and purebred Wagyu from Japan.” The farms were the first to import Chianina cattle from Italy. In addition to cattle, the farms produce feed growing hay and corn. An engineer by profession, Mr. Baghai had no farming experience when he started Paradise Farms 12 years ago. His professional business life revolves around his activities as a real estate developer, builder, and financier. It was a family member who was unable to eat

products that contained hormones that inspired him to create his own product after finding limited availability on the market. “I really spend about 80 per cent of my time at construction sites,” Mr. Baghai explained. “I decided to buy a farm to provide fresh air, fresh eggs, and natural beef. It really was an inspiration. I wanted to do my best for her and that’s how it started.” After meeting some professors at the University of Guelph, he learned all he could about the farming industry. “That was quite the education for me,” Mr. Baghai said. “I absorbed everything they said. I learned a great deal from those wonderful science professors.” Paradise Farms was the first to start producing hormone free products. The trend has spread to some other producers, however Mr. Baghai doesn’t view them as competition. Rather he is happy that his beef operation has inspired others to try the hormone free production method.



“A lot of companies have followed suit. Twelve years ago you couldn’t go to a cattle sale and buy a hormone free animal. Now, everyone is following my program. I don’t look at it as competition, I look at it as something very wonderful and useful.” The Paradise Farms store offers a variety of cuts of meat in the store and also offers custom orders up to quarters and full sides of beef. The Store provides a pleasant shopping experience with a friendly and knowledgeable staff and best of all, you know you are receiving a natural product with no unnecessary additives. The Paradise Farms Butcher Boutique is located at 2 Thompson Crescent, in Erin Ontario, or visit us at www.paradisefarmsboutique.ca

Accessing vital
community services is
easier
than ever.



An inclusive, responsive and innovative organization, **Caledon Community Services (CCS)** has been a community leader since 1971.

by Alyssa Parkhill



By cultivating strong local and regional partnerships, this multi-impact organization offers an expansive list of services that improve the quality of life across Caledon.

They've recently rebranded to tell their story better. CCS wants Caledon to know the full range of services available and how the community itself can get involved. The new brand was designed to make it easy to understand the services, eligibility and access. The new vibrant CCS colors have been popping up on social media and on the buses for months now. The final element will be a new website that will offer an improved user experience and feature CCS' new flower logo in full bloom!

Brand strategist and designer, Simon Burn, has been a Caledon resident for twenty years. He's helped businesses and organizations internationally, in his words, "define who they are, what they stand for and what makes them unique," so it's not surprising it was Burn whom CCS brought aboard to collaborate with them in bringing a fresh and uplifting image to the community. The goal was to create brand awareness that defines the full breadth of the agency's services that are available to people and businesses.

"I had no understanding of how CCS worked. I had heard of all of their different programs but I had no idea that they were all under the Caledon Community Services umbrella," he said. "I spoke to many people in the community; many knew CCS did really good stuff but they did not grasp the whole impressive structure."

Staff at CCS worked with Burn to develop a new and different way to communicate to the community. They understood the importance of making it easier for people to

understand and gain access to the help they need when they need it. They also appreciated the importance of showing community residents, groups, businesses and others how they can be involved and make a difference in their own community. The message needed to be clear and inviting.

"The first thing I addressed was bringing all the different programs into one clear and concise brand positioning," said Burn.

CCS serves the community in multiple ways. Programs include senior services, employers and job seekers, youth programs, food and family supports, accessible transportation, volunteer opportunities, newcomer services and social enterprise retail stores. That's a lot to digest.

CCS is responsive to so many needs for Caledon residents. And of course, volunteer opportunities abound that allow individuals and families to contribute in fun and engaging ways to the fabric of community life.

After an initial review of the program portfolios, two main issues needed correcting. There was a lack of cohesiveness among the programs and initiatives on offer and the CCS brand wasn't associated with all of its services. "We agreed to design a brand identity that delivers a consistent message and then create communication collateral that is easily recognized," says Burn.

With the rebranding strategy, all services fit into one of three 'buckets'. The colourful visual approach allows different services to be promoted individually while still being recognized as a part of the CCS agency.

The buckets, or themes, take a defined approach. There's a home for each service in the bucket that makes the most sense to people searching for the service. What finally emerged was Health, Jobs and Life.

Vibrancy, energy and positivity are touchpoints in colour selections.

"The colours are deliberate," says Donna Cragg, Director of Communications at CCS. "Simon chose them to reflect a kind of impact point of view or psychological association." Purple was selected as the corporate base colour for its inspiring, responsible feeling; magenta represents life; orange represents harmony, compassion and healthy vitality; and green is the colour of renewal which is just right for jobs and training.

To create a logo reflective of this new brand positioning, the agency wanted to respect and keep the connection to the rural roots. It was agreed that the earthy colour palette and the "tree" logo had served them well and now was a time of renewal.

The decision? They landed on a flower. "In creating this flower, all of these elements extend from the same central point in the centre of the flower," Burn explained.

Along with growth and vibrancy, the flower adds a positive, edgy, brave and unique perspective in how CCS wants to relate with the community.

"Caledon is a unique and special place," said Cragg. "We have the challenges of poverty and need but in every aspect, Caledon rises to the occasion. The flower represents all of that - being positive and a little edgy was important to capture. In Caledon we don't leave anyone behind." Cragg continues, "You can see this playing out in the community's response to the pandemic. We're all in this together."

Whether it's putting food on the table, providing warm clothes, employment support, transportation, seniors assisted living, care for caregivers or settlement services, Caledon Community Services offers something for everyone.

The mission has always been to help all residents in the community. And by creating a simpler way to communicate who they are, what they do, and how to get help, the organization is making it easier for residents to find and access the services they need.

As Cragg explains, when she and other staff from CCS were chatting with a local Rotary Club and the popular question arose, "What does CCS do?" CCS' CEO, Monty Laskin, succinctly described CCS using the three buckets. Although it was very early on, it was a sure sign that the rebrand was on the right track.

Although COVID-19 has made outreach and fundraising difficult, the new brand will help strengthen CCS' position. With the organization's upcoming 50th anniversary in 2021, the rebranding couldn't have come at a more perfect time.

"There are challenges in Caledon, oft-times hidden from plain view. There's poverty, unemployment, isolation," explains Laskin, "and with our rebrand we're trying to bridge the gap so everybody feels the power of connection."

No matter what help is needed, this community needs to know that CCS is here for them. No one needs to struggle alone. Supports are available when life circumstances call out for them. CCS' vision of, "A healthy, engaged compassionate community for all" was strong when it was first established and it still stands strong today with this colourful rebrand.

Caledon Community Services' home office is in the Royal Courtyards, 8 King Street East, Upper Level, Caledon, ON L7E 1E8. They can be reached by phone (905) 584-2300 or email info@ccs4u.org.

To learn more, please visit ccs4u.org





TELLO JEWELLERS PROVIDES UNRIVALED CRAFTSMANSHIP.

by Mark Pavilons

BEAUTY IS WHO YOU ARE, BUT JEWELLERY IS ICING ON THE CAKE.

Custom-made jewellery is art, a one-of-a-kind masterpiece. It’s a combination of heart, passion and impeccable taste. Life’s too short to wear mass-produced jewellery. While many jewellers offer a myriad of services, few can match the skills and design expertise of Edgar Tello. The magnificent eye behind Tello Jewellers Gemologist & Goldsmith has been honing his craft for more than half a century. Edgar is a goldsmith and designer, along with being a GIA certified gemologist, and his career speaks volumes about his work. That’s expertise you can’t find anywhere. From sketches and wax molds to the finished, polished product, Tello does it all. Many jewellers today use computer-assisted renderings to handle the design aspects. But that lacks emotion, and can’t always convey the proper message. Tello is quick to

point out that our brains are like a computer, and the human touch helps get the message across beautifully. Harry Winston once said if people are going to stare, “make it worth their while.” Tello Jewellers is one-stop jewellery store, offering everything from A to Z, repairs, appraisals, and complete creations from scratch. Let Edgar redesign your old rings and transform them into something new. For Tello, it has always been quality and workmanship above all else. And customers with a discerning eye are willing to pay the premium. The trend now, Tello said, is rose gold. Black diamonds have also been popular but beware. Tello recommends going for the top quality, best cut stones, which can impress, for a reasonable price. For engagement rings, the top sellers currently are halo designs – a large centre diamond surrounded by smaller stones. Of course, the



traditional large solitaire never goes out of style. For men, onyx has been popular lately. The pandemic has hurt many retail operations, but Tello has persevered and weathered the storm. With graduation celebrations curtailed, some people have opted for custom jewellery to mark the occasion. Tello explained that customers still like to come into the store, talk to him and toss around ideas, concepts and suggestions. They also like to see the process and the piece, take shape. That personal touch goes a long way and ultimately makes for a better piece of jewellery. Tello has a long list of accolades to his credit. Over the years, Edgar has created a number of custom pieces, including of pieces for celebrities, including Nancy Sinatra and Walt Disney. He also made a special ring for actor and martial arts expert, Chuck Norris. One of his favourite pieces was a life-size solid gold shoe, which adorned the

Golden Slipper Stakes trophy for the famous Australian Horse Race. Edgar loves his craft. Not a day goes by where he’s not pleased with his work, or the smiles on customers’ faces. The store’s almost quarter-century of operation in town is a testament to customer service and loyalty. Tello said they have a large customer base, drawing from across the GTA, York Region, Dufferin and Simcoe counties. If you’re looking for that special piece of jewellery, whether it’s an engagement ring, a gift, or something special for yourself, be sure to check out Tello Jewellers in Bolton, for a well-rounded, unique experience. A personal piece of jewellery is like saying who you are, without uttering a single word. You can order online and even text your orders to 647-239-9753. For more, visit tellojewellers.com or call 905-951-8881.



Expert advice and reliable automotive maintenance

by Brian Lockhart

With 40 years in the industry behind him and 12 years in Bolton as the owner of Tire Junction, Amar Uppal has become the go-to guy for tires in the region. Mr. Uppal knows everything there is to know about tires. Whether you drive a pickup truck, an SUV, or a sedan for running about town, he can advise you on the best rubber for your vehicle based on your driving style, the type of vehicle, weather conditions, and the roads you spend the most time traversing. While his knowledge of tire brands and what they can do is extensive, Mr. Uppal’s history in the automotive industry extends to all aspects of automotive repair and maintenance. He began his career as an apprentice mechanic in the U.K. “I wanted to be a mechanic,” he explained of getting his start in the industry. “I got hooked up with an apprenticeship with Volkswagen Audi in the U.K, and did a five-year apprenticeship. After five years I was a licensed Automotive Technician. I was then offered a job with an independent mechanic’s shop and wanted to learn about

all different cars. I wanted to work in a shop where they got all makes and models of cars. It was a very busy shop and I learned a lot because of the different varieties of cars coming in. I was working with four very experienced mechanics.” Mr. Uppal branched out for a time on his own with his own shop and quickly gained a customer base that appreciated his honesty and quick turnaround time on vehicles. Taking a trip across the ocean and relocating to Canada, he started to become familiar with North American cars after working with European models for many years. With trained mechanics being a valuable asset to any community, he found work with little difficulty. “Within four days I had myself a job,” Mr. Uppal said. “I started working at a dealership and was there for four years then moved to another dealership.” With a solid background in the industry and experience with just about every vehicle in the market, Mr. Uppal decided it was once again time to start his own business. In addition to automotive repairs he specialized in tires.

He realized the need for a specialty shop in the region due to the mix of urban and rural driving which requires both summer and winter treads. He opened Tire Junction in Bolton in 2008 and quickly established a trusted source for automotive repairs and tires for all vehicles. “All my customers are nice here in Bolton,” he said. “I want to thank everyone for supporting us for so many years. We really appreciate their business. We try to do the best for our customers at all times and at reasonable cost.” The shop has expanded over the past several years and now includes a four bay shop with five full-time employees that offers full automotive service including laser guided wheel alignments. They stock just about every brand of tire there is. That includes many off-shore brands that may be a little less expensive but are produced at the same quality as well known name brand tires. Mr. Uppal can advise you on the best tires to meet your needs as a driver

based on the type of driving you do on a daily basis and the vehicle you drive. Tire Junction is located at 11221 Highway 50, at Albion Vaughan Rd., in the south end of Bolton.



APTI PHYSIOTHERAPY & SPORTS REHAB CLINIC

by Alyssa Parkhill



On December 8, 2019 Ravi Raghuvanshi officially opened APTI Physiotherapy and Sports Rehab clinic in Bolton. After immigrating to Canada three years ago with his wife, and with experience in the sports physiotherapy and rehab industry, it felt just right to open up his own clinic for the Caledon community.

But, APTI Physiotherapy and Sports rehab services are a bit different than the usual clinics.

Raghuvanshi has a long list of experience providing services for athletes of all sorts including teams and individuals. Passion for sports physiotherapy began at a young age for Raghuvanshi, after watching his father's career who was an athlete at national level, whose athletic career fell short due to a hamstring tear. Through his father's experience, Raghuvanshi developed a passion for helping athletes reach their highest goals and achievements.

With his father's encouragement, Raghuvanshi travelled to different parts of the country and world, learning more about physiotherapy, and now is settled here in Canada.

"When I was in India I was working in sports physiotherapy and working with national academies as well as elite cricketers, soccer players, hockey players and others. I enjoyed it all, but I wanted to challenge myself and wanted to work with golf because I really liked it," explained Raghuvanshi. "So, I did my TPI certification and came to Canada, got my license and began working in different private clinics."

He reached a point of wanting to go further in his career and start a clinic he could call his own. After coming to Canada and gaining his TPI certification which is a specialty in golf, APTI Physiotherapy and Sports Rehab was born.

Raghuvanshi got to know the Bolton Wanderers soccer club where he began working with the team and attending the events as well as developing a contact through the president of the club.

"They were finding it very helpful and quite different and said, 'why don't you come to Bolton and open up something?' I never really thought of it. With the guidance and help from the Bolton Wanderers soccer club, I began offering substantially good and honest physiotherapy to the Bolton community," explained Raghuvanshi.

But the clinic isn't just for athletes and sports organizations, but for any other individual experiencing discomfort. He explains it as providing a higher quality to life, and rather than fixing pain he works to prevent it. Say, if

you were feeling neck discomfort, rather than waiting until the pain develops, Raghuvanshi would provide manual therapy to prevent further discomfort.

"The whole concept of doing that is to promote manual therapy. We do a very advanced way of assessment which is called a video analysis and Surface Electromyographic (SEMG) Biofeedback, which is used for diagnosing and treatment. That gives a baseline information for us to work with. Then we're going to use some customized prehab and rehab protocols for you to work on, which will allow us to see if you have improved by testing that data," said Raghuvanshi.

Since Raghuvanshi's grand opening in Bolton, he has come to appreciate the Caledon community, and how seriously they are about their health. They read the signs of physical discomfort and with APTI Physiotherapy and Sports Rehab's help, they are able to prevent injury.

"What I love about this community is they are very aware of their health. Many patients who come into my clinic from this community, don't just come in for pain. They notice stiffness and are worried it will come to pain, which makes it easy for me to educate them that yes, a stiffness is telling you something is happening," said Raghuvanshi.

APTI Physiotherapy and Sports Rehab provides specifically manual therapy with advanced diagnosing and treatment, as well as athletic therapy with an athletic therapist in team who is also a certified personal trainer. For sports clubs and organizations, the clinic offers baseline testing for concussion and pre participation screening for sports injuries. He feels strong about the term physiotherapy, that it covers all bases such as custom orthotics and pain management.

Raghuvanshi is hoping to expand the clinic to provide further therapies including massage therapy and even going as far as opening new locations as well as expanding his current office. He also encourages not only individuals but first responders, firefighters, those who greatly impact the community to reach out to the clinic, as Raghuvanshi wants to give back to the community as best he can.

"I'm trying to reach all of those in the community who are helping this community to be stronger. It's just a gratitude I'm offering towards the community and people who are uplifting the community," said Raghuvanshi.

APTI Physiotherapy and Sports Rehab is located at 30 Martha St, Unit 206, in Bolton. For more information about Raghuvanshi's clinic please visit aptisportsphysio.rehab or call 905-780-3334.



Essential Home Cleaning Care

PROFESSIONAL CLEANING SERVICES
FOR HOME AND BUSINESS



Your home is your **pride and joy.**

by Brian Lockhart

It's the place where you live, raise your family, entertain, and spend much of your time.

When your busy life keeps you from completing home based cleaning tasks you can rely on Lyndsy Pieters and her staff at Essential Home Cleaning Care to professionally clean your house or business with a personal touch focused on the details of providing a clean and fresh environment.

Whether you are a busy professional or a senior who appreciates the help, having your home professionally cleaned will save you time so you can focus on other things.

Lyndsy has been cleaning homes for over 20 years, and because of the quality of her work and dedication, she has many long-term clients who appreciate her services.

Her services take her to homes and businesses in Bolton, Caledon, and many surrounding towns.

Lyndsy entered the cleaning service almost by chance when she began working to put herself

through school. She found that she enjoyed the work and the job satisfaction of completing a challenge and seeing the final result.

"I really liked the feeling of going into someone's home and making a difference and actually seeing that difference," Lyndsy explained of why she enjoys her work. "Whether you're looking for home or office cleaning, we work with your schedule to come up with the best solutions that work for you."

Cleaning services include detailed cleaning of bathrooms and kitchens, fronts of all cupboards, doors, and frames, baseboards, knick-knacks, window sills, and lamp shades. The list includes floors, baseboards, blinds, fridge and stove, and furniture.

For commercial properties, there is a full list of services including entrance and foyers, offices and waiting areas, bathrooms, and kitchen areas.

When it comes to scheduling, Essential Home Cleaning Care works with you to

provide a cleaning plan and schedule that works for you. The team is flexible and enjoys meeting client's needs and providing services based on a home or business owner's busy schedule.

Lyndsy and her team are proud of the fact that much of their business comes as word-of-mouth referrals from clients who appreciate their services and trust them in their home.

"Most of our referrals to new clients are through an existing client," Lyndsy said. "We are a very customized cleaning company. We don't go around things – we move them. We are moving everything off the counter. We do full dusting including two method dusting – a dry dust and a wet dust. We're doing floors, baseboards, walls, screens, windows, and bed linens. Whatever you have in your house that I can reach, it's getting cleaned."

Working in the industry, Lyndsy also networks with other professionals who specialize in home services and will assist

helping you find a related business that she trusts and knows she can recommend.

As someone who will be entering your home, Lyndsy stresses that her services are fully confidential.

"We want you to be comfortable with us coming into your home," Lyndsy explained. "We're bonded and insured with WSIB coverage. Essential home Cleaning Care strives in building excellent customer service. That's why we send in the same team to your home or office so we are able to build a lasting relationship with our customers."

If you need a home cleaned for a special event you are hosting like a wedding celebration or anniversary party, there are hourly rates and flat fees available.

For those that want regular service, bi-weekly and monthly rates may be more appropriate for your lifestyle.

You can learn more about Essential Home Cleaning Care by calling 647-468-0170 or by visiting on-line at www.ehccare.com.



‘Stay Calm & Tootle On’

Prevention and Early Intervention for Anxiety Music Therapy Groups for 6-9 yr, 10-11 yr, and 12-13 yr
Where: 69 King St. Bolton
When: 8 weekly sessions, starting Oct 3 2020
Call to book: 416-616-2207

How to Help Your Anxious Child Return to School During a Pandemic:
<https://thestoryisntover.ca/how-to-help-your-anxious-child-during-a-pandemic/>

THE STORY *isn't over*

One local care centre filled with different kinds of health care providers, are bringing **vital mental wellness care** to the Caledon community.

by Alyssa Parkhill



Located on King Street in Bolton, The Story isn't Over founder Trish McLean decided it was time that Caledon had a chance at having the care they needed.

The Story isn't Over opened up in our Bolton community on July 28th, where each member of the team was introduced and welcoming to the area.

Trish McLean developed The Story isn't Over due to her own frustrations and experiences with lack of help for herself and her clients.

"I'm aware of how difficult things can be in a family with a family crisis, or a child sick, or a relationship breakdown, things can very easily fall apart. One thing I was passionate about is not just giving good quality service to people who are struggling with mental health issues, but also giving a family perspective, what's called family systems in therapy where we treat the family as a system."

Each health care provider at The Story isn't Over specializes in their own kind of therapy. Whether it be yoga, music,

art, adults and youth. Each health care provider expresses their own passion and shares with others.

But what makes The Story Isn't Over different from other mental wellness resources, is the first-hand understanding of mental wellness behind each provider. McLean has battled her own mental demons over a number of years and worked with many others facing similar challenges.

But with that experience, McLean has become relatable, personable, and easier to open up to for those who seek her services. Each team member has their own story and endured their own journeys and have their own fill of training and experiences.

"Sometimes I don't know how therapists can do therapy, unless they've had their own struggles with mental health or experienced significant pain," observed McLean. "When I look to hire people, I want to know that they've known what that's like."

She added, "This is why I'm so passionate about this, because I've seen the dark side

of this and it's not adequate. There's no compassion," said explained.

McLean describes that 50 per cent of adolescent girls, from age 15 to 24 will search for help with anxiety, and not reaching proper and consistent help affects their cognitive development as they continue to grow.

"It's such an acute period in our lives. When we develop as human being, when we develop our social skills, we find out who we are, we go to school and it's a very intense growth period," she explained. "If a kid's not well, it's almost like they stop growing. They don't have the social skills, or relationships, or social media (accounts) because they're dealing with acute anxiety."

The logo for The Story Isn't Over is a semi-colon signifying hope and new beginnings. Their website describes their logo as "the choice to keep living and to thrive even in the face of mental health struggles. For many, it has become a symbol of hope; a fierce declaration that the difficulties we face are not the end, but merely promising a new beginning.

"It's not just a semi-colon; it's hope, it's inspiration, it's who we are," McLean says.

McLean shared her story of struggling and coping with mental health issues within herself and others over the years, and why The Story Isn't Over meant so much to her. She expressed through her own experiences of depression and anxiety and her deep understanding for others, that everyone should know that their story isn't over yet.

She continues to work on herself, her family and is hopeful that she can reach those in the community who are searching for help.

"I've struggled," she said. "And when people come see me, a lot of them have been so jaded with therapy and talking to someone that gets it and knows that you're not alone. And it's not your fault. That's a gift in itself."

The Story Isn't Over is located at 69 King St W, in Bolton inside a quant, comfortable and warm home-like house.

To learn more about The Story Isn't Over, please visit thestoryisntover.ca.

DAVIS FEED & FARM SUPPLY

by Alyssa Parkhill



For almost 30 years, Davis Feed and Farm Supply has been supplying horse feed and farm supplies to Caledon, the Greater Toronto Area and surrounding areas.

“The farm started all the way back in 1951. Mom and Dad bought it, and back then we had horses, dairy cows, chickens, pigs and the whole works; a basic good old family farm. 115 acres on the farm and it just evolved from that,” said John Davis.

Since the beginning of the business in 1989, dairy cattle have moved out of the area meaning the Davis Feed had room to fill and have created unique and creative new additions to the farm to attract the community. One of their main attraction has become sunflowers.

Last year, around 20,000 people came to the Davis Farm to enjoy and take pictures in front of incredible field of sunflowers that grow every year on the farm.

“Over the years the horses have moved into the area, and the dairy cattle have moved out, and basically we have evolved into more of a horse business and put up a garden center to replace some of the business from the dairy,” explained John. “As far as the farm goes, we grow 60 acres of sunflowers here and around Caledon.”

The sunflowers have become a major attraction at the Davis Farm for not only Caledon residents but people travelling from surrounding areas and even out of province, to see the massive field of sunflowers. The Davis Farm sell large quantities of bird seed, and little do people know, they’ve been growing their sunflowers for almost a decade.

“We have been doing it for about 10 years and nobody knew about it. Even though it was by the road, it was never really a thing. Maybe two or three cars would be parked against the road taking pictures. We kept growing more and more because we were selling more bird seeds,” said Sean Davis, John’s son who works on the farm. “So, two years ago we thought that this could be an opportunity to set something up because there’s an interest there.”

It all started with an interview from a couple news stations because Sean noticed a wild boar in the area and one of the cameramen noticed the sunflowers in the back. A year later that same cameraman remembered the field and did a feature on the 60 acres. Shortly after that interview aired, busses began to arrive and people from all around came to see the sunflowers.

The farm decided to take advantage of the attraction and created a two-week event for

people to come take pictures, walk the two-kilometre walk around the field and just enjoy the scenery before them. It also helped create new products from the sunflowers.

“July, early August is usually when they begin, but we never truly know when they’re going to bloom so it’s a little hard to plan,” said Sean. “With sunflowers, we needed bees on the property so we have 21 hives of bees out there with a beekeeper who looks after, and we’ve actually created sunflower honey. Then three years ago I started to crush the sunflowers to create sunflower oil. It’s funny how it all just kind of works out that you always look for different opportunities to expand on and it’s worked out well for us.”

During the two-week event, one dollar from every admission ticket sold goes toward the Canadian Celiac Association in honour of Sean and his son who both have been diagnosed. The sunflower field has been a way to draw a crowd to the farm, but to also raise money for the association that means a lot to the Davis family. For the past two years, the family has been able to raise roughly \$30,000 towards the Canadian Celiac Association through their sunflower events.

The Davis Family Farm has adapted and evolved to the ever-changing world around

them. When the farm first began there were 132 dairy producers in the area. Today, there are only 12 left. They have worked to know where the market is, what is in demand and evolve to the constant changes. But, they made sure to keep producing what their own community of Caledon wanted first.

“We didn’t change a lot but we changed gradually into what people wanted us to and tried to get a good local market, because you got to look after your own backyard before you go to someone else’s backyard to look after them,” said John.

In addition to the 60 acres of sunflowers grown every year, they have supplies grown for every season in the year. With their garden centre in the spring, pumpkins grown for the fall and even Christmas trees in the winter. The feed supply includes over 120 different varieties of horse feed, beef and dairy, small livestock and poultry feed, along with pet food, birdseeds, animal bedding, fencing, feeders and founts as well as residential salt.

The Davis Feed and Farm Supply is located at 15770 Mountainview Rd in Caledon East. To learn more about the products, the farm or about the famous sunflowers please visit davisfeed.ca.



Passionate about **dental health** and helping you look your best.



Your smile is one of your most defining features.

A great smile can help you make new friends, boost your confidence, and light up a room.

by Brian Lockhart



At Smiles on Queen Dentistry in Bolton, a team of dedicated professionals are passionate about dental health and ensuring your smile remains as bright and cheerful as you would like it to be.

Dr. Lawrence Hung and Dr. Hedy Norsen founded Smiles on Queen Dentistry after searching for a town where they could start a practice that allowed them to establish a relationship with their patients and be a part of the community.

Dr. Hung, who obtained his Doctorate in Dental Surgery in 2013 from the University of Toronto, focuses on oral surgery, sedation, and implantology.

Graduating from the University of Toronto Faculty of Dentistry in 2013, Dr. Norsen enjoys working with patients of all ages and specializes in perfecting smile makeovers.

The team at Smiles on Queen Dentistry provides all dental services including

restorative work, bleaching, implants, dentures, smile rejuvenation with veneers and bonding and orthodontics.

Their work includes children’s dentistry, non-surgical lip augmentation, holistic dentistry, TMJ and tension headache treatment, botox, and root canals.

The clinic has gained a valuable reputation for their work in cosmetic dentistry and many patients travel a considerable distance because they trust the staff and can expect the results they are hoping for when having dental enhancements.

“We found there was a need for cosmetic dentistry in this area and we were able to address that,” Dr. Norsen explained. “Cosmetic dentistry includes restoration of teeth that have been destroyed, or worn down over time due to age, illness, medication, or neglect. Some people are embarrassed when they have

seen themselves in photos. It can be a psychologically profound thing to not be able to smile all the time because people can become very self-conscious about their appearance.”

When visiting the clinic for a consultation to have your smile restored and give you back your confidence, the Doctors will provide options to meet your needs.

“We start with planning where your smile should be,” explained Dr. Norsen. “That could include everything from just regular fillings to crowns and porcelain veneers – anything that will restore your smile to when you were a younger person or even improve that. Cosmetic dentistry also includes restoring function that has been lost.”

Children are welcome at the dental office and the staff make an extra effort to make young people feel comfortable during their visit.

For those who have severe anxiety when it comes to a visit to the dentist, Smiles on Queen Dentistry offers sedation dentistry as well as nitrous oxide (laughing gas) that can eliminate anxious feelings when undergoing a procedure.

The staff at the clinic includes a dental hygienist and three dental assistants who all work as a team to make your visit as pleasant as possible. They strive to build relationships with their patients which creates a level of trust and makes every visit that much easier and stress free.

Smiles on Queen Dentistry provides a friendly atmosphere in a professional environment where you can be confident you are getting the best advice and dental health care.

Smiles on Queen Dentistry is located at 301 Queen St. South, Unit 3C in Bolton.

You can call for an appointment at 905-533-2030, or visit on-line at www.smiledentistry.ca.

TEEN RANCH



TRAINING FUTURE WORLD LEADERS IN A FAITH BASED CAMP.

by Brian Lockhart

It is a sprawling and vibrant place spread over 150 acres of wide open spaces and forested hills and comes with its own small village and a full size Olympic size hockey arena that has attracted professional and national teams from around the country and across the world.

Teen Ranch in Caledon is a Christian summer sports camp and year-round retreat facility which promotes and assists in the development of youth through a well-balanced physical, practical, and non-denominational spiritual program.

Operating since 1967, the Ranch was created from a single vision and over the years has grown to the exciting multi-program facility it is today.

During the summer months, the Ranch features a variety of programs, camps, and fun adventures including a horse camp, hockey camp, BMX dirt camp, Adventure camp, Ninja Warrior camp, soccer camp, and summer day camp.

When winter arrives, the Ice Corral arena is the focus of on-ice training, figure skating, and hockey leagues for players of all ages.

While Teen Ranch has become a successful and busy place, the story behind the development of this multi-use facility is one that is really based on faith and determination in the face of adversity and many challenges.

“This is a story of God’s provision,” said Teen Ranch Director Tim Stevens. “God has seen fit to keep this work going.”

When Teen Ranch founder, Mel Stevens, arrived on the site with his family over five decades ago, there was only a single rundown farm house and a barn on the property. It had been a farm but had not been a working operation for years before they took up residence.

It was a struggle to obtain financing to buy and maintain the property but perseverance paid off.

“We managed to fix up the farm house,” Mr. Stevens explained. “That first summer

it was the camp dining room, the camp kitchen, and the meeting room. We built one bunkhouse that summer and we could take eight boys and eight girls. If we were full we had 16 kids and half-a-dozen horses and that’s how it started. It started with a western riding program. In 1971 we started our first hockey camp. We built another small two-room bunkhouse then after that we built the dining room. The main building was built in the early 70’s, then we added another section on the back of it. We can feed up to around 180 people in there.”

The capacity for the camp during summer months is around 135 campers with another 50 to 60 staff members on hand.

After holding hockey camps at various venues in the area, it was decided to build an on-site arena.

Construction began in 1989. The arena’s large wooden beams had been put in place, however a structure collapse put the entire organization in jeopardy.

Again the camp leaned on their faith to get through another crisis.

“Many people have been very generous over the years and have given time, money, and materials to keep the camp going. They appreciate the work we do with kids.”

With determination, perseverance, and faith, the camp moved forward and continues to thrive. It has become one of the premier summer camps in Canada.

With a full slate of year round activities, they accommodate a full summer camp, sports training camps, retreats, Mother / daughter equine escapes, Father / son / family hockey weekend, P.A. day camps, and even special days such as Family Day and Easter Open House where the public is welcome to visit the Ranch and have some fun.

Teen Ranch is located on Highway 10, in Caledon.

You can visit on-line at www.teenranch.com.



As a Broker/Owner, Verona has been able to truly put her passion into action. Always on the lookout for opportunity, she and her office colleagues joined the well-recognized brand of Coldwell Banker in 2017 and in doing so expanded her company’s reach further into global markets. With Coldwell Banker Select Real Estate offices in both Bolton & Caledon East and with the power of the internet, her clients can be serviced well, no matter where they call home.

Being actively engaged in her work, community & the industry at large is what Verona values. This is clearly reflected in the fact that she is highly regarded as one of the industry’s Top Real Estate Brokers. As well, a priority of hers continues to be strong community involvement & the support of numerous charities, both locally and nationally.

Verona knows that doing business in today’s uncertain times can be stressful, particularly in real estate, as the market is always changing. This is why it is essential to work with a leading professional. Verona’s philosophy is to build her business on trust. Trust that she is fair, cre-



ative & a hard working professional that always has the best interest of her clients at heart.

Meeting face to face with her clients & making a plan together sets the stage for building this trust. Each client needs are unique to their own personal situation. Understanding what these are and how they might be affected by the market is integral to putting together a plan that will prove satisfying to her clients - as well as profitable. Who knows better than Verona that ‘timing’ is everything in the real estate world. She will move mountains on her client’s behalf, so that they can make the very most of their buying or selling situation. This knowledge, respect & open communication instills trust - that very necessary ingredient when dealing with such an important financial transaction.

Not only does Verona have her thumb on the pulse of the market but also on advertising & promotion when it comes to selling real estate. Her ‘Maximum Exposure Marketing System’ is a critical piece that includes staging/decluttering, virtual tour & aerial drone photography, customized Feature Books, as well as, print and digital media & social media exposure.

Professional growth and gaining new skills is a must in real estate as well. Years in the business have garnered Verona numerous Top Producer awards as well as honed Verona’s exceptional skill in negotiating- she’s an expert at it! It’s the fine art of discerning what is truly important to her client when it comes to their real estate transaction and then collaborating successfully to make it happen. Guiding the process... every step of the way.

Guiding you ‘Home’ — SINCE 1989 —

Not one to shy away from a challenge, Verona Teskey brings a special energy, passion and dedication to almost everything she does in life. With over 30 years of experience and expertise in real estate, her true strengths lie in her ability to form lasting & rewarding client relationships & to successfully guide her clients ‘home’ in the ever-changing real estate world.

As you might guess, Verona is always happy to talk real estate.
She extends an open invitation to you to contact her at

905-857-2820 | vteskey@trebnet.com | www.veronateskey.com





Bolton PHARMASAVE

by Brian Lockhart

In 2017, Bolton Pharmasave opened up in our downtown core by owner Hany Tadros.

Roughly one year later, with little experience in the pharmacy industry besides her education, Mona Nasiri sought the opportunity of a lifetime and become an operating owner of the pharmacy.

Located on Queen St, in the heart of downtown Bolton, the pharmacy caters to a long list of clientele and customers who rely on their stocked shelves, friendly and prompt service and accessible hours.

What first began as a part-time position as a pharmacist, would later evolve into co-ownership of Bolton Pharmasave in downtown Bolton.

"I came on as a pharmacist in July of 2018, part-time," explained Nasiri. "I've had little experience as a pharmacist and no experience as a pharmacy manager. I

graduated from pharmacy school in the United States – I'm Canadian but I went to school in America. I graduated in 2015, and I came back to Canada and I was doing my board exams both in Canada and in the U.S simultaneously at the same time."

She knew she always wanted to be in healthcare but was unsure of what speciality in the health care field she was leaning towards. With a family member who required several trips to the doctor's office as a child, Nasiri spent a lot of time seeing the industry at a young age. She previously worked at Shoppers Drug Mart and an insurance company but wanted to gain more experience in the field with another company so applied for the position at Bolton Pharmasave.

"The opportunity came to buy into it, and I said, 'how can I say no?'" she said.



Bolton Pharmasave aims to be consistent and always available for the community of Caledon. Unfortunately, with the COVID-19 pandemic affecting several businesses, the pharmacy was forced to make a list of changes. But the goal never wavered; to assist the community with whatever they need.

"Everything was in high demand at the beginning of the pandemic, but I was able to secure a lot of essentials that people needed," Nasiri explained. "It definitely changed my gears."

Bolton Pharmasave made sure to stock up on all essential items including masks, gloves, hand sanitizer and reached out to the community as much as they could to let everyone know. And more importantly, made sure to be there for their customers whenever they could.

"We try to treat people like how we'd want our family treated if they were in a pharmacy shopping," said Nasiri. "Myself and my staff, we are very close with all of our families, and if someone mistreated me, I wouldn't take it as personally than if they mistreated my family. So I treat our patients, how I want my family to be treated."

Staff at Bolton Pharmasave strive to stay on top of all parts of the business including follow-ups with their patients for medications, keeping their shelves stocked at all times in hope to always be accommodating for the public.

Bolton Pharmasave is located at 8 Queen St N, in Bolton and can be reached at (905) 533-7700 for more information. Please visit their Facebook and Instagram page for all news and updates.



ROBERT'S ROOFING

RELIABLE & EXPERIENCED ROOFING PROFESSIONALS

by Brian Lockhart

When it comes to your house, your roof is the structure that keeps the elements from seeping into your home and provides protection for your largest investment.

A properly installed roof is also a defining feature of any home and will enhance the over all appeal of your property.

However, no roof lasts forever. Sooner or later, your shingles will lose their ability to keep moisture out and you will need to call in trained professionals to either make repairs or have your entire roof re-shingled to protect your investment.

Justin Roberts of Roberts Roofing has the skill and knowledge to provide an accurate estimate of a roof replacement and the trained crew to get the job done quickly and properly.

Justin learned his trade from the ground up beginning when he was still in high school.

"I got a summer job in roofing when I was 16 years-old," Justin explained of his start in the industry. "I stuck with it for the summers until I finished school, and right out of school I kept with it. I guess you could say I 'cut my teeth' in the industry the old fashioned way."

Justin worked for other roofing companies for several years before deciding to venture out on his own.

That was five years ago and he has steadily progressed as a company with a lot of

business coming through word of mouth referrals from customers who appreciated the work he and his team completed on their homes.

"Me and a friend decided to just go for it," he explained of his start as a business owner. "We invested our money and got a couple of trucks and it's worked out."

He said that the fact that he has hands on experience helps him deal with customers in a practical way.

While many companies have salesmen who deal with customers, those salesmen often lack the real experience of being on the roof and applying shingles.

"I feel I'm a little bit different because I know exactly what's going on," Justin said. "I can make recommendations based on experience as opposed to someone who's out there just trying to sell you a product. We really care about our reputation."

His crew, Justin said, knows how to work efficiently. He prefers to use a small crew that is experienced and know how to get the job done right, rather than bring on more, inexperienced workers that will ultimately slow a job down.

"It's all about how you set things up and get it done. You can be very efficient after you've done it for so long. All my guys, I've known for a long time."

Based in Shelburne, Roberts Roofing has gained a reputation for quality work completed on time, and typically in a single day on an average size roof.

Justin and his crew work in many locations in the region including Shelburne, Orangeville, Caledon, and surrounding towns.

Justin and his team have expanded to include the installation of steel roofing. They can cut the steel sheets on site for a perfect fit. Steel roofing is ideal for newly built



homes and will stand the test of time with a guarantee of 50 years or longer and will protect your home for a lifetime.

In addition to roof replacement, they do new roof installation, leak repair, roof repair, skylights, and eaves troughs. In addition to shingling, they are experts in flat roof repair.

If you notice your shingles are beginning to curl and show their age, or you are experiencing leaks during a rain storm, it's probably time to think about a new roof.

At Roberts Roofing, Justin summed up his work by saying "I take pride in what I do. That's why my name is on the truck."

For an estimate, you can visit Roberts Roofing on-line at www.robertsroofinginc.ca, or call directly at 519-217-3528.

John Brown

Desjardins Insurance delivers friendly, personal service every time

by Mike Baker

Caledon resident John Brown knows exactly what it takes to build a successful, community-oriented business.

Since launching Desjardins Insurance in Bolton back in 2012, John has worked hard to build his clientele, and establish himself as one of the region's top insurance providers. Reflecting on his near decade serving the local area, John shared the secret to his success.

"The key is making sure our customers are happy, and feel valued. Offering a personal touch to the services we provide is important to myself, and my team," he explained. "We like getting to know our clients and their families."

*John has worked hard to build his clientele, and establish himself as one of the **region's top insurance providers.***

Located on Parr Blvd., Desjardins specializes in providing auto insurance, business insurance, home and property insurance, life insurance, living benefits, mutual funds and vehicle loans to local residents. While John has been running his own business for the past eight years, he got his start in the industry more than 30 years ago.

While working towards his Business degree at Memorial University of Newfoundland, John took a summer position working in a warehouse facility for State Farm Insurance. While he didn't know it at the time, it was a job that would, essentially, transform into a fully-fledged career.

"We took care of supplies and claim records. The print shop was also located there," Brown said. "I worked there while I continued with my post-secondary education. Eventually I became the lead-hand, and soon after that a supervisor. In the end, those positions helped me jump into various management jobs at the head office level."

Following years of upper-level management experience, John felt the natural step was to go into business for himself. He opened his own agency under the State Farm umbrella in 2012, transitioning to Desjardins Insurance in 2015 after the Canadian-owned corporation completed its acquisition of State Farm.

Since then, John and his team, who together boast more than 100 years of experience working in the insurance industry, have worked tirelessly to serve the Caledon area "in the right way". This has led to the local Desjardins branch supporting several local events and fundraising initiatives over the years, while also regularly donating to charitable organizations, such as The Exchange at Caledon Community Services.

Getting down to discussing his bread and butter, however, John says the one thing that sets his insurance firm apart from competitors in the area is the individual, tailor-made service he offers to each and every customer.

"We don't just tell our clients what they need, we engage them in meaningful conversations to figure out what is most important to them, and what their goals are. From there, we recommend them a plan that meets their very particular needs," John said.

He added, "There is a lot of information that people need to digest when deciding on the best coverage for them. They trust us to provide them with the best possible advice that is tailored to their unique needs. I enjoy being involved in helping them choose exactly what is right for them."

Desjardins Insurance in Bolton offers services in three languages – English, Italian and Greek. They also offer a free re-usable shopping bag and Tim Horton's gift card to anyone who stops by for a quote. Again, it all goes back to that personal touch that, John believes, makes all the difference.

"We are available to connect any time. If you are a client, or not, come in to say hi. We are here for our community," John said. "We would be happy to look over your current portfolio, and show you why doing business locally is your best option. The personal touch we bring means our staff are always available and willing to help."

"We really do pride ourselves on the relationships we build. Time and again our clients express how great an experience it is talking to, and working with an insurance agent face-to-face. It helps to take the stress away," he concluded.

John and his team at Desjardins Insurance strive to meet the needs of all their clients whenever they are needed. Their office, located at 21 Parr Blvd. is open Monday to Friday, from 9 a.m. to 5 p.m. For more information, visit www.insurancewithjohn.ca, or call directly at 905-857-8018.

