



Caledon Citizen PROGRESS EDITION 2021

An annual report highlighting local businesses in Caledon.



MOHAN DHABBA INDIAN CUISINE & SWEETS

THREE GENERATIONS OF *flavour*

by Brock Weir



Opening up a business during a global pandemic might not have been the easiest task, but Mohinderpal Dheria had a dream to follow – and he's never been afraid to take a bold step forward.

The owner of Bolton's Mohan Dhabba Indian Cuisine & Sweets did just that when he came to Canada from India to give his family a better life, but while he left many things behind, the traditional recipes he learned from his father in the restaurant business came with him.

In fact, it just might be in the blood.

Mohan Dhabba, which is now open for indoor dining, has been embraced by the community since its bricks-and-mortar restaurant was spun off from a wildly successful food truck. Every dish served has been a labour of love for three generations of the Dheria family.

Mohinderpal started serving up traditional northern Indian-Punjabi fare with his father in 1988.

Winding the business down before coming to Canada, food was never far behind him. When he reached the age of 50, he decided focus on fulfilling his passion, a path which led him back to the kitchen.

"We opened a food truck with him during COVID-19, and it was probably pretty difficult at this time, but it was something he really liked," says Mohinderpal's son Upkaran Dheria, who is now the third generation of his family to get involved in the restaurant business. "My mother helped out a lot by leaving her job to come and help my dad."

"The first three or four months were brutal, but slowly once people started coming in and getting more comfortable, the name was getting around Bolton and a lot of people were coming in for huge

orders. There came a point where we just couldn't handle the truck any longer."

Word of their success spread throughout the local business community and before long plaza owners approached the family on a few opportunities for a full sit-down restaurant – a chance they couldn't turn down.

"We looked at each other and thought this was no small thing but a lot of people were approaching us, so why not?" recalls Upkaran with pride. "We opened the restaurant about six months ago in Bolton and it has been doing really well ever since. Since we opened up dine-in, it is just getting busier and busier." Currently operating under a model which sees customers place their orders from the counter before taking their meal back to their table, the recipes are time-tested leaving customers eager to try more.

"My dad hasn't changed his karahi paneer recipe from 1989 – in fact, it's my grandfather's recipe and he taught my dad, and now my dad has taught me," he continues. "I love seeing their expressions when customers taste our food and they give me feedback. When they say, 'Your food is amazing,' it gives you a little boost. My dad tells me stories all the time of when he and his father, who passed away in 2001, first started in the restaurant business and for me, as a third generation, it is just something special for me and I am doing something for him as well."

The family is eager to plant further roots in the Bolton community by expanding their current location, looking for further opportunities to open a second restaurant, and to focus on food truck catering where they can take their signature tastes to other locations and cook live before guests.

Mohan Dhabba Indian Cuisine & Sweets is located at 1 Queensgate, Unit 13, in Bolton. For more information, call (416) 450-9990.



PhysioRehab Group: Here to serve growing community.

by Rob Paul

With plenty of experience in physiotherapy, Sid Bhatia saw an opportunity to create his own business that could provide the public with the help they need in recovery. Bhatia—a registered physiotherapist with experience working in various medical settings, including long term care nursing homes, retirement homes, private clinics, and community care—teamed up with Nav Kaur—a registered physiotherapist who specialized in pelvic physiotherapy and has experience in manual therapy, myofascial techniques, exercise application and sports injuries—to create PhysioRehab Group. The clinic has two locations, one at 12612 Highway 50 in Bolton and another at 6 Foxhollow Road in Brampton. “I’ve been in physio for about 10-plus years and after working for many years I realized I’d like to be in the business side of therapy as well,” said Bhatia. “So, I contacted another physiotherapist (Nav Kaur) and

we decided to work together because it’s important to have a male and female physiotherapist team because that way you can serve the entire community and make sure all patients are comfortable.” In terms of which services PhysioRehab Group provides, Bhatia and Kaur try to cover everything they can in one location with physiotherapy, massage therapy, shockwave therapy (used for people with chronic or acute injuries), laser therapy, acupuncture, spinal manipulations, pelvic health, concussion management, custom orthotics, and PFA socks (plantar fasciitis arch socks that work to correct posture). “We’re comprised of three different aspects with in-home (dial-a-physio), in-clinic (with Bolton and Brampton locations), and the third being TeleRehab (virtual physiotherapy) which picked up throughout COVID with clinics being closed. All three aspects come together to make up PhysioRehab Group. We take care of any workplace injuries, we

take care of people on short and long-term disability, we provide services to people recovering from car accidents and in the rehab process, and people who have priority insurance and are dealing with achiness in the back or neck or any other common areas. Those are the fields we focus on.” Bhatia and Kaur wanted to take their own experiences and expertise in physiotherapy and ensure residents across Peel could receive the care they would need, and the duo hope to continue to expand what services they offer. “We both come from a background where we were working in health clinics where there was a team and we were dealing with everyone under one roof,” Bhatia said. “That’s why we wanted to have something of our own with a similar structure to provide care to everyone at one stop. We’re also now trying to bring in occupational therapists that will deal with people who are not able to go back to work because of specific reasons,

that would include mental health as well. A core piece that had been missed for a while was mental health and it’s just as important as physical health.” As Caledon continues to grow, PhysioRehab Group wanted to expand to Bolton—the Town’s largest urban centre—and fill a community need and provide patients with everything they need in one location. “An opportunity came to us to come to Bolton and after doing research we found there was a need for a physiotherapist in the area and a need in the community for us to be there both as an English-speaking clinic and one that speaks different Indian languages,” said Bhatia. “Also, with the population of the area growing there was more need because for every 6,000 residents a therapy clinic is needed, and it was right at the point for the area to need a seventh clinic. And we wanted to bring in everything under one roof to give Bolton the most advanced and reliable physiotherapy clinic.”



A key hinderance in people making the healthy nutritious choice can be time. Life gets busy and putting the effort into making healthy meals can be pushed to the back of the to do list, that’s why many people turn to fast food in a pinch. One consistent problem with choosing the fast food option is the lack of nutrition that comes with it, but what Freshii provides is a fast, clean, and filling meal that doesn’t short customers on flavour. The goal of Freshii is to help citizens of the world live better by making healthy food convenient and affordable.

In 2018 Tappinder Jhaji (TJ) brought the Freshii brand into Caledon when he opened and launched Freshii Bolton—located at 12788 Highway 50, Bolton. He did so wanting to give the community of Caledon the healthy and high-quality options they deserved. For more than a year the world has struggled with the pandemic which has added more stresses onto Canadians lives. Those stresses have made it more important than ever for Canadians to eat healthy and take care of their physical wellbeing and that’s what Freshii wants to help with.

Now more than ever, people are **health conscious** and want to make the right choice when it comes to their body, and that begins with nutrition.

by Rob Paul



“Our physical health directly ties to our mental health, and good physical health starts with eating properly,” said TJ. Freshii Bolton store manager Abygail Johnston has been a part of the team from day one! Abygail is proud to be in Bolton trying to make a difference by providing healthy options and is thankful Caledon is such a community-oriented location. “Freshii’s motto of Eat! Energize! has never been more relevant than it is today,” said Abygail. “We want to thank town of Bolton and all of Caledon for continuing to support us through these tough times.”

Freshii is known for helping people make the healthy choice for their bodies, but they also take pride in the fact they also try to have a positive environmental impact with recyclable and biodegradable containers, cutlery, and bags. Freshii Bolton also strives to make a positive impact on the community having sponsored local sports teams, and various local charitable events. Additionally, Freshii Bolton is a monthly sponsor of the Hospital for Sick Children. For more information about Freshii Bolton and its menu, visit <https://www.freshii.com/ca/en-ca/home>.



CUSTOM KITCHENS

from concept to finished design.

by Brian Lockhart



Your home is most likely the biggest investment you will ever make, and it pays to renovate and update your investment to not only increase your market value, but to also provide a living space that you will enjoy for years to come. For many, the kitchen becomes the focal point for family activity or just having friends over for coffee. Whether you decide to renovate your kitchen with an outstanding new design, or you are building a new home and want the kitchen to be the showcase centrepiece of the new build, the experts at AyA Kitchens of Orangeville will help you bring your ideas to life. Dan and Cori Thompson opened AyA Kitchens of Orangeville to serve the region and provide custom designed kitchen concepts for any type of home. AyA Kitchens of Orangeville, is a fully independent business, however they work closely with parent company, AyA Kitchens of Mississauga – a well known cabinet and

design company that produces the custom cabinets that are uniquely fashioned and created for each kitchen. AyA Kitchens Orangeville is a new distributor location for the AyA Kitchens brand. Dan gained his valuable experience in the industry working as the plant manager for AyA Kitchens for 20 years. When the opportunity to open his own showroom became a workable concept, AyA Kitchens gave the green light based on Dan's experience and their full trust in him to represent the product and provide outstanding customer service from concept to finished product. Cori's professional background is in financial services and Human Resources; while in her spare time she has personally completed a number of home renovations. She has had extensive training in the design concept and working with the propriety software that allows them to create a 3-D rendering of a kitchen design before any work is started.

Dan and Cori work with their customers from the concept stage through to a fully designed and installed kitchen. Sometimes customers arrive with only a vague idea of what they would like to do. "We will help design their kitchen, and help them choose the colours, the styles, and the cabinetry," Dan explained of the process. "They can give us a drawing or concept and we will ask customers to bring in ideas. We will measure the house to get the correct dimensions and then we will help them design the kitchen. Typically, we will go back and forth several times until they are happy with the layout and the colours and the price." Getting to know their clients helps Dan and Cori to provide advice on the layout that will best serve a home owner's lifestyle. "We will ask them how they move around their kitchen," Cori explained. "We ask if they do a lot of cooking, or entertaining, or both. That really helps guide the design of a kitchen." Once the concept begins to take shape with

colours, design, and layout determined, the new kitchen can be displayed using a 3-D computer rendering which gives a full view of how the new room will look once it is completed. With this conceptualized view, a customer has the satisfaction of seeing their new kitchen before it is installed and have the confidence in knowing the final design is what they want. If you are considering a home kitchen renovation or planning on building a new home, trust your kitchen design to the experts at AyA Kitchens to provide you with the advice, expertise, and quality materials that will turn home into a spectacular custom designed abode. The AyA Gallery is located at 18371 Hurontario Street, in Caledon Village. You can visit on-line at www.ayaorangeville.com. For an appointment to discuss your new kitchen design, call the showroom at 1-519-927-5788, or reach out by e-mail at: dan@ayaorangeville.com.

PARADISE FARMS

SUPERIOR QUALITY BEEF AND OUTSTANDING CUSTOMER SERVICE. by Brian Lockhart



It is a dedication to quality and the ethical and caring treatment of animals that allows Shane Baghai's Paradise Farms to produce superior quality beef. Raised without added hormones and provided the freedom of an open pasture, the grass fed cattle are allowed to roam over the sprawling pastures in Caledon on a farm that is deeply rooted in sustainable farming methods with forward thinking methods of farm production. At the Paradise Farms Beef Boutique & Outlet in Erin, the finest cuts of beef are available in a beautifully designed shop that features a knowledgeable staff who can guide you through any purchase whether you are looking for a roast for Sunday dinner, or steaks for a weekend barbecue with friends. In addition, prepared foods are available for those days you are short on time but still want a quality meal for your family. The staff at Paradise Farms take pride in their work and enjoy helping customers make their selections while providing friendly and knowledgeable service. Cameron Bellamy is the store manager and

he is also the person who creates the delicious meals that he prepares on-site in the store's kitchen that are available for take-out. Cameron was a professional chef in his former career. While he enjoyed his work, the long and uncertain hours of the business made him consider another vocation. He moved to the meat cutting trade, then joined Paradise Farms when the store first opened. "This really gives me a lot of job satisfaction," Cameron said of his position at the store. "My main focus here is prepared meals. Anyone can call in here and ask for catering, and they can come in and pick it up." Stepping into the store, the aroma of his cooking provides a satisfying experience that makes you want to order right from his grill. Cameron's experience as a chef allows him to create a variety of special dishes and culinary delights that will satisfy any gourmand's pallet. "We have steak sandwiches on Thursdays and Fridays that we do up with our lunch," Cameron explained of his menu. "We have our deli sandwiches as well. We have

rotisserie chicken and sausages." He creates a new specialty everyday including savoury chili, shepherd's pie, pulled pork and his specialty – beef bourguignon. Cameron does not work alone. Assisting chef Michael also prepares the store made take-out meals that are available. At the other end of the store, meat cutter, Andrew Prokopick is the expert who cuts the steaks, fillets, and roasts, and knows all there is about beef and the quality that separates a low-grade cut from a premium quality piece of meat. "My focus is cutting the fresh meat," Andrew explained. "As per Shane's instructions, and my own standards, we maintain the highest level of quality possible. I keep a meat chart nearby so I can explain the cuts to customers. When they have questions on how to prepare different cuts or different cooking methods, I'm your guy. I'll give you the answers and share my knowledge." Growing up in Northern Ontario, Andrew learned the trade and has been a meat cutter 'since the 80's.'

He can tell the difference between regular beef and a premium quality piece of meat at just a glance. He is familiar with the different breeds of cattle and what the end product will be. "At Paradise Farms Beef Boutique we feel that our meat is a cut above," Andrew explained. "I tell customers that I'm a very fussy meat cutter. It takes away that equation for the customer to be fussy, because I've already been fussy for them." It is the experienced and knowledgeable staff and the prime award winning Aberdeen Black Angus beef that brings customers back to Paradise Farms when they want superior quality hormone-free beef for their dinner table. The store sells Canadian Certified Angus beef, and for those looking for something really special, they have Kobe-style Wagyu beef on order. Paradise Farms Beef Boutique & Outlet is located at 2 Thompson Crescent, Unit #1, in Erin, Ontario. You can visit on-line at www.paradisebutchershop.ca.



Look no further than PGC Detailing for all your vehicle, sanitization and paint restoration needs.

by Sam Odrowski

At a time when sanitization and cleanliness are of the utmost importance for health and safety, it's a good idea to ensure your vehicle isn't a breeding ground for germs. To have the interior of your car or truck meticulously cleaned, sanitized, and renewed, visit the vehicle rejuvenation and preservation experts at PGC Detailing, located on 20092 Hurontario St, Caledon Village, just outside Orangeville. "I feel that the interior sanitization is more important now than ever, just because of COVID... it was a wakeup call for a lot of people," said PGC Detailing owner, Kyle Mastine. "As you can imagine, some people are pretty bad at cleaning their cars, they don't maintain them enough."

At PGC Detailing, all surfaces inside your vehicle are made spotless through power vacuuming, upholstery and carpet shampooing, streak free glass cleaning, and sanitizing of leather/plastic/vinyl panels and dashboards. A water-based protectant/conditioner can also be applied if requested. Other additional services include odour removal and ozone treatment, pet/hair removal, and headliner spot cleaning.

In addition to interior detailing services, the team at PGC has the exterior of your vehicle covered with a swirl free wash method.

Exterior cleaning packages include a complete body wash, dressing of tires, plastics and vinyl, application of paint sealant or wax, and your wheels, calipers, and exhaust tips are carefully cleaned as well.

PGC Detailing also offers paint decontamination as an add-on service, which removes iron deposits (rail dust) using a clay bar and iron remover. While iron deposits are most commonly noticed on white vehicles, they can show up in all paint colours.

Looking to fix up the swirls and scratches on the exterior of your vehicle? PGC Detailing offers paint corrections as an add-on service, where they machine polish and wet sand your vehicle's paint. Intensive care and accuracy is taken to remove the least amount of material possible to level the swirls and scratches.

Paint thickness is carefully monitored throughout the paint correction process to ensure the integrity of your vehicle's paint does not become compromised.

Those willing to spend a little extra on protecting their vehicle can purchase ceramic coating at PGC Detailing.

It's a glass like coating, providing the best paint protection on today's market for UV and chemical resistance. The

ceramic coating technology has intense hydrophobic and self-cleaning properties which assist in preserving your vehicle's finish. The coating also makes your wash process easier, less time consuming, and can actually aid in preventing wash induced swirl marks from your weekly routine. Durability ranges from one to seven years.

If you have an older, beat up car that you'd like to be restored, PGC Detailing also offers clear coating, which prevents the paint coating from fading and makes it shinier. An old paint job can be brought up to date using clear coating.

Mr. Mastine has lots of experience revitalizing classic cars using clear coating and is currently working on one from the 1950s.

Meanwhile, the price range at PGC Detailing is reasonable and ranges depending on the type of work being done.

The Caledon Village location is about 5-10 minutes outside of Orangeville and has been home to the business for five years, while new ownership has operated it for close to three.

Mr. Mastine is a friendly face at PGC Detailing and has formed many great relationships with his clients.

"I feel like a lot of my customers have actually turned into really good friends just from doing business with them back and forth," he noted.

PGC Detailing also has a commitment to integrity and transparency.

"If I go to buff out some scratches that I quoted an hour and a half for, but it only takes me an hour, I'm only going to charge them for an hour," he said. "The pricing is very honest, straightforward."

The shop prides itself on its higher quality services, such as paint polishing and ceramic coatings but they're more than happy to do basic car detailing as well.

It's important to note, PGC Detailing also offers paint protection film, which is the best defence against physical damage associated with rock chips and pitting. Some of the finer detailing services covered by the company include wheels off detailing, engine bay reconstructions, headlight restoration, glass treatment, interior surface protection, emblem removal/replacement and rock chip touch up.

PGC Detailing is open 8:30 a.m. to 6 p.m. Monday to Friday and is closed on the weekends.

If you're looking to learn more about the business, visit: www.pgcdetailing.com/ or call them at 905-782-3203.

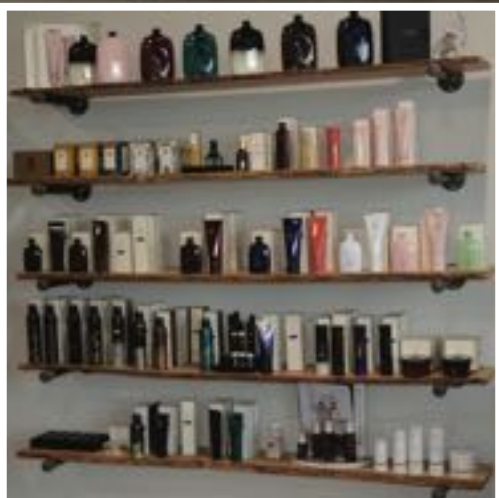


manesOCIETY

Luxury hair care

CLOSE TO HOME IN BOLTON.

by Brian Lockhart



When it comes to your hair, your crowning glory can define your personality, make an impression, and provide self esteem and confidence in your appearance.

At Mane Society Salon in Bolton, the staff are passionate about their work and strive to exceed customer expectations by educating their clients on the latest trends, techniques, and products that will make you look your best.

A visit to Mane Society Salon isn't just an appointment to get your hair done, it's a full experience in a modern salon, cafe, and spa, where you are treated as a special guest, not just a customer.

Salon owners Rocco and Candice Aricci opened Mane Society with a goal of providing a high-end specialty shop usually found only in a big city environment, to a smaller town so local residents can have the same experience without having to travel.

Both Rocco and Candice have several years in the industry and learned the business from the ground up.

"I've been involved in the industry, literally right out of high school," Rocco explained of how he got his start as a hair stylist. "I've always been very creative and competitive. When I would visit my stylist, I always felt a good energy and a good vibe. When I first went to hairdressing school, it felt right, it felt like it is where I belong."

Rocco and Candice both worked in the industry for several years before deciding to go out on their own and provide and outstanding experience for their customers.

"We decided to open a luxury high-end salon," Rocco explained. "I wanted our customers to feel like not only will they be getting a flawless haircut, they will have the best experience while they are there."

The salon offers the full hair experience from cutting and colouring to extensions.

When you visit Mane Society Salon, you don't just arrive and wait your turn.

The Salon features a full service cafe and while you are waiting you will be offered a

complimentary cappuccino, latte, ice coffee or espresso.

While hair is the main concern at the salon, there is also the added bonus of a full esthetics experience.

Esthetician Rachel Depaulo and her team are available to provide a variety of services including botox, facials, and laser hair removal.

You can achieve your full body experience from eyebrows to a full hair treatment in one convenient location.

The salon provides a spacious, bright, and welcoming location in a large salon that covers 5000 square feet.

There is a compliment of 15 fully trained hairdressers on staff to look after your needs.

Many hairdressers and clients develop a personal relationship when it comes to their visits. Clients quite often appreciate an individuals hairdresser's approach to helping them with their style and will ask to see the same person every time.

This trust in the quality of hair care and style along with the relaxing and professional atmosphere of the salon brings clients back for another satisfying experience.

Mane Society isn't just for women. Men can visit the Gentlemen's Quarters for a haircut, beard trim, and even colouring.

Many men trust Mane Society to achieve the look they desire.

Mane Society Salon provides everything you would find in a high-end big city salon, right in Bolton.

You can enjoy the full treatment and experience the best in hair care without having to travel to a larger centre for the superior service, expertise, and quality of service.

Mane Society Salon is conveniently located at 12612 Highway 50, (McDonalds Plaza) in Bolton.

You can visit on-line at www.manesociety.com, or call for an appointment at 905-951-7772.



The Royal Ambassador Event Centre is one of the most beautiful spots in all of Caledon, known for **turning events into fairytales.**

by Rob Paul

But that's not all that's located on Innis Lake Road in Caledon East.

Alongside the Royal Ambassador Event Centre is the Consulate Dining Lounge, an elegant fine dining experience that resembles that of what downtown Toronto offers along with the scenic experience of the rolling Caledon hills and sparkling Innis Lake.

Opened in October of 2004, the Consulate is surrounded by gardens and a waterfall while the interior has gorgeous large windows, a romantic fireplace, and a tranquil patio. It's the spot to go when looking to combine fine food and wine with a majestic outdoor setting.

Owner John Giancola describes it as being downtown in the country with its distinguished look and sprawling scenery.

Though the Royal Ambassador Event Centre has become one of the most popular places in Caledon for hosting functions, the Consulate Dining Lounge is the hidden gem on the vast property.

What makes the Consulate even more unique is the intimacy of the dining experience. With only 42 guests inside and 60 on the seasonal patio, it's the perfect place for a quiet lunch or dinner.

Social distancing has been maintained even prior to the pandemic. Large arch-shaped windows look out over the grounds and light the room up during the day and when the sun goes down, they provide an alluring ambiance that accent the intimacy of the lounge.

With an ever-changing menu, the Consulate presents a diverse dining

opportunity that has something for everyone.

A variety of Italian inspired dishes, including various pasta fare, top the menu for those who enjoy a delicious Mediterranean flavour. For meat lovers, the kitchen specializes in steaks done the way you like. "We just launched our newly reimagined Fall and Winter Menu. We have introduced some excitingly delicious dishes like the Braised Short Rib Entree, the Greek influenced Lamb Burger, and the Kale and Gala Apple Salad. We've also introduced a new quality benchmark for our Steaks, ensuring all meats are not only Certified Blank Angus but aged for a minimum of 60 days," stated Mr. Giancola.

For a lighter meal, there are a variety of seafood dishes unique to the restaurant,

each with its own distinct twist and the personal touch from the chef. There are also vegetarian and vegan options to ensure there's something for everyone.

Not to mention a wide range of appetizer options to kick-off the dining experience, and of course, plenty of deserts to choose from for those with a sweet tooth.

Guests are welcome to enjoy lunch Wednesday to Friday and dinner Wednesday to Saturday or there's the pickup and take out option for guests who like staying in for the evening.

With an award-winning wine menu with over 200 wines to choose from to compliment their meals, guests won't be disappointed. Both the restaurant and event centre host Holiday parties and catering but be sure to book early.



ZEHRS BOLTON

Every community needs a grocery store they can trust with friendly customer service and consistent high-quality products.

Zehrs Bolton checks those boxes, but also goes the extra mile with community involvement.

by Rob Paul

Assistant Store Manager Cole O’Donnell truly understands that the customer comes first and the team over at Zehrs Bolton has worked to be a key cog in Caledon.

“In retail, community is everything and our customers come first,” he said. “The community matters to us because we’re nothing without the people who support us. That’s why something we strive to do is give back to the community.

When the pandemic hit, many people transitioned into working from home while Zehrs had to step up and be there for the community, O’Donnell believes that’s made the store better than ever.

“At first for us it was insane to say the least

with hundreds of people piling in at once and it took a huge toll on our colleagues and customers,” he said. “Working somewhat on the front-line was incredibly stressful for everyone but what it did was it brought all of our team closer together and made us stronger and our store better.”

The pandemic brought unprecedented times and with many people not comfortable leaving their homes, Zehrs did everything they could to ensure customers had what they needed.

“We had colleagues delivering groceries to people’s houses, even myself at the end of my 12-hour days I was throwing groceries into my truck and taking them to people’s

houses because people weren’t comfortable coming to the store,” O’Donnell said. “We wanted to do everything we could for the community during this because it was a stressful time and people were on edge. A lot of people weren’t leaving their houses unless it was to come here, and we wanted to make sure it was the best and safest experience. Now, for the most part, we’re 95 per cent back to normal. People are in much higher spirits and things are starting to get back to the point where it was pre-pandemic.”

Zehrs doesn’t want to just say it’s a business that supports the community and puts the people first, it wants to show

it and has through donations to various Bolton initiatives.

“We really value our community and customers and that’s why we always want to get involved in the community as much as possible,” he said. “We always try to donate to events, recently we did a huge donation to the fall fair, we’re doing donations to the Bolton cleanup, we did donations to the concert Councillor Tony Rosa hosted a few months ago.

“We want to give back as much as possible, so the community knows we care and we’re there for them. We want to provide great services both inside and outside of our store, so people know we care about the community.”

Hunter Support Services – *Compassionate care for those who need assistance in daily life*

by Brian Lockhart



Hunter Support Services Inc.
You're in good hands

There may be a time when you or a family member need assistance with daily activities to enhance quality of life. Having help and support is important and so is receiving that help from someone who is compassionate and will treat your loved ones like they are their own family. Hunter Support Services provides around-the-clock homecare services for seniors with health-related issues as well as others who need help with surgery recovery, injury rehabilitation or other personal care requirements. Their services also extend to younger people who require a personal level of care.

The company employs qualified PSW’s, RPNs’ Developmental Service Workers, and ASD Workers who take pride in what they do and carry out their duties in a dignified and compassionate manner.

Company president Beverley Hillier-Hunter is a Certified Personal Support Worker with over 30 years of front-line experience working with people with developmental disabilities

including Autism.

After experiencing a personal family tragedy, Beverley immersed herself in her work as a source of personal healing and began caring for a senior woman who was facing the challenges of Alzheimer’s disease. Her experience working closely with a family and helping her client convinced her she had found her true calling.

“We support seniors and anyone with any kind of illness,” Beverley explained. “This includes someone who has had surgery and is recovering. We also support people with developmental disabilities whether they are teenagers or adults. We help with whatever they need. It could be help with meals, cleaning, or grocery shopping. When we meet with a client, we go over everything a person would need.”

Beverley works with her clients to establish their needs then makes sure the

Personal Support Worker assigned to them is a good match.

“We do one-to-one care,” Beverley explained. “We don’t have different staff going in and out. We try to have one person, especially when it’s a person with dementia or Alzheimer’s. We want to create a relationship between the two so they get to know each other. We have a customized approach with each client.”

While much of their work is done in a client’s home, support workers also help out in seniors’ residences when a client needs extra help or care.

Hunter Support Service Administrative Manager Debra Marsh has over

30 years of experience working in the Care Provider field and is a Certified Developmental Service Worker. She has held a variety of positions in the field including working closely with families who require support.

“When hiring staff we have a hands-on approach,” Debra explained. “We ensure that the staff we have are following our style and approach to care. Both Beverley and I have historical backgrounds with family members who have needed care from other people in the past and have needed support, so we can empathize with how people feel. We want to make sure our clients feel supported where they need to be supported whether that’s in their home or a facility. We will customize a program that works best for them.”

The staff at Hunter Support Services maintain a set of working values that provide an exceptional high-quality level of personal care that is compassionate and maintains the dignity of all of their clients.

Whether it is a senior who requires home or in-facility care, or a person of any age who needs personal support they are there to help.

They provide service to individuals in Peel, Dufferin, Caledon, Brampton, and Simcoe County.

You can find out more about Hunter Support Services by visiting on-line at www.huntersupportservices.ca. You can contact their administration manager Debra at 519-278-8717, or by e-mail at hunter-seniorsservices@mail.com, and Beverley via telephone at 1-519-215-0089.



Photo taken 2019



Rob Payne helps people set financial goals

By Mark Pavilons

Financial freedom requires a defined investment strategy, and Rob Payne of Edward Jones Investments can help residents achieve success.

Payne offers a variety of financial and personal services, including wealth, education, and retirement plans, along with business strategies and insurance products. From brokerage accounts and RESPs to mutual funds and stocks, Payne can create a personalized portfolio for every unique client.

Most of us have financial goals, whether it's saving for long vacations or post-secondary tuition for children and grandchildren.

"To achieve these various goals, you may have to follow different investment strategies – and you might have to make some trade-offs along the way," he said.

He suggested people must first define their goals and invest accordingly. One of

the main questions we must ask ourselves is how much return we will need from investments, and how much risk are we willing to take to achieve our goals.

Each requires its own game plan. He said with longer-term goals, you might be able to invest more heavily in growth-oriented vehicles with higher returns. These values will fluctuate over time, however. For short-term goals, investments can be more conservative with more minimal growth.

Payne stressed that clients need to be engaged to achieve their goals. They have to be prepared to follow a plan and change course if necessary. This means we need to match specific investment accounts with related goals.

Ask yourself these questions: What goal will this investment strategy help me achieve? How much do I have allocated toward a specific goal? If I have a TFSA or RRSP and another account devoted to achieving the same goal, are they all

working together effectively?

"The connections between your different investment accounts and your goals should be consistently clear to you," he said. "Trying to achieve multiple financial goals can seem like a daunting task, but by saving and investing consistently through your working years, following a clear strategy, being willing to prioritize and accept trade-offs and getting the help you need, you can help yourself move forward."

Times have changed, and so have the goals and desires for retirees. Payne pointed out with improved health and longevity, a sense of purpose and proper finances, retirees want to share their talents with their communities. They want to spend more time with family and enjoy life. However, many people who plan to retire in the next decade fear the costs of long-term care.

Investing, Payne observed, isn't a "one-size-fits all" endeavor. Your goals, money

and solutions are all unique and your own decisions help determine what's best for you.

A financial advisor works with you to determine what solutions match your specific needs. All costs and fees are discussed as well as the process. Scheduling a complimentary, no obligation meeting with Payne to discuss your personal goals is the first step. He will guide you the rest of the way.

Payne advises clients not to let fear drive your investment plans. While the pandemic rocked the financial markets, the outlook is far less gloomy than many imagined. Properly balanced portfolios are performing better and diversification can help reduce the impact of volatility.

"Remember that you're investing for goals that may be decades away. By keeping your eyes on this distant horizon, you'll be less likely to over-react to the news of the day, and more likely to follow a long-term strategy that can work for you," he said.

Payne noted that roughly eight million Canadians say COVID-19 has caused them to reconsider their retirement timing. He did say crisis or not, it's important to review your life goals from time to time. Those goals, he said, are not static and change in response to a number of things.

"The pandemic may lead to a reevaluation of many financial goals, and taking early retirement might be one of them," he said. "By thinking carefully about your situation and your options, you can come up with a course of action that's right for you."

Everything, from retirement lifestyle and sources of income, to pensions and even working beyond retirement, all come into play.

Payne said he loves working with his clients and getting to know them and their families.

"I'm an active listener, which helps me understand what's important to them and helps develop a bond of trust. That's why I love this business."





Rob Payne | Financial Advisor
EDWARD JONES INVESTMENTS
18 King Street | Bolton, L7E 1E8
T 905 857 0874
r.payne@edwardjones.com
<http://www.edwardjones.ca/r-payne>

Brittany McMullan

– Registered Dietitian and an expert on healthy eating

by Brian Lockhart

All foods fit and can be a part of a healthy diet.

Many people try to have a proper diet to maintain good health, however they may lack the understanding of how your body will process foods for the optimum benefits from fruits, vegetables, meats, dairy products, grains, and everything else you will find on the dinner table.

For some, dietary restrictions or the nutrients needed to help combat health problems can be confusing.

Others simply want to ensure they are eating properly and getting the best nutrition.

That's when a diet specialist can help you by working with you to provide personalized nutrition advice and practical solutions.

Brittany McMullan, is a Canadian Registered Dietitian with Loblaw. She divides her time between the Zehrs Markets stores in Orangeville and Bolton.

Brittany graduated from the University of Guelph with a Degree in Nutritional and Nutraceutical Science. She then

attended Brescia University College at Western University and graduated with a Bachelor of Science in Nutrition and Dietetics. From there, Brittany completed a one-year internship for a final certification with the College of Dietitians of Ontario.

Her experience includes the hard science side of the industry including developing products and clinical trials, however Brittany felt her calling was more aligned to helping people on a personal level.

"I'm the Registered Dietitian for Zehrs Orangeville and Zehrs Bolton, but going virtual in 2020 has allowed me to help clients from all over Ontario," Brittany explained. "I offer Individual and Group Nutrition Services right where we make many of our food decisions – the grocery store. I offer services via phone, or video, and hope to bring back in-person visits in the near future. Whether you are currently managing a condition, or simply trying to eat better with your family, I can help you."

An expert in her field, Brittany enjoys

working with individuals managing Prediabetes, Type 2 Diabetes, and Heart Disease, including those who suffer from high blood pressure and high cholesterol.

"I take a non-judgemental approach to nutrition, and use an 'all-foods-fit' philosophy, and promote balance, when it comes to healthy eating," Brittany explained. "Some people would like to manage a condition through diet. First of all, I would find out what they are eating right now, because I like to provide personalized advice that really fits someone's lifestyle. I get a lot of Moms who are just trying to feed their families better and they're looking for help prepping meals or looking for strategies to make meal times easier."

As a certified Craving Change practitioner, she focuses on emotional eating, and how the environment and your learned behaviours affect your food choices.

"My personalized nutrition services are covered by many insurance plans, and I encourage everyone to check to see if they have coverage," Brittany explained. "More



information and details about nutrition packages can be found on-line at www.zehrs.ca/dietitians or www.bookadietitian.ca. If you are looking for a place to start, our national Loblaw Dietitian Team has plenty of webinars on a variety of topics to get you started." You can find a list of webinars at www.dietitianwebinars.ca

As an expert in her field, Brittany always looks forward to meeting new clients and explaining how she can help you with personalized nutrition advice.

To learn more, contact her directly at brittany.mcmullan@loblaw.ca or 519-215-6743.

When you are ready to start making healthy choices when it comes to what you eat, Registered Dietitian, Brittany McMullan, will provide the advice to guide you in the right direction.



CANADIAN TIRE

BOLTON

by Brian Lockhart

Many people think of Canadian Tire as their 'go to' store.

It is the place you think of when it comes to a huge variety of products that you need for the home, leisure fun, outdoor activities, seasonal items, and of course, your car.

When it comes to aftermarket parts for your automobile, Canadian Tire is the first choice when you need to replace windshield wipers, batteries, auto lights, and, of course, tires.

The Automotive Service Department at your local Bolton Canadian Tire provides full automotive service for all makes and models of cars and trucks, both domestic and foreign vehicles.

With 17 bays, it is a busy shop with highly trained automotive technicians that can service your vehicle and get you back on the road.

With the seasons changing and the colder weather approaching, it is time to make the switch to winter tires.

Winter tires are proven to have a better grip on pavement when the temperature reaches

7 degrees and below, and they provide superb traction in snow with a tread designed specifically for winter driving.

The Bolton Canadian Tire has a full line-up of winter tires and rims that will provide safe motoring during the winter months. They even provide the opportunity to store your summer tires on site if you don't have the garage space at home.

"Our warehouse is full of winter tires and we have an additional trailer full of rims and tires just to prepare for this season," explained Bolton Canadian Tire Service Manager Steve Martin of the demand for winter treads once the weather starts to get colder. "With winter tires you get a softer compound which provides a better grip and better traction."

Mr. Martin and his team of service technicians are prepared to offer expert advice when it comes to choosing the proper tires for your vehicle.

When you need to have your vehicle

repaired, the shop provides a full range of automotive service that will meet the needs of any driver and vehicle.

From brakes and mufflers to wheel alignments and parts replacement, the shop has the equipment and service know-how to get you back on the road.

They can also take care of larger vehicles and are licensed for 'heavy duty drive clean' for Diesel vehicles.

With so many drivers choosing pick-up trucks as their daily driver, the Bolton Service Centre has specialized in helping truck owners to customize their vehicle.

The automotive staff are experts when it comes to accessorizing trucks.

Whether you want to enhance performance, add practical components, or customize your truck to make it different than any other truck on the road, they have the products and know-how to make your vehicle stand-out on any street or highway.

From tonneau covers and window



shades to specialty LED lighting kits, the list of available truck accessories is huge. This includes running boards, truck steps, winches, and other hardware that provide a practical addition to a truck.

You can personalize your truck with vanity lighting, window visors, fender flares and special trim to make your vehicle unlike any other truck on the road.

The Bolton Canadian Tire Automotive Centre offers outstanding service, expert advice, and a huge variety of after-market parts for your vehicle.

Whether you need a new set of wipers blades or work done on your vehicle to get you back safely on the road, the automotive staff has the knowledge and expertise to make sure your vehicle is taken care.

They feature extended hours and are open seven days a week.

Visit the Bolton Canadian Tire at 99 McEwan Drive East, in Bolton, just off Highway 50.



THE REGION'S MOST TRUSTED AND EXPERIENCED TIRE DEALER

by Brian Lockhart



Whether you are a weekday commuter or a long distance road trip enthusiast, the tires on your car or truck are among most important safety features that will keep your vehicle on the road and provide the handling and over all performance you need in any driving conditions.

At Tire Junction in Bolton, Amar Uppal has almost four decades of experience in the tire industry.

He knows just about everything there is to know about tires and can advise you on the best rubber for your vehicle based on your driving style, type of vehicle, weather conditions, and even the roads you spend most of your driving time on.

Mr. Uppal started his career in the automotive industry as an apprentice and after working and learning for five years, he became a licensed Automotive Technician.

He had a real interest in working in the type

of automotive environment where he would be exposed to a wide variety of automobiles rather than hooking up with a dealership and learning how to fix only one brand.

“I was in the UK originally and started working for Volkswagen and Audi as a mechanic,” Mr. Uppal explained of his start in the automotive field. “In 1992 I immigrated to Canada. I started working with tires as a mechanic and saw that they are one of the most important items on a car and are one of those things that will always wear out.”

He made a smart business decision to focus on tires because he knew everyone will eventually have to have their tires replaced.

Mr. Uppal opened Tire Junction in Bolton in 2008.

“I’ve always liked Caledon and Bolton,” he said of opening up shop here. “It’s close to home and I really like the community feel here.”

The tire shop has a huge variety of brands and styles of tires for every vehicle.

In addition, the automotive shop has grown over the years adding new bays and equipment and offers full automotive service.

Since the tire business can be very seasonal as drivers switch to summer or winter tires, Mr. Uppal added a new appointment system that is working out very well. The system reduces wait times for customers needing to have their tires changed and increases productivity in the shop.

Drivers who drop in are also still welcome.

Mr. Uppal knows that taking time from work to have tires changed can be a challenge for some people.

With today’s pandemic situation, he thanks front-line health care workers for their dedication to the public by keeping several time slots open each day to accommodate front-line workers who don’t have a lot of time

and just need their tires changed before they go back to work.

With the changing of the seasons, it is time to explore your options when it comes to having seasonal tires that provide the best performance for the road conditions and added safety when you are driving.

Mr. Uppal and his team at Tire Junction can advise you on the best tires for your particular vehicle based on your driving habits and where you spend most of your time on the road.

Tires that are designed specifically for winter or summer driving will enhance your drive through better performance and safety in seasonal conditions.

At Tire Junction, they guarantee, the job is done right the first time.

Tire Junction is located at 11221 Highway 50, in Bolton, at the Albion Vaughan Rd.

You can visit on-line at: www.tirejunction.ca, or call at 905-893-9908 or 905-794-5642.



AREA COUNCILLOR FOR WARD 5 TONY ROSA

by Rob Paul

A community champion does everything they can to promote and support the community they reside in, and more than ever local businesses need community champions as they work to recover from the pandemic.

Councillor Tony Rosa’s goal since being elected to Caledon Town Council has been to promote local businesses and spotlight everything the Caledon and Bolton community have to offer to residents.

One of Rosa’s most successful initiatives under the Love Local Campaign has been his video series where he shows residents exactly what businesses in Caledon have to offer by highlighting their products and speaking with the business owners.

“My Love Local Campaign has really been all about bringing awareness to the community on what options are available to them,” he said. “The idea was to start in Bolton because

it represents the vast majority of businesses in Caledon but I felt it was important to branch out and really provide an overview of the options across Caledon. I’ve been very pleased with the results and so many people have provided positive feedback and some of them didn’t even know about some of the businesses we had highlighted existed. I’ve also received a great response from the business owners as well and they believe it’s working, and people are definitely becoming more aware of the importance of supporting local businesses.”

Rosa isn’t slowing down with the Love Local Campaign videos, either; he just began a new series to show off some of the recreation options available to residents.

“My next strategy will still focus on loving local, but I think it’s time to start focusing on community organizations as well,” he said. “A lot of them were unable to operate throughout the pandemic and reengagement of the community is important. We want the

community to understand what options for recreation and leisure are available to them. I want to look at some of the sports programs, arts, and facilities and their programs.

“It’s important that once the COVID protocols are lifted that people actually know what’s out there. It’s the work, live, and play model and we want to highlight the play aspect. One of the healing processes coming out of the pandemic is starting to bring some normal lifestyle back and getting people engaged will be the focus of the 2022 campaign. Our first video looks at the Caledon Senior Centre and looks at the expansion and the expanding programs because I think reengaging our seniors is going to be a focal point. We want to make sure they feel engaged in our community.”

Though the pandemic has emphasized the need for shopping and supporting local, Rosa has always wanted to work towards showing residents how strong the business options are in their own communities.

“I worried about businesses before the pandemic, then we get into a global pandemic and we start seeing businesses getting shut down,” he said. “That motivated me because I think it’s time to really get people to engage in their own community. For many years Bolton was a bedroom community with limited time to engage in the community, but now we’re all having to stay in our communities.

“This has been an opportunity to bring awareness to local options and when I started to see that it was working that motivated me even more. Then with the businesses responding so positively that made me want to do even more. At the end of the day, the pandemic has hurt businesses and it’s motivated me to continue to fight for them and show the people of Caledon what they have in their own backyard. It’s all about building unity and community and united the municipality and celebrate the incredible opportunities we have here.”



BOLTON CHIROPRACTIC CENTRE

BACK PAIN IS AN EPIDEMIC.

by Rob Paul

80% of Canadians suffer from it at some point in their life. Having access to a rehab centre that provides proven and definite solutions in eliminating pain, improving your function and quality of life is essential. Citizens of Caledon are privileged to have Intelligent Health Group (operating as Bolton Chiropractic Centre) providing such a service. They are committed to optimizing human potential through an integrative approach that synergizes the latest in advanced rehab technologies along with talented health care practitioners ranging from chiropractors, physiotherapists, massage therapists, acupuncturists, dietitians and more.

Intelligent Health Group just celebrated their one-year anniversary in Bolton, but owners Dr. Vikas Puri and Dr. Gina Bajaj have decades of healthcare experience between them.

In 2017 Dr. Puri and his wife, Dr. Bajaj, realized they wanted to do something bigger and more impactful. “We designed a franchise model that would enable us to have a global reach” says Dr. Puri. “We wanted to be able to change more lives and leave a legacy. It’s all about helping people become healthier and happier, improving their pain and function, without drugs, surgery or ineffective therapies. Our inspiration came from serving on a mission trip in India where we gave free care to the needy. We saw the appreciation and overwhelming impact we were able to make in a short time. There are people in need of our help everywhere. We knew we couldn’t be everywhere, but if we created a tribe of likeminded people with the right intention, and train them using our experience and best practices, we could facilitate more people being served, not just in our local community, but globally.”

When Dr. Puri says they wanted to have a global impact, he means it. One of the first things Intelligent Health Group did was to set up two chiropractic practices in India which Dr. Puri and Bajaj continue to manage. They had been shocked to find out there were only a handful of chiropractors in all of India, which has a population of 1.3 billion people. Seeing the need for quality chiropractic care during their mission trip, they knew they needed to be part of this solution.

Last year Intelligent Health Group saw a need for a clinic in Caledon. “We noticed there was a lack of multidisciplinary clinics in Caledon and people weren’t getting the kind of comprehensive, quality care required to effectively solve a patient’s problems. It is important to have a holistic approach, that addresses all aspects of the patient, and gets to the root cause of the problem, not just target symptoms. Working with a diverse healthcare team around you enables this outcome. In addition, we were amazed by the lack of advanced rehab technology available to the people of Caledon. We were able to bring shockwave treatment (to treat chronic soft tissue injuries), LASER and pulsed electromagnetic field (PEMF) therapy (to speed up natural healing of the tissues), and spinal decompression technology (to treat sciatica and disc problems). Through our commitment to research and development, we most recently created our own protocol that integrates spinal decompression with pulse electromagnetic field therapy to quickly remove chronic neck and back pain. We are proud to be the only ones doing that. All this has allowed us to deliver services to resident Caledon’s that weren’t here before.”

“We are thrilled and humbled by the support and outstanding response we have received in Caledon. We are now planning an exciting expansion and renovation in the new year that will allow us to serve even more people, and offer an even greater array of services to improve health in all aspects; mind, body and spirit. We are committed to excellence and being the best at what we do.”

Today, Intelligent Health Group clinics have won the best rehab and wellness clinic award the last three years running, including this year in Caledon. Dr. Puri credits it to his amazing team and their patient-centered approach with comprehensive custom programs that deliver exceptional results.

In keeping with their mission to make a difference in the world, Intelligent Health Group funds one day of lifesaving healthcare for a villager in need for every treatment rendered at any of their locations.

For a FREE consultation, or for more information, visit: <https://www.intelligenthealthgroup.ca>





Vacations are about the little moments that last forever.

Whether with family or on your own, memories are made that stick with you for your life. But planning a vacation can be stressful and add even more onto your plate. That's why Dream Hunter Vacations wants to be the ones you can lean on when setting off to get away from the busyness of life and take a break.

by Rob Paul

Dream Hunter is a travel agency and can sell any kind of travel that any other travel agency can sell, but the difference is their goal is to send you to a magical place where they've had boots on the ground and can tell you exactly what it's like.

"The world is a really big place, and I don't like sending people to places that I've never been myself," said Sharon Hunter, Dream Hunter Vacations founder. "I want to have that firsthand knowledge and for that reason our niche is primarily Disney and Universal worldwide. We can do Disneyland Paris, the Disney Resort in Hawaii, and places like that because we know them and we're familiar with them.

"The world is a very massive place and having that firsthand knowledge is a lot better. To take it a step further, I've always been a huge fan of Walt Disney and I have been for as long as I can remember. One person can change the world if they have the right attitude, and sometimes we have to stop and enjoy what's right in front of us and not worry about what tomorrow brings. We have to believe in ourselves and our dreams and spend time with the people we work so hard for."

Going on a Disney vacation isn't just for kids; Hunter views it as an escape that lets people get back to the important parts of life and allows them to appreciate what they have.

"I have a lot of happy memories of Disney as an adult because I didn't get to go as a child," she said. "That place has taught me that when life is causing you to struggle, go to Disney World because it makes you forget about the difficulties, and it shows you to dream and to enjoy being a kid again. Remember what it was like as a kid when you'd go out and play in the mud? It was all about fun until an adult would yell at you. At Disney World you forget about being an adult and you have those beautiful moments. Vacations, wherever you go, are needed but there's something special about Disney. The story goes Walt was watching his kids play on a merry-go-round and noticed all the parents watching and realized it's ridiculous that there wasn't something for adults and kids to play together. That's what it's all about.

Disney holds a special place in Hunter's heart, and she has truly lived through knowing what it can do for families when they're through life's biggest trials and tribulations.

"Places that make you feel like a kid again are the places to go when tough stuff happens," she said. "My husband is a cancer survivor and when he was 35 years old my kids were eight and 11 and we were told to go home and put our affairs in order because he was given a five per cent chance of survival. He had his tumour removed and we had a six-day window between it and chemo, so we showed up at our kid's schools

in the middle of the day and we took off to Disney World.

"To this day we still think back about it and it was 16 years ago and my youngest is approaching his 25th birthday and his dad is still here. For those six days we got to forget about what was coming and we just had that time to enjoy each other. It's all about those moments and that's what made me create this agency. The rides and the food are part of it, but it's about stopping the noise and enjoying your family."

It can be easy to get caught up in going through the motions of life and not take a breath and appreciate the little things, but what Dream Hunter Vacations wants to show people is how important living life is.

"As parents we walk down the hallway and we trip over something and we fly off the handle and scream and yell or we yell at our kids for their homework not being done, that's life," she said. "For that one week of the year, we need to not do that. At Disney World we're able to forget about that stress and I created this to inspire people to not wait until tomorrow because you never know what tomorrow is going to bring—this last 18 months has been an exact example of that. We need to remember to stop and enjoy what we work so hard for."

Dream Hunter Vacations wants to help people realize the importance of living in the moment and getting away for a mental reset and Hunter is determined to support people on their journey to Disney.

"A couple of weeks ago I went to Disney completely by myself and it was one of the best trips ever," she said. "Don't let the fact that there's nobody to go with to take you away from enjoying it for yourself. It took me a long time to learn that, but you can still have a great time and meet people along the way on your own. Don't let what someone else doesn't want to do stop you from doing what you want to do. It's not just for children, it's that place to go to kind of refresh the child within us. I very much am adamant about teaching people to do that and get rid of the noise and get back to what's important and learn to be kids ourselves."

"We don't know what's going to happen 10 minutes from now, let alone a year from now. You just don't know and it's okay to plan for the future, but you have to live for today. Everyone has adult stuff going on but if you don't stop and take a breath every once in a while, that adult stuff is going to eat away at you and you'll burnout. There's something about going to a Disney vacation that brings us back to being a child when it was okay to dance in the rain and be silly and be immaturely mature."

Sharon Hunter and her team at Dream Hunter Vacations want to help you plan the vacations that will leave lasting memories, to learn more, visit <https://www.dreamhuntermvacations.ca/>.



REGIONAL COUNCILLOR ANNETTE GROVES

Community involvement and support is a key piece to being a councillor, especially in an area like Bolton. Bolton is the largest urban centre in Caledon full of business, culture, and residents who are passionate about connecting.

by Rob Paul

Bolton is the largest urban centre in Caledon full of business, culture, and residents who are passionate about connecting.

That's why Councillor Annette Groves has focused so much on making sure there are community events throughout the year and as the pandemic slows down, she's revved up her efforts.

"From the first day I got elected, I never really thought of myself as a politician," she said. "I've basically thought of myself as someone who is there for the community and to make sure the community has what it needs—whether entertainment, revitalization projects, community events. It's all about being there to make sure the residents can enjoy the community and don't have to worry about paying. I think with all of those things, they can really bring the community together and that's the intent here.

"Our business community has been great and so supportive. They've donated quite a bit and without their support, of course, we couldn't do this. I rely on our corporate folks to help with funding, and they've been amazing. We live in an amazing place to raise your family and I certainly want to give back to the community. People deserve a representative who is going to be a constituent first councillor and not just a politician in the ivory tower. That's why I love working with the community because we're a team."

This past summer with COVID restrictions allowing for larger community events, Groves played a major role in fundraising for local concerts with the idea of getting the community engaged and out of the house having fun again.

"We've had a few community concerts for the residents where we get people to come out and listen to great music and enjoy each other's company on a nice evening," she

said. "They've been free of charge because we wanted to make sure we raised all the money to do that so everyone would have the opportunity to come. One of the concerts we even held a market for local vendors to give them an opportunity to come out and get back out there because it's been very challenging for small businesses. We wanted to give them an opportunity to connect with the community again."

Something Groves has working hard towards is ensuring downtown Bolton reaches its potential, not only by helping businesses thrive, but by beautifying the area as well.

"I've been working on the downtown revitalization because I think it's important to get our downtown core alive again," she said. "We've had quite a few new businesses move in and I'm working with a Taskforce made up of citizens and businesspeople as well as economic development. We really just want to bring some life to the downtown of Bolton again. I've been working with the Kinsman Club of Bolton, and we have a gazebo downtown that's sort of a focal point. The Kinsman have stepped up and generously offered to work with me and the Town to give the gazebo a nice facelift."

As for future initiatives, Groves is most excited about the upcoming Santa Claus Parade she'll be putting together with the Bolton Kinsman Club, as well the commemoration of Bolton hitting a major milestone this past summer.

"I'm working on the bicentennial celebration for Bolton because it turned 200 years old on June 5 this year," she said. "I'm working with a committee I put together, the Bicentennial Committee, and we're just trying to do something special next year for Bolton's birthday to celebrate the 200th anniversary."



CALEDON CHAMBER OF COMMERCE

by Rob Paul

Chambers of Commerce are a staple in every business community, being there to guide and support local business to help them blossom and see their fullest potential. Now more than ever as business work to rebound from the impacts of the COVID-19 pandemic, Chambers are needed.

The Caledon Chamber of Commerce is an avenue for local businesspeople in Caledon to connect and work to succeed on their way to becoming key cogs in the Town. Chamber President Anthony Caputo has made it the Caledon Chamber of Commerce mission to help business boom.

"The Chamber of Commerce is completely about advocating for business," said Caputo. "Here in Caledon, we want to push business forward, big or small, and help them in any way possible that we can. Going forward we have a lot of events being planned in

order to help businesses—including young entrepreneurs."

Part of the plan in helping business grow in Caledon is bringing innovative ideas to the table and showing youth in the community they too can own their own business.

"We have an event coming up next year that's similar to the Dragon's Den, but we're doing it strictly for schools in Caledon," Caputo said. "We're going to have a prize for the winners and we're going to help them start that business."

When a business comes to Caledon, the Chamber works with them through various events to support them and introduce them to the community to ensure they have the most opportunity to thrive.

"Once a business is here, our job is to market those businesses and help drive business into those stores or locations," he

said. "Anything that has to do with business in Caledon, we're going to have our hands involved. We want to help everyone in any way possible and that starts with networking events—even the little ones we've been doing so far have been boosting bottom-lines dramatically."

With Caledon's population expected to grow more than double in the next 30 years, Caputo is excited for what that will do for the local economy.

"The way I look at it is through a realtor's perspective, having more people coming into Caledon is going to boost business for everyone, especially small business," he said. "We've always said that we don't have enough people living here in Caledon, especially Bolton. Bolton is the heart of Caledon and I've always felt we don't have enough people living here to support businesses, especially

the small businesses. So, having that many people come into Caledon will be a shot of adrenaline to our local economy."

The pandemic has put many businesses in unprecedented situations as Canada approaches the two-year mark of dealing with COVID-19, but Caputo and the Chamber are trying their best to be the shoulder for local business to lean on in the tough times.

"We're trying to support everyone as best we can through all of this," he said. "There's such a wide range of ways we're trying to help businesses right now. Starting a business, especially right now, we want to be there to support business owners and attract them to Caledon. We have a lot of entrepreneurs on the board who have a ton of ideas of how to get businesses off the ground from scratch as well as helping current businesses succeed."



BILLYARD INSURANCE GROUP

A trusted local broker for
all your insurance needs.

by Brian Lockhart



There are times when life can throw you a curve or gives you a surprise you were not expecting.

That's why being fully insured against unexpected events will give you the peace of mind knowing that you will be taken care of when disaster strikes, you're a victim of crime, or accidents happen.

At the Billyard Insurance Group in Bolton, Managing Partner Gavin Rajania has the expertise and experience to guide you through the important decisions that will provide you with the protection you need on your life's journey.

The Billyard Insurance Group is a trusted insurance brokerage with over 40 locations across Ontario.

Gavin and his team service the needs of residents in Bolton, and the surrounding region from their convenient Highway 50 location.

From his start in the insurance industry in 2012, Gavin spent time learning the ropes with one company before becoming an independent broker in 2015.

He joined with Billyard Insurance Group in 2018, and opened the Bolton office knowing that the region had the need for a qualified insurance brokerage that could service individuals and businesses with a wide variety of products and services.

As a broker, Gavin and his team work with different insurance companies to provide clients with the best policies, rates, and coverage depending on what they need, their circumstance, and their lifestyle.

"We represent around 20 insurance companies," Gavin explained. "We work with our clients to get them the best possible rates among those companies we represent. We try to do the best for our clients when it comes to saving money. If one company gets expensive in a year, we will try to help our client and re-quote them. I became a broker because I wanted more options for my clients rather than representing just one company."

People buy insurance for a variety of different reasons. For some people it is a basic necessity that almost everyone needs, like auto or home insurance.

For others, insurance will provide coverage for property that is not all that ordinary.

"I can insure everything from your pets to your cars and house," Gavin explained. "We do life insurance, critical illness insurance, and investments. We do high-risk car insurance as well for those that require it."

An insurance policy can protect property that is of high value against fire, theft, or natural disasters.

This includes personal items like jewellery or expensive artwork.

When it comes to working with and serving his clients, Gavin has a genuine interest in keeping his customers happy, well informed, and achieving their goals through sound planning.

"I like saving people money," he explained. "We're quick, we're efficient and we save our client's money. If I can see where I can save a client money, I will call them every single time. I want to make sure I do it for them. I like to give people my best advice. I leave my phone open so they can call me for advice on insurance. Our goal is to cater to the

Bolton community, and more. We can insure anywhere across Ontario. We want to be a part of this community. Having local clients would be our best market."

It is that attention to detail, the personalized service, and the quality of that service that brings clients back to Billyard Insurance in Bolton when they need a new policy or advice on how to proceed with an insurance claim.

As the company expands, Gavin said he is also looking for new agents to join his growing team and serve the region.

The Billyard Insurance Group in Bolton provides superior service to satisfied clients with a wide range of products to meet everyone's insurance needs.

The office is conveniently located 8-12612 Highway 50, (at the McDonalds plaza) in Bolton.

You can reach the office via telephone at 289-997-5117, or via e-mail at bolton@thebig.ca.

You can reach Gavin directly by e-mail at gavin@thebig.ca.



BRIGHT SKYLIGHTS INC.
Established In 1985



Bright Skylights, Committed to quality since 1985

by Sam Odrowski

If you have a skylight that's leaking or in need of repair, look no further than Bright Skylights, who's been fixing and installing new skylights in the GTA for the past 35 years.

Bright Skylights never uses sub-contractors, with all of their work being carried out by their own team from start to finish.

Owner, Joe Sousa has operated locally in Orangeville for close to 10 years and during that time, he has built a strong reputation, due to the quality of his work.

"I take a lot of pride in the work I do and in this renovation business, or window or door business, these days, you have to be as precise as possible," he explained.

If your skylight is 15 years old or older, it's a good idea to call Bright Skylights and have it assessed, as it's getting close to its end of life.

The units that the company uses today

are much higher in quality and can last significantly longer than the ones constructed in the mid 2000s.

"Today's units are superior in quality and they'll stay on your roof for the next 20-25 years trouble free, but with the older ones, the glazing tapes were poorer quality, the welding was poorer quality, and so was the acrylic that the domes are made from," said Mr. Sousa.

He noted that Bright Skylights only uses the very best products in the industry and his skylights (frame included) are guaranteed to last at least 20 years, while other skylight company's often can only guarantee five to 10-year warranties.

Bright Skylight's manufacturer is also based in Canada, so those who choose the business for the installation of a new skylight are supporting their own country's economy.

The turnaround time for ordering a



new skylight is relatively fast. To get it shipped in from the factory takes two to three weeks. In terms of the installation, depending on the structure, it can take anywhere from two days to two weeks.

Apart from the aesthetic benefits of having a skylight installed, some of the other positive aspects are increasing ventilation in your home to assist with heating or cooling, letting natural light in, and "adding space" to a room, making it look bigger than it actually is.

When Mr. Sousa isn't busy with repairs and new installations, you can catch him up in the sky, flying over Orangeville and all-around Southern Ontario.

He's been flying for around 25 years now, taking off from an air field in Tottenham, right on Highway 9.

Mr. Sousa built his airplane by hand,

all by himself, which took a full year to complete, but was well worth the effort.

"When you build it yourself, you know how it's built, you know how strong it is... you know how tight you did all the bolts, and you know how tight the rivets are and everything else like that," he explained.

Mr. Sousa told the Citizen he plans to continue flying as a hobby for as long as he's able.

In the meantime, he'll continue providing the community with high quality skylight installations and repairs.

Bright Skylights operates 9 a.m. to 6 p.m. Monday to Saturday and is closed on Sundays.

Call Bright Skylights today at (416) 705-8635 or visit www.brightskylights.ca to learn more about their services and get a quote today.





CALEDON COMMUNITY SERVICES

50 YEARS OF SUPPORTING & BUILDING COMMUNITY

by Brock Weir

Finding a job, a nourishing meal, and even advice to help make ends meet are issues people struggle with every day, but a helping hand is never out of reach in Caledon.

Struggling alone because you simply don't know where to look for help is another every day issue, one which is "heartbreaking" for Donna Cragg, Director of Communications and Marketing for Caledon Community Services.

Getting information on local resources and programs to those who need it has been the mission for Caledon Community Services since its inception in 1971 – and as the community has grown exponentially over the last 50 years, as has Caledon Community Services (CCS) along with it.

CCS was founded by volunteers as the Bolton Contact Centre to provide information and a crisis line for residents in need.

By the end of the 1980s programs started within CCS evolved to launch Caledon Meals on Wheels and Caledon Parent-Child Centre to the community. CCS nurtured and supported Hospice Caledon from the onset which has now become Bethell Hospice. Additional initiatives introduced include bringing transportation and programs for seniors to the community to offset isolation, as well as social enterprise stores, Specialist Clinic, employment and newcomer's supports, and more as it continued to support residents.

In 2013, CCS opened the doors to the Exchange, a community resource that grew to 27 community partners addressing everything from food insecurity, mental health and more. The community's heartfelt support of the Home for the Holidays Gala now in its 24th year and Santa Fund, started in 1982 are well recognized annual events that have helped thousands in Caledon.

More recent events CCS has introduced in the community include Velocity Ride for Seniors and Coldest Night of the Year fundraising walk, and all of these events supported by dedicated volunteers. CCS' ChangeMaker program is another opportunity to get involved.

Now telling its story under the three guiding pillars of Health, Jobs and Life, they are looking back on their first half century while focused squarely on their next 50 years of service with no signs of slowing down.

"50 years of community work in the life of this extraordinary community means that CCS has pretty much sewn itself into the cultural fibres of Caledon," says Monty Laskin, CEO of CCS for the past 15 years. "We're privileged and proud to offer care and support for so many people, families, and interest groups. We're also so blessed to get back the same support from the community that we dole out. It continues to be a great marriage, CCS and the Caledon community. I expect the next 50 years will see the further strengthening of an organization and community that always seem to be in synch with one another".

Adds Cragg: "CCS today is the most diverse social service agency in the community, serving everyone from infancy to seniors with a full age range of services and we're the only agency doing that," says Cragg. "It's multi-service rather than single service and what impressed me when I came aboard in 2016. We address social determinants of health, like poverty, food security and wellbeing through all stages of life. And Caledon is not a community where agencies are competing – in Caledon agencies cooperate to ensure residents get all the services they need."

"It is not an easy community to serve," Cragg continues, noting both Caledon's area and its number of individual communities, villages and hamlets, yet "we have found a way. We have a huge geographic footprint, a smaller population density, but people everywhere need to be served."

CCS' food security program has always seen a huge demand, a demand which has only grown in light of COVID-19. The global pandemic prompted CCS to retool the delivery of most of their programs with a special emphasis on the health programs in keeping seniors connected to combat isolation.

"The seniors programs that were held at the Exchange could no longer operate," says Cragg. "We had to transition to weekly visits

to each of the clients at their homes, handing them care packages and keeping them involved that way." The need has grown and the programs have changed.

"As we celebrate our 50 years of service, we're looking towards the next and we recognize that Caledon is continuing to grow and it will take more effort from all of us to ensure we continue to be as deeply caring a community as we are today. Youth services are one of the areas where we have had the largest life-changing impact on youth between the ages of 15 and 30 who have barriers to employment – youth caught in the catch-22 of to get a job I need experience and to get experience I need a job – and our Youth Jobs Team works very hard to get them positioned where they can get meaningful work experience that will launch them in the career that they are (a) suited for and (b) passionate about."

Newcomer services have also become more significant portion of CCS' portfolio.

In a fiscal year running from the first of April to the end of March, CCS' Newcomer programs have already exceeded their targets for 2021-2022, some of which is attributed to their new settlement office in the Southfields Community Centre, which has expanded services from Bolton to make it more easily accessible to the Mayfield West community.

"Seniors' needs are going to continue to grow in Caledon," says Cragg. "We see the focus the municipality has on the affordable housing situation and while this is not one of the things we're directly involved in, we realize we'll be supporting a growing number of people in various forms of housing. As we get more seniors, we're going to need more affordable seniors housing, and there is going to be a need for seniors living in that housing to be supported. For seniors and youth, we're looking at changing the landscape around the Exchange to have it more carefully integrated into the community and offer more opportunities for people to use that space."

CCS is passionate about increasing their presence and building awareness of

the many services they offer across the Caledon community.

A priority in their new strategic plan is to "amplify" their brand so people always know what services are available to them, can access them easily and, perhaps most importantly, that residents know they are supported because CCS is serving Caledon

"The community is supportive of an agency at home in Caledon that really makes a difference for their friends and neighbours in need," says Cragg. "Built into our history is the appreciation for community in the knowledge that we don't do it alone. In our 50th year we reflect back on the how immensely supportive having service clubs, legacy giving, family and individual donors, core funders, consistent corporate buy-in to our mission and vision, vendors, suppliers, partners, faith communities, foundations, event and campaign sponsors, sports teams, schools and community groups in our corner has helped achieve a healthy, compassionate community for everyone here in Caledon.

"When seniors, individuals, families, job seekers, newcomers need help they can reach out to CCS. We're working very hard so nobody in need in Caledon has to wonder where to reach out for the services. This year we are looking at 50 years of appreciation. Nothing we do is possible without the community's support of CCS' services and without them utilizing CCS' services. To me, it is a very courageous person who steps up and says, 'I have a need.' To ask for help is not the easiest thing in the world and we just want to bring the community together. We're creating and building community from within."

It's heartwarming that so many people in Caledon have a connection with CCS – when people hear CCS they often have a story to share, such as they themselves were on the Red Hot Gala committee, or their mother volunteered at the store, or their family was supported by 'Kidz in Caledon.' The history and roots of CCS run deep and they would love for the public to share their stories with them at communications@ccs4u.org.

For more information on Caledon Community Services, visit ccs4u.org.



Are you in need of local affordable plumbing and HVAC services?

Look no further than The Plumbing Expert, who's been providing quality service for the last decade.

by Sam Odrowski

The company is a one-stop-shop for everything from drain cleaning, new construction plumbing and water filtration to top of the line heating and cooling services.

The Plumbing Expert has been recognized for its incredible customer satisfaction, receiving the 2020 Diamond Readers' Choice Award and was recognized as HomeStars Company of the Year in 2020.

"We're one of the three best rated plumbers in Dufferin or Orangeville, so we have super high standards," said owner, Elie Yaacoub.

The Plumbing Expert is one of the largest plumbing businesses in the area, and moved into a new shop, located at 48 Centennial Rd, in August of last year.

The Plumbing Expert sponsors local sports teams, such as ice hockey, ball hockey, and baseball. Mr. Yaacoub, who lives in Mono, even coaches in his spare time and likes to keep the business very community minded.

"We're community oriented, we're local, and very present in Orangeville," he noted.

Mr. Yaacoub told the Citizen, it's a family environment at the Plumbing Expert and all of the employees are local to the region.

Since first expanding the business to Orangeville, he says they've tripled in size, which can be attributed to their customer satisfaction and quality of service.

THE Plumbing Expert

MECHANICAL SERVICES INC.

COVID-19 has provided some challenges for the Plumbing Expert, similar to any other business, but they've been able to adapt and provide a safe service during the pandemic.

"We suited up – boots, masks, gloves, sanitizer, the whole nine yards. Whatever is asked of us we do," said Mr. Yaacoub.

A temperature gun is inside the Plumbing Expert's shop to test employees and they always ask customers if they have any symptoms to ensure none of their team gets sick.

"We take the precautions and it's been a little bit more work doing that, and costs us a little bit more, but we're more than willing to do it because we have to stay safe," Mr. Yaacoub explained.

In light of the COVID-19 pandemic, the Plumbing Expert has also started offering financing on its products to help individuals who may be struggling financially at this time.

Another important aspect of the

company is its "pay it forward" approach, where they're providing younger generations with training opportunities in plumbing and HVAC.

The Plumbing Expert is one of the few companies that takes on co-op students from Westside Secondary School and ODSS

Mr. Yaacoub says he was able to get into the business because of co-op opportunities as a high school student, so it's important to keep those programs going locally.

"We're turning our co-op students into

apprentices, which is building the future of our small town," said Mr. Yaacoub. "A lot of other companies, they don't hire you unless you have a licensed plumber, but they're not giving an opportunity to the young people, per se."

It's important to note, the Plumbing Expert does specialize in HVAC services and operates 24/7 in the event of a heating or air conditioning emergency.

Call 1-800-659-1879 to reach the company or visit www.theplumbingexpert.ca/ to learn more about everything they offer.



Laser hair removal salon provides unique machine, one-of-a-kind in Orangeville

by Jessica Laurenza

Pascale Aoun is the owner of Flawless Studio, a newly opened beauty salon on Broadway focusing on laser hair removal. She tried opening in March of 2020, just before COVID-19 forced non-essential businesses to close. Finally, she was able to open in summer of 2020 and had her first client in July. Pascale knew that if she could get through a pandemic, her business was destined to flourish.

She opened her salon in Orangeville because it's been home for five years - her kids go to school and play hockey here, her husband owns a business here and she loves the giving nature of the community.

Pascale decided to get into aesthetics to help women feel better about themselves. The social aspect combined with the desire to help uplift women was what drew her to this industry. "I just really enjoy being around people and aesthetics was a great opportunity to have conversations with women every day," explains Pascale.

About 80% of Pascale's clients seek treatments for medical conditions such as recurring in-grown hairs that bleed or PCOS which is a hormonal imbalance causing them to grow hair in places they normally wouldn't. In rare cases, ovarian cancer can lead to overproduction of testosterone which could result in

excessive hair growth.

Often women who have had children or go through menopause experience hair growth due to hormonal changes and seek out touch-up treatments from their past laser hair removal.

The other 20% of people get rid of unwanted hair for aesthetic reasons lots of her clients are men who have unwanted hair on their chest or back.

Pascale notes that majority of women would rather not deal with unwanted body hair on a daily basis but if a woman chooses to embrace their body hair, that's completely fine.

Her studio is the only facility in Orangeville that offers Soprano ICE – a laser hair removal machine which uses a diode laser that combines three different laser wavelengths into a single hand-piece, simultaneously targeting different tissue depths within the hair follicle. By combing the absorption and penetration levels of three different wavelengths, Soprano ICE achieves the safest and most comprehensive hair removal treatment available in the world today.

Although the hair has to be dark, Soprano ICE is the only machine in the world that will treat darker skin. The wand is kept at -3 degrees Celcius so you don't feel the heat from the machine.

The process is more comfortable than



IPL treatments as the applicator is cooled rather than heated. The combination of the narrower targeting of hair roots and the integration of cooling applicators, laser hair removal is virtually pain-free and comfortable.

Although laser hair removal effectively delays hair growth after about six treatments, maintenance treatments may be needed.

Repeated treatments are necessary as hair growth and loss occur naturally so the laser treatments work best with hair follicles in the new growth stage.

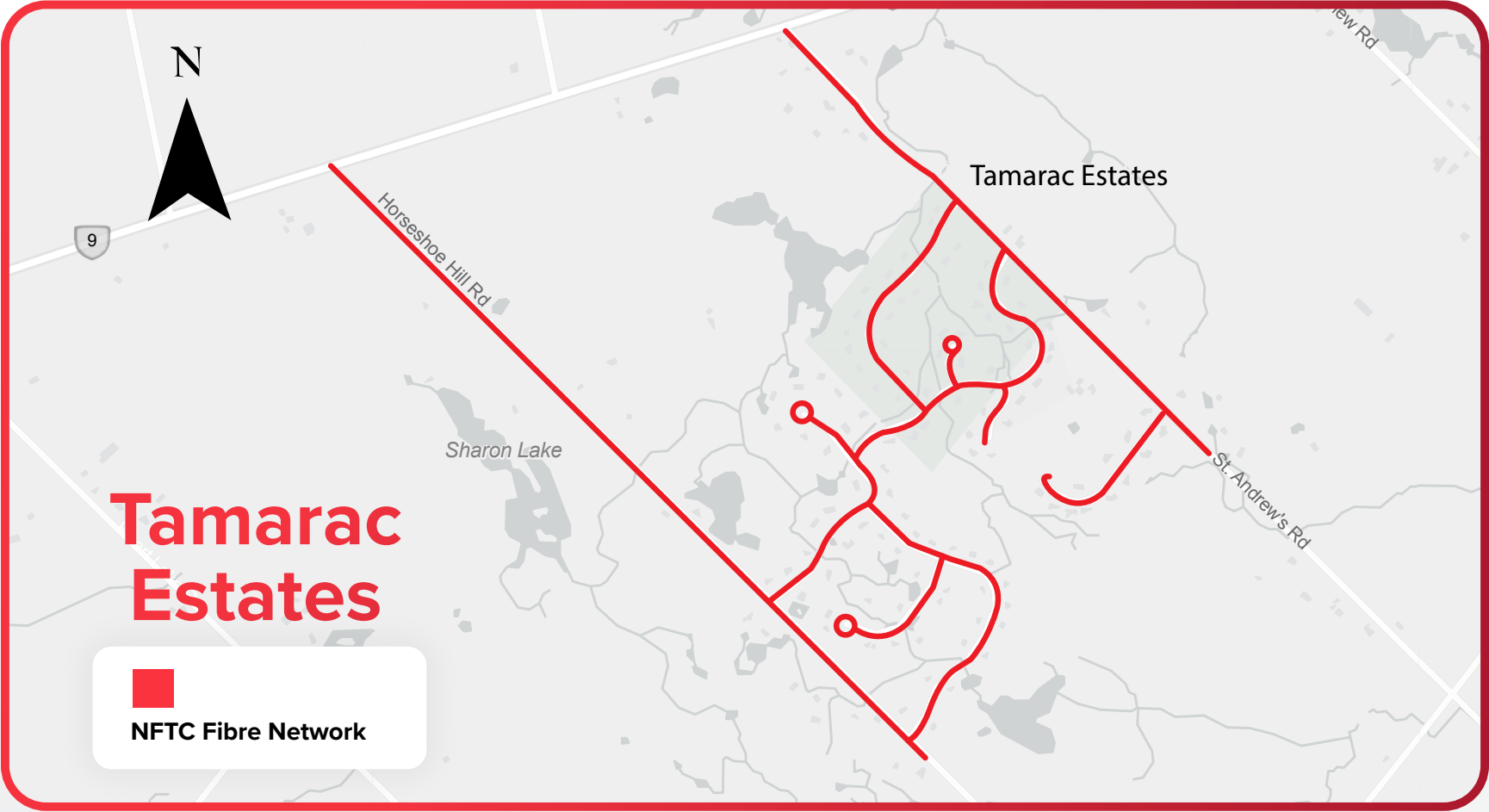
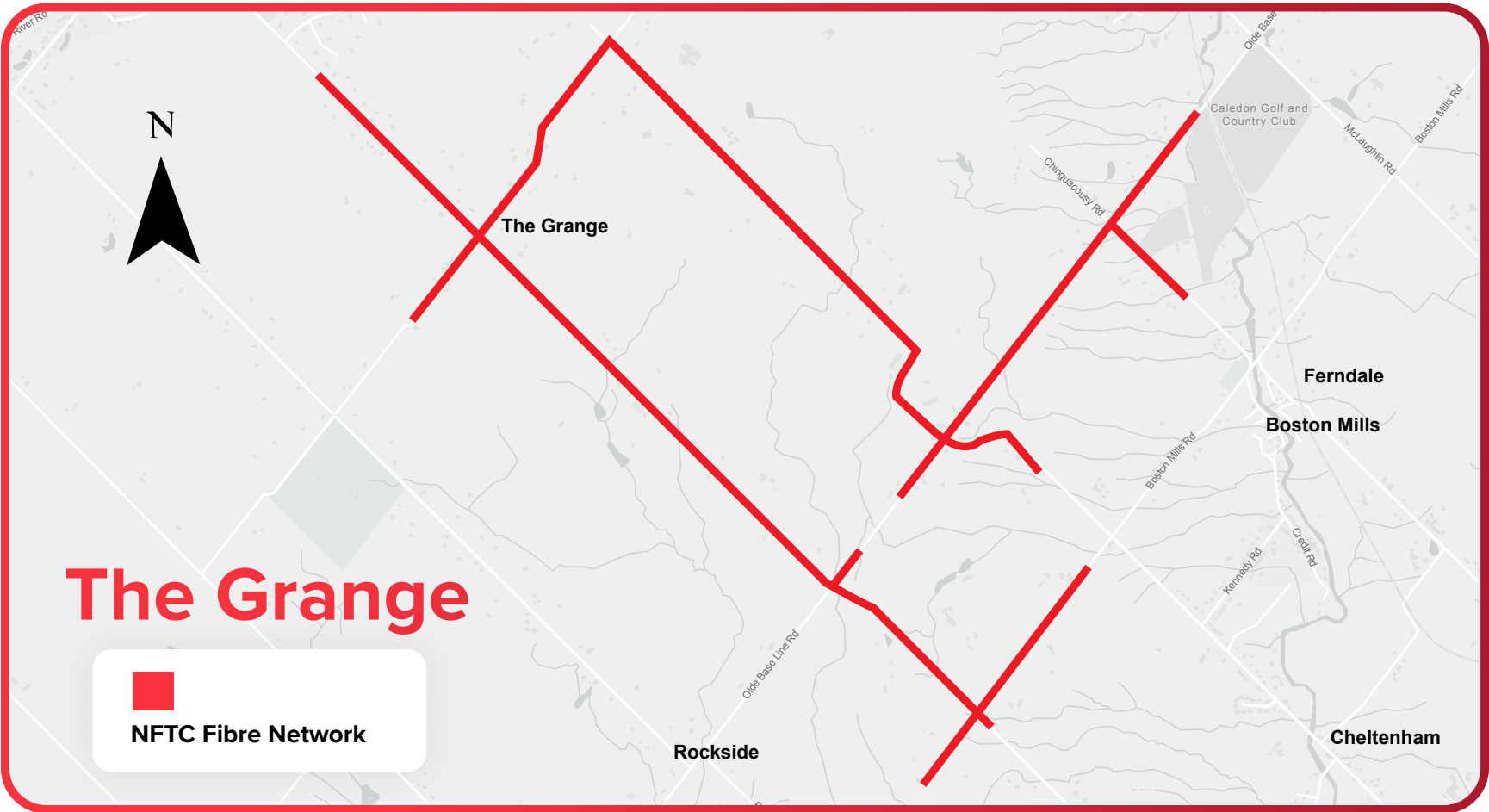
Currently, Pascale is booking clients by appointment only. You can call 647-993-1437 to book an appointment or you can visit her website at flawlessstudio.ca for price lists and a comprehensive overview of all services offered.





NFTC’s pure fibre network is coming to Caledon.

NFTC Fibre Network Footprints



If you live within our fibre network footprint, we can provide you with internet speeds up to 1 Gigabit, Digital TV, Telephone, and Security & Monitoring!

Call today to sign up now:

☎ 519-851-7581



TO ORDER OR LEARN MORE:
519-851-7581 • SCOTTN@NFTCTELECOM.COM
WWW.NFTCTELECOM.COM