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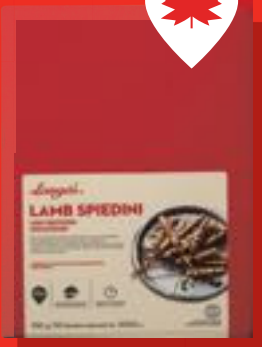


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Students gather after dancing in the Coming Out Special. Student Trustee Austin Chrisjohn is seen in the back wearing white. PHOTO BY RILEY MURPHY

Honouring the Past, Empowering the Future at PDSB’s second annual Powwow

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

Peel District School Board (PDSB) hosted their second annual powwow last weekend. The event featured Elders, dancers, drum groups and 50+ vendors at the Maawnjiding Wiigushkeng Centre for Indigenous Excellence and Land-Based Learning. More than 1,000 students from four different boards attended.

Nicole Reynolds, Acting Coordinating Principal of Indigenous Education PDSB, said the event is a time for Indigenous and non-Indigenous people to gather and celebrate Indigenous excellence and joy through dance and songs. “A lot of what residential schools sought out to do was to erase our songs and our dances and powwows are a great act of reclamation and a chance to celebrate all that we are,” said Reynolds. Reynolds shared that she was most looking

forward to the “Coming Out Special” soon to follow, when new dancers enter the ring. “Some of our students made their own regalia and they’re going to be able to dance for the first time in the regalia that they made and I’m just really looking forward to see all their hard work come to life and the joy on their faces and just see them celebrate who they are as First Nations, Métis and Inuit kids,” she shared.

Continued on Page A3



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Painting the Town with Pride: IDEA Caledon hosts Pride Picnic



BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

IDEA Caledon held its second annual Pride Family Picnic in the Park this past weekend, and the chilly weather didn't stop the community from celebrating as if it was a bright sunny day. The event featured games, food, and entertainment for all families attending. Caledon Fire, OPP, and paramedics were also there to take part in the activities. The picnic featured an artist-led community art project called Paint-a-Picnic Table. Kate Jones and Sarah Tyl led the project through their company, Golden Butter Murals. People were invited to help paint the picnic tables in a paint-by-number-style activity.

Mackenzie and Neo are pictured taking part in an on-site art project. PHOTO BY RILEY MURPHY

Continued on Page A6



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Caledon pushes back against Province’s fast-track agenda with Bills 5 and 17

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

On May 13, The Town of Caledon Planning Committee passed a motion to ask the Ontario Government to stop Bill 5 based on the Town’s analysis that it would significantly take away Caledon’s and other Ontario municipalities’ ability to meet the needs of its citizens.

Bill 5, Protect Ontario by Unleashing our Economy Act, 2025, is a comprehensive piece of legislation aimed at accelerating economic development by overhauling several environmental and regulatory frameworks.

While the government assures that the Bill will streamline processes and promote growth, many argue it significantly weakens environmental

protections and undermines Indigenous rights.

The authority the Bill will hand to the provincial government worries a wide range of organizations and advocates rallying against an attack on civil liberties, Indigenous rights, environmental protections and local governance.

Bill 5 proposes repealing the Endangered Species Act and replacing it with the Species Conservation Act 2025. The new Act shifts the focus from mandatory species recovery to discretionary conservation efforts.

Notably, it grants the Provincial Cabinet the authority to decide which species receive protection, reducing the role of scientific committees like the Committee on the Status of Species at Risk in Ontario (COSSARO).

Another piece of this proposal regards the habitat for endangered species.

“The Species at Risk Act defined the amount of habitat that a particular creature needed to have protected, especially if they were at risk for whatever was happening,” explained Debra Wilson, Forks of the Credit Conservation Group. “In the past, the area was larger than what the Conservation Act is suggesting.”

Wilson said in comparison with frogs and humans, under the new Act, the animals’ habitat is just their home.

“We still have to go out, we’ve got to go get groceries, we’ve got to go to work to earn the money for the groceries, we’ve got to get our kids to school, and it’s the same in the case of the frog. They’ve got to stay in the wetland, that’s their home for this period of time during mating, but then they have to move to the woodlands, they’re going to get food there, they’re going to be protected there, they’re going to raise their children there,” Wilson said.

is that it stipulates that these proponents or these possibly developers or miners would not have to follow any municipal laws or any provincial laws,” explained de Groot.

MacRae says he fears that it will create a vacuum without local and Indigenous input into planning.

“I know that our Town Council, the previous Town Council and the current one have put a lot of hours and time into developing stronger relationships with the Mississaugas of the Credit.

They’ve done a lot of work in having good collaborations with them, developing and strengthening the relationship. We have an obligation to support what those communities are saying,” said MacRae.

“There was no prior or informed consent sought from indigenous communities,” added de Groot.

Dunk Disposal hosts Heartbeat Donation Drive on June 10

BY CONSTANCE SCRAFIELD

Dunk Disposal is once again making the rounds to pick up unwanted bicycles for free as a community service.

They take the bikes to Heartbeat Bikes in Brampton, with whom they have partnered for this drive from the start. Heartbeat is a non-profit that repairs and rebuilds, as needed, old and damaged bikes for youngsters and whoever needs one.

With the help of volunteers and mentors, they encourage young people to assist in rebuilding the bikes to teach them skills and confidence, while instilling the need to volunteer within their communities. This is also a green initiative by keeping old bikes out of the landfills. The refurbished bikes are sold for very low prices.

The process for bike donors is easy: gather your unwanted bikes and bike parts, whatever you have, and leave them at the end of your driveway. The Dunk team will pick them up. There is no charge, but you do have to book a time for them to come. The area Dunk covers for this service is broad: Shelburne, Orangeville, Erin, Caledon, Tottenham, Brampton, and the local surrounding areas.

Dunk Disposal wants to underscore the importance to reduce, recycle, reuse and donate. The approach goes into what Dunk Disposal does as a business of collecting everything non-organic that people want to dispose.

To book a pickup for the Bike Drive, contact dunkdisposalteam@gmail.com or text Cameron Dunkerley at 905-766-9008.

“The old Act said we need to put protection for the wetland, the field he’s got to jump through, and the woodlands. The new Act says we just need to protect where that frog is staying.”

Betty de Groot from ecoCaledon expressed concerns similar to those of Wilson.

“A developer, for example, could plow down and mow down everything, dig up everything other than the actual nest,” said de Groot.

de Groot says she fears it will result in things that will be built much quicker without accounting for things that could have been considered prior and not take much more time.

John MacRae from ecoCaledon spoke on one of the significant threats to the community that Bill 5 poses.

“It takes away a lot of the provisions that were already there to protect the environment, to include Indigenous people in decision making, and even it takes away some power from...local Councils to make local decisions or have input.”

MacRae touched on the fact that the Town of Caledon, along with other municipalities in Ontario, spent the last 10 years getting their Official Plan together. With this Bill, he contended, this plan could be thrown away.

“The Province has jumped in a number of times with the MZOs and has actually approved properties that are outside of the original Plan. So, we know what could happen if local towns and cities are not allowed to do their own planning,” shared MacRae.

MZOs, or Minister’s Zoning Orders, are tools the Province may use to change the zoning (i.e., permitted uses and associated regulations such as setbacks) to allow land development.

A fear about the new Bill is regarding SEZs or Special Economic Zones.

The Bill introduces the Special Economic Zones Act 2025, allowing the government to designate specific areas where certain provincial laws and municipal by-laws can be overridden to expedite development projects.

“The idea of a SEZ is not clear yet; does that mean that they could come in and just say, that’s it, we’re going to make this spot a quarry?” questioned Wilson.

“SEZ is very, very vague in how they’ve described it, but it would be an area where certain proponents would get sort of carte blanche on going ahead with their projects. The danger of it

In an amendment that has come forward to the Bill, they wrote that this avenue will be explored.

With Bill 5 on the table, Bill 17 looms in the distance for environmental groups.

Bill 17, Protect Ontario by Building Faster and Smarter Act, 2025, aims to expedite housing, infrastructure, and transit development across the Province by amending several key statutes.

MacRae and de Groot shared one of the devastating aspects of Bill 17 is a package they had put together through Green Development Standards last spring; ecoCaledon and many other individuals and groups participated in helping the Town pass the legislation.

de Groot shared that she fears with Bill 17, just the Building Code will be enough.

“Caledon, and most communities in Ontario now have these green development standards, but they’ll all be thrown out the window with this Bill 17,” said MacRae.

The cutoff for a comment regarding Bill 5 has passed its deadline, but those wishing to comment on Bill 17 have until June 12.

Councillor Doug Maskell said he brought forward the motion to oppose Bill 5 as he’s seen the harm similar initiatives have caused in the past, and he is not looking to repeat history.

He shared that, as a community, we must be the voice for those who cannot speak for themselves.

“I am proud of this Council’s legislative record over the past two-and-half years. We have shown our willingness to work collaboratively with the Province on issues that impact Caledon such as GO Transit, illegal land use, road safety and electrification. However, we have also demonstrated our resolve in opposing Provincial legislation that we believed was not in the best interests of the people of Caledon. In November 2024, Council voted unanimously to oppose the construction of Highway 413 as outlined in Bill 212 and in May 2025, Council voted unanimously to oppose Bill 5,” explained Councillor Maskell. “These actions were in no manner performative. They were meaningful, as these motions were representative of the widespread concerns of Caledon residents, and it is our obligation to give voice to those concerns in the most public and powerful means at our disposal.”

Those wishing to submit a comment regarding Bill 17 can do so at ero.ontario.ca/notice/025-0504.

PUBLIC NOTICE

PUBLIC INFO SESSION

Logistics Land Use Strategy

As part of Caledon’s ongoing Official Plan review, we are developing a Logistics Land Use Strategy that will look at existing trucking and logistics policies and best practices to recommend potential solutions. The project team is hosting a drop-in info session to provide an opportunity to learn more about the strategy and ask questions.

Date: Wednesday, June 18, 2025

Time: 6:30 to 8:30 p.m.

Location: 6215 Old Church Road, Caledon East Community Complex, Community Room (2nd floor)

For more information, contact Taral Shukla, Senior Planner - Policy, Town of Caledon, at taral.shukla@caledon.ca.



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Honouring the Past, Empowering the Future at PDSB’s second annual Powwow

Continued from FRONT

During the event, through the sharing of traditional dances, songs, and ceremonies, the celebration of Indigenous culture showcased the youth’s pivotal role in preserving ancestral knowledge and shaping the community’s future as they shared their talents, leadership, and cultural wisdom.

The host drums at the event were Ashunyung and Chippewa Travellers, and the drums could be heard all across the Centre as the event was underway.

Walking through the Maawnjiding Wii-gushkeng Centre for Indigenous Excellence and Land-Based Learning, attendees could either take in the traditional dancing and song or stop at one of the various vendors, including beaders, food trucks, natural products, artists, apparel, and educational pavilions.

Amber Clarke was a vendor at the event with her business Ber Bers Creations. She shared that much of what she sold that day was for the Indigenous community.

“I have MMIW stuff, I have Every Child Matters, and just stuff that represents our community and gets our message out there,” shared Clarke. “It’s nice just to be here in the powwow itself, and just have the ancestors here with us, and the vibes and everything, it’s amazing.”

Stan Cameron, Trustee for Caledon Peel District School Board, was in attendance and shared some of the history of the Centre itself.

“The Indigenous Education team had a vision for this Centre and presented this to the Board of Trustees. Because the Centre is in Caledon, I was invited by the team to learn more about the vision and to support the project moving forward. I was happy to support this vision and have been supportive of the Centre’s staff, the program, our students, and school staff in any way I can help,” said Cameron.

“The former Credit View PS community in Caledon is very pleased that their former place of teaching and learning continues to be a place that fosters important, caring change,” said Cameron.

He shared that in 2023, he put a motion on the floor at a Regular Meeting of the Peel District School Board of Trustees asking the Board to increase the number of student Trustees from two to three.

This additional position would be dedicated to an Indigenous student who self-identifies as First Nations, Métis or Inuit.

The motion was seconded by Mississauga Trustee Jeff Clark and unanimously supported by all 12 Board Trustees.

Cameron then went to the Centre’s Coordinating Vice Principal, Nicole Reynolds, to ask if this would be acceptable with the Indigenous community and leaders.

Reynolds explored this question with the community and their Elders. The response was unequivocally “yes.”

Austin Chrisjohn was brought in last year for this position, and is the acting Indigenous student trustee. For Chrisjohn, this also meant carrying the Eagle Staff for the Centre and leading out many of the dancers into the ring that day.

“Today was an emotional role for sure. This is the second time I’ve had the opportunity to carry the Eagle Staff for the Centre, to open up our wonderful powwow. Today was the last time I would be carrying the Eagle Staff as I’m graduating,” shared Chrisjohn. “It’s gone by so fast, and this place means a lot to me, and being able to represent the Centre by carrying the Eagle Staff is just an amazing opportunity.”

Chrisjohn said the day was hard for him, knowing he won’t carry the Eagle Staff next year.

He reflected on how his student trustee experience has impacted his life.

“I’ve been able to create multiple connections with so many people just because I became the student trustee, and it’s pushed my education forward for sure, because I never thought I’d be going to university, and I am going to Algoma University for Anishinaabe Studies.”

In the future, Chrisjohn reflected that there is a lot he will carry forward with him, including the relationships he’s made.

“I don’t really call them my friends; I call

them my family, they’re my second family because of how close of a bond that we’ve created.”

Other students shared how much the event impacted them as well.

Simar, Ryka, Agambir, and Gurshan are third and fourth-grade students from Southfields Village Public School, and they shared their favourite part of the day. Their answers included seeing the different types of animal skins, seeing the dancing, and the grand entry itself that the dancers did.

They’re all bringing home something different in terms of what they learned.

“One thing that I learned today is anybody can be who they want to be. Nobody has to tell them who they have to be,” said Simar.

“This is the first time I’ve done an indigenous dance and now I know how to and I will keep it with me,” shared Gurshan.

Jeff Clark, Peel Public School Board trustee for Mississauga Wards 9 and 10, shared how the event impacted him not only as a trustee but on a personal level. Clark said he is part Indigenous, and because he was adopted, he is still on a reconciliation journey for himself.

Growing up in a small town in Nova Scotia, he shared that growing up, he felt he didn’t learn much about Indigenous culture.

“CBC used to have 10 to 15-minute shows in the morning during the weekdays, and it was called Mi’kmaq. That was really the only knowledge about any Indigenous culture or nation that I had for a long time, until after high school,” shared Clark.

Clark said he enjoyed seeing all the students that day express their identities.

“Peel Public School Board were able to get this refurbished and up and running and now we’ve got people learning Anishinaabemowin and the kids make a canoe for a credit, and that’s real useful information,” shared Clark.

“I’m just so happy about it, and it wouldn’t have happened without my colleagues and without the community, and the different Indigenous communities not letting go and continuing to maintain these dances, and the songs.”

Highway 50 makes CAA’s Top 10 Worst Roads in Ontario list

BY SAM ODROWSKI

A highway that runs through Caledon has made CAA’s 2025 Top 10 Worst Roads in Ontario for 2025 list.

CAA announced this morning, June 5, that Highway 50, Caledon, ranks seventh, with the areas where it intersects Coleraine Drive and Albion Vaughn Road creating the most frustration for drivers.

The top road issues plaguing Highway 50 are potholes, poor road maintenance and congestion.

CAA determines the worst roads list through a nomination and voting period. The streets or highways that receive the most votes make the list each year.

“We actually saw a call out from road safety advocates in the Caledon community,” said Brian Pirvu, a consultant for CAA South Central Ontario. “The Caledon Community Road Safety Advocacy Group urged Caledon residents to actually nominate the section of Highway 50 and Coleraine Drive because there were obviously some road safety issues within that region.”

He continued, “We did see that push and a number of nominations had specific references to that intersection.”

Coming in first place for Ontario’s Top 10 Worst Roads for 2025 is Aberdeen Avenue, Hamilton; followed by Barton Street East, Hamilton; and third place went to County Road 49, Prince Edward County.

Eglinton Avenue West, Toronto, received fourth; Hurontario Street, Mississauga, came in fifth; Leveque Road, South Frontenac, received sixth; Highway 50, Caledon, came in seventh; Sider Road, Fort Erie, was eighth; Gardiner Expressway, Toronto, received ninth; and Shepard Avenue West, Toronto, came in 10th.

Continued on Page A4

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COLLISION INVOLVING PEDESTRIAN

Officers from the Caledon Detachment of the Ontario Provincial Police (OPP) are investigating a motor vehicle collision involving a pedestrian.

“On June 3, 2025, shortly after 6:00 a.m., Caledon OPP officers and emergency crews responded to a report of a motor vehicle collision involving a pedestrian on Newhouse Boulevard, near Sparrowbrook Street, in the Town of Caledon,” say Police. “Investigators determined a westbound vehicle first struck a pedestrian, before colliding with a stationary, unoccupied vehicle. The pedestrian involved was transported to hospital with non-life-threatening injuries.”

Newhouse Boulevard between Sparrowbrook Street and Portman Street was closed for several hours while the OPP Technical Collision Investigators and Reconstructionists assisted with the investigation.

The roadway is now reopened, but the investigation remains ongoing. Anyone who may have witnessed the collision or has dashcam footage is asked to contact Caledon OPP at 1-888-310-1122.

You can also provide information anonymously by contacting Peel Crime Stoppers at 1-800-222-TIPS (8477) or online at www.peelcrimestoppers.ca. When you contact Crime Stoppers, you stay anonymous, and you never have to testify.

NO FLY ZONE FOR CANADIAN OPEN

The Ontario Provincial Police (OPP) advises of no-fly zone during the RBC Canadian Open.

From June 4 to June 8, 2025, between 10:00 a.m. and 11:59 p.m. daily, a no-fly zone will be in effect over and around the RBC Canadian Open, taking place at TPC Toronto at Osprey Valley, located at 19131 Main Street in the Town of Caledon.

During this time, the unauthorized operation of drones or unmanned aerial vehicles (UAVs) is strictly prohibited.

For more information about flying drones safely and legally, including possible penalties, visit: tc.canada.ca/en/aviation/drone-safety/learn-rules-you-fly-your-drone/flying-your-drone-safely-legally.

SUSPICIOUS PERSON INVESTIGATION

Officers from the Caledon Detachment of the Ontario Provincial Police (OPP) are investigating reports of a suspicious person at North Hill Park.

“On May 31, 2025, at approximately 5:45 p.m., Caledon OPP responded to a report of a suspicious person at 14051 Highway 50, in the Town of Caledon,” say Police. “Investigators learned that an unknown male approached children in the area and engaged in conversation, during which he invited

the children to attend his ‘lair’ to have a meal. The suspect is described as male, thin build, aged 50-60, approximately six-feet tall, and carrying a green reusable bag.”

The investigation is ongoing. Anyone who may have information regarding this incident is asked to contact Caledon OPP at 905-584-2241 or 1-888-310-1122. You can also provide information anonymously by contacting Peel Crime Stoppers at 1-800-222-TIPS (8477) or online at www.peelcrimestoppers.ca. When you contact Crime Stoppers you stay anonymous, and you never have to testify.

The Caledon OPP is dedicated to the prevention of child victimization and exploitation. We ask parents to be cognizant of their children’s whereabouts and report any suspicious activity to police. Looking for tips regarding on and offline safety for parents and children? For more information, please visit, www.canadasafetycouncil.org, www.protectchildren.ca, www.cybertip.ca, and www.opp.ca.

“Shortly after, investigating officers located the vehicle and conducted a traffic stop. Officers subsequently formed grounds that the driver’s ability to operate a motor vehicle was impaired by alcohol.”

Following the investigation, Laura Rizzo, 52, of Bolton, was charged with:

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

The charges have not been proven.

“On May 26, 2025, at approximately 1:30 a.m., Caledon OPP officers received a report of a single vehicle collision on Innis Lake Road, near King Street, in the Town of Caledon. Shortly after, officers arrived on scene and subsequently formed grounds that the driver’s ability to operate a motor vehicle was impaired by alcohol.”

As a result of the investigation, Sylvia Golec, 30, of Etobicoke, was charged with:

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

The charge has not been proven.

IMPAIRED CHARGES

Officers from the Caledon Detachment of the Ontario Provincial Police (OPP) have charged two individuals with alcohol related offences.

“On May 24, 2025, at approximately 10:00 p.m., Caledon OPP officers responded to a traffic complaint in the area of McEwan Drive East and Highway 50, in the Town of Caledon,” say Police.

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Highway 50 makes CAA's Top 10 Worst Roads in Ontario list this year

Continued from Page A3

The primary concerns survey respondents cited overall mirrored the ones plaguing Highway 50 – potholes, poor road maintenance and congestion.

“For over two decades, the CAA Worst Roads campaign has given Ontarians a voice to spotlight unsafe roads in their communities and push for much-needed repairs,” said Teresa Di Felice, assistant vice president of government and community relations for CAA South Central Ontario. “This list provides a powerful snapshot to governments on where to prioritize budgets and move up road repairs, and we know that the public supports these efforts.”

This year, over 2,400 roads were nominated across the province from 208 of Ontario’s 444 municipalities.

“Almost half of the municipalities in Ontario had a road nominated, so we’re happy to see that it’s not necessarily focused on Toronto, Ottawa or Hamilton, but smaller communities are rallying together to try to get on the list,” Pirvu explained.

He noted the importance of road maintenance for the safety and sustainability of roadways.

“We did a research survey earlier this year, and we found that almost half of our respondents have had damage to their vehicle due to poor road maintenance, such as potholes,” he said.

The survey showed the average cost to repair those damaged vehicles is \$900.

“We know the cost of living has gone up, and that expense isn’t so easy to maintain, so we do this campaign so we can give road users an opportunity to voice their concerns and give their decision-makers a snapshot of what their constituents are thinking about in terms of which roads tend to frustrate them,” Pirvu explained.

Research conducted by CAA revealed 26 per cent of survey respondents expressed dissatisfaction with road work projects, stating that they take multiple seasons to complete. However, 85 per cent are willing to put up with the inconvenience of construction in exchange for long-term improvements.

“Timely repairs, better communication, quick fixes, pothole funds, and using recycled aggregates are just some solutions to fix unsafe roads,” said Di Felice. “CAA continues to urge all levels of government to prioritize road safety with stable funding to do so.”

In reference to the dangers that poorly maintained roadways pose for road users, Pirvu said, “People have to slow down or swerve to avoid a pothole or crack in the pavement, so it can be a road safety issue.”

He added, “It can put the driver in a situation where they have to change their behaviour, and put other vulnerable road users at risk as well.”

The Residential and Civil Construction Alliance of Ontario (RCCAO) has verified Ontario’s top 10 list.

The Citizen CROSSWORD

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CLUES ACROSS

24. Form of “to be”

25. Boxing’s GOAT

26. Peyton’s little brother

27. Eli’s big brother

34. Capable of producing

35. Reproductive structures in fungi

36. Allowed to go forward

37. Smiles

38. Arteries

39. VVV

40. Win a series without losing a game

41. This (Spanish)

42. Opposites of beginnings

43. Germanic mythological god

CLUES DOWN

24. A donation

25. Pokes holes in the ground

26. Midway between northeast and east

27. Looked into

28. Not young

29. Annoy constantly

30. Something one can strike

31. Most glacial

32. Ten less than one hundred

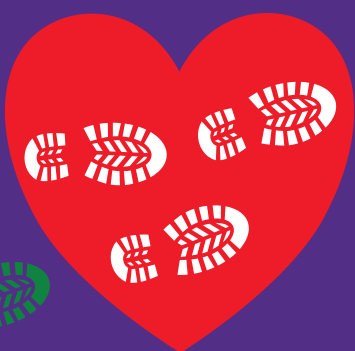
33. Idle talker

34. Has moved through the air

36. Container for shipping

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

Hike for Bethell Hospice Sets New Record – \$260,000!



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13 Caledon public schools participated in the Hike for Bethell Hospice on May 2.

2026 Hike for Bethell Hospice
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Sat, June 7th, 2025
DOWNTOWN BOLTON

FREE EVENT



PHOTO BY RILEY MURPHY

Painting the Town with Pride: IDEA Caledon hosts second annual Pride Family Picnic

Continued from FRONT

The result is five muraled paintings on benches that will be distributed throughout Caledon Parks.

Tyl and Jones applied for the project and were selected by IDEA Caledon to run the initiative.

Golden Butter Murals dove deeper into what the images on each picnic table will represent.

“It’s almost like an LGBTQ plus garden; we wanted each of the flowers and elements of the garden to represent members of the community. For example, butterflies are transgender, transformation, violets are lesbian love, lilacs are gay power, so that one will be on another table, and then we also have daisies for joy,” shared Jones.

Jones shared that when you line up all five tables together, it will create an ongoing garden.

Tyl is from Caledon and shared that it’s exciting to bring her work to the community.

“Caledon has a special place in my heart. I’m excited to be part of the community and see it in reality.”

The two agreed it was great to see everyone get so involved in their project.

“I think that’s where the fun really comes from, seeing other people enjoy painting and kind of being able to bring that to life,” said Jones.

Mackenzie and Neo, two picnic attendees, shared that it was great to have fun painting and supporting the community.

Giuliana Giancotta, Project Manager of Community Projects at the Town of Caledon, said the community painting promotes visual representations of pride throughout the community.

“An amazing opportunity to do that is through community painting projects just like this where everyone can feel involved in the end result, and then they go out into our parks and public spaces and people can get to enjoy them there. Another opportunity is we’re growing our public art program, too, and this is just one of the small ways we can do that,” said Giancotta.

She shared that the picnic tables are also accessible.

“As part of our revitalization journey, public art is a component of that, and we’re very proud to work with local artists to engage and activate our public spaces through that,” shared Giancotta.

Sandra Sharpe, Indigenous Engagement Advisor with the CAO’s office and co-chair of IDEA Caledon, spoke about the process behind the Pride Family Picnic for its second annual year and the organization behind it.

She shared that IDEA is not only an acro-

nym but an action.

“IDEA is Inclusion, Diversity, Equity, and Accessibility, and it’s action because the community partners around the table are taking action and creating a more inclusive Caledon,” shared Sharpe. “Pride for us, and the family picnic, is important because we heard from our pride community in a survey that said they wanted an event that celebrated families and that celebrated pride. So, we had the idea of hosting just a more traditional family picnic with a pride theme. This is our second year, and even though it’s cold, you can just tell that it’s a feel-good community wonderful event.”

“Pride really is about community, and it really is about family,” said Sharpe.

Sharpe shared that the Caledon Public Library led the event this year and Laurie Groe, Programming & Outreach Manager with the CPL, spoke about how the library got involved.

Groe said they have always had very strong advocacy for the LGBTQ-plus community, and with the creation of IDEA Caledon, they were thoroughly excited to join and have staff on the committee.

They also hosted the previous year, and Groe said they knew they could make it bigger this year.

“We are supportive and we are an ally and we are absolutely, as part of the library’s mission, to be inclusive and be accessible, a place for everyone. We take pride in ourselves in being a part of these kinds of events.”

CPL hosts many LGBTQ-plus events themselves, including Queer Village Book Club and their upcoming Math and Drag event.

The Pride Family Picnic also featured The Brave Canoe and the Cedar Drummers, who performed pieces featuring strong themes such as resilience.

Councillor Doug Maskell spoke at the event on behalf of Mayor Annette Groves and the Council.

“Pride is about community and it’s about inclusion and pride is also about families, and it’s great to be here with the Caledon family today,” said Councillor Maskell. “Thank you to the IDEA Caledon partners for leading the important work of creating a more inclusive Caledon here in our communities and in their organizations. A big thank you to all the volunteers who have been planning this for a long time and who helped to organize this event and so many others across Caledon. You truly are the heart of Caledon. Whether you’re a member of the Pride community or a caring ally, you’re what makes Caledon so special.”

Residents will soon be able to enjoy the painted picnic tables in public spaces and parks around Caledon.

COMMUNITY events

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

Velocity Ride for Seniors
Ride Caledon's scenic Hills to support seniors in our lives. Pedal into Caledon Day with a ride for all ages at any speed.
Ride scenic 10, 25, 50 or 100 km routes, check out NEW gravel routes or chart your own path to fuel life-changing services for Caledon seniors. Plus enjoy: lunch, nourishing rest stops, prizes, swag table, event t-shirt and more!
Saturday, June 14
Caledon East Park: 6101 Old Church Rd. Caledon East, ON L7C 1G6
Register today at www.ccsvelocity.ca
Start times vary depending on the route chosen

Albion Bolton Historical Society - Monday, June 9, for a 7:30 PM start, at the Albion Bolton Community Centre, 150 Queen Street, South, Bolton, Meeting room C, 2nd Floor, (elevator available). 'The Grandsons of Eliza Duffy' presented by Alan Duffy. Alan will speak about the Duffy family and their military service in the 1860s. Questions: nhillerphoto@bell.net or 905-584-2801 visit us at boltonhistory.com

Caledon Community Services' 2024/2025 Annual General Meeting
Wednesday, June 25, 2025 at 7:00 pm
Humber River Centre, 28 Ann St. Bolton, ON L7E 1B9
Come and hear **Captain (Ret'd) Kevin Junor**, a 2025 King Charles III Coronation Medal Honoree speak about community from his lens as a trailblazing leader with almost 40 years of service in the Canadian Arms Forces Reserves. Capt Junor was a Regimental Sergeant Major of the Toronto Scottish Regiment, her later became a commissioned officer in the Queen's Own Rifles. Kevin is an Order of Ontario recipient with demonstrated commitment to community wellbeing, diversity, inclusion, and preserving military history. Light refreshments will be served.

FREE COMMUNITY PANCAKE BREAKFAST
Saturday, June 7th from 8:30 am to 10:30 am.
Caledon East United Church, 6046 Old Church Rd.
Pancakes, scrambled eggs, chicken sausages, yogurt, fresh and frozen fruit, tea, coffee, juice.
All are welcome!

Your Health is Your Wealth,
Evangelistic Series, sponsored by the Bolton Seventh-day Adventist Church
Place: 8 Nancy Street, Bolton
Date: June 7-28, 2025
Time: Sun, Tues, Wed & Fri 7 pm
Sat: 10 am and 5:30 pm
Zoom: ID 455 878 9150 PW: 366801
www.boltonon.adventistchurch.org
Call: 905-598-0582

Lunch & Learn – Dementia 101 – Thursday, June 5, 2025
Join us at the Caledon Seniors Centre at Rotary Place in Bolton for our monthly Lunch & Learn on Thursday, June 5, 2025 at 11:00 am. Topic is Dementia 101 & Behaviour Management. Presenter is Cara Macanuel, from Baycrest Behaviour Support Outreach Team. Sandwich and dessert lunch to follow.

Cost: \$7. Call the Centre at 905-951-6114 to register. Limited space is available.

Father's Day Lunch – Saturday, June 7, 2025
Celebrate your Dad or Special Man at the Caledon Seniors Centre Father's Day Lunch with Beer & Cider Tasting on Saturday, June 7 at 12 pm at Rotary Place in Bolton! Enjoy an afternoon of sampling beer & cider paired with delicious sliders, sandwich melts, fries and creamy coleslaw. Tickets are \$30 purchased in advance. Call the Centre at 905-951-6114 to order your tickets!

Trunk Sale - Saturday, June 14, 2025
The Caledon Seniors Centre at Rotary Place in Bolton is having a Trunk Sale from 8 am to 1 pm. Book your rental space (2 parking spots-\$35), sell your goods and make some money! Also breakfast - peameal bacon on a bun and BBQ is available! Order your MacGregors seafood and meat for your summer barbecues and pick up your Krispy Kreme Donut order! For more information or to book your spot, call the Centre at 905-951-6114.

Special Lunch - Wed. June 18, 2025
The Caledon Seniors Centre at Rotary Place in Bolton is having a Special Lunch - dine-in or take-out. The menu is Quiche, Kale Salad and Rhubarb Crisp for dessert. Cost is \$11. Pick-up time is 11:45 am, dine-in served at 12:00 pm. Local delivery is available for \$2. Order deadline is Monday, June 16. Call the Centre at 905-951-6114 to place your order.

Fit For Life Wellness Expo – Friday, June 20, 2025
Discover an event focused on health, wellness and lifestyle solutions tailored for today's mature adults at Caledon Seniors Centre at Rotary Place in Bolton on Friday June 20 from 9:30 am to 12:00 pm. Enjoy a FREE lunch, check out a variety of local exhibitors, guest speakers, program demonstrations, prizes and much more! Call the Caledon Seniors Centre at 905-951-6114 to register.

Fit Mind Activities – Monday, June 23, 2025
Join us at the Caledon Seniors Centre at Rotary Place in Bolton for some engaging, brain stimulating activities designed to promote cognitive health and mental well-being on Monday, June 23 at 11 am. This is a free activity that is hosted by Chartwell-Montgomery Village. Registration is required. Call the Centre at 905-951-6114 to register by June 17.

Strawberry Social - Thursday, June 26, 2025
The Caledon Seniors Centre at Rotary Place in Bolton is having an Afternoon Strawberry Social from 2 to 4 pm. Enjoy homemade cake with fresh strawberries and cream, tea, coffee and entertainment. This is a free event sponsored by the Town of Caledon. Limited spaces available. Call the Centre at 905-951-6114 to reserve your seats.

Bolton Kin Toonie Treasure Sale
Saturday June 7 10 am till 1 pm at the President Bldg , Albion Bolton Fairgrounds.
Racks and racks of new /gently used apparel for men women and children all for a TOONIE !! All proceeds help support community needs .

Caledon Day

CONNECTING OUR COMMUNITIES

JUNE 14

CALEDON EAST COMMUNITY COMPLEX

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Caledon and Georgetown raise more than \$37K in Walk to End ALS

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

The Georgetown and Caledon communities

came together at Terra Cotta Conservation Area to join the ALS Canada Walk to End ALS. The walk raised critical funds for ALS Canada’s programs and services, including

access to community-based support, essential assistive equipment, and trusted information for people with ALS and their families. Kim Barry, Vice President of Community Services at ALS Canada, was at the walk and said that despite the cold weather, more than 200 people showed up to walk with ALS Canada. In the walk alone, they raised over \$37,000. June is ALS Awareness Month, and ALS Canada will continue to host these types of walks throughout the month, with approximately 22 in total; this was one of the first. “The community always rallies behind ALS. It’s one of the diseases that people who’ve been affected by ALS, they support, whether they’re individuals living with ALS now or if they lost a loved one 20 years ago,” shared Barry. With the money raised, ALS Canada has three mission areas: research, community services and equipment, and advocacy. They help people living with ALS in the community navigate the healthcare system and provide support to them. Their equipment program can provide 40 different items from their loan program that people can access based on their needs – everything from a walker to a hospital bed and anything in between that they would need in terms of the progression of this disease. ALS Canada can provide that to them at no cost. Barry shared that one of her favourite moments from the walk this year was seeing Team McKenzie Tulach Ard. “Colin Mackenzie is an individual who’s

living with ALS. His team raised over \$16,000 and Colin and his family were the ribbon-cutters of this year’s walk,” said Barry. Barry shares that this isn’t the first time this team has supported the fundraising, and she remarked that it’s great how much they work to bring awareness to the disease. Barry has been with ALS Canada for 12 years and shared that she’s come to know these families and their family stories over the years. “People are really committed to ALS and they just keep coming back year after year. For some people, it’s really about honouring the loss they have; they know that their loved one is no longer with them, but they still come out and represent their family and participate in the walk. It doesn’t matter where people walk. Yes, the walk is a location, but some people want to walk in their backyard or their own community, it’s really about just helping us bring the awareness to ALS,” said Barry. Barry shared that their goal at ALS Canada is to make sure people have the support they need while they’re dealing with such a devastating illness, and she hopes more people understand that it can impact anyone. “Getting involved in an event like the walk, it’s one thing to be able to come as a family who’s lost somebody, but encouraging our families to really come out and build connection. Truthfully, the walk is about community. And that is what we would want people to know,” said Barry. To participate in a walk or donate, visit walktoendals.ca/participate-or-donate/ontario/

Notice of Application for Approval to Expropriate Land

Form 2

Expropriations Act, R.R.O. 1990, Reg. 363

IN THE MATTER OF an application by The Regional Municipality of Peel for approval to expropriate the lands, as set out in Schedule “A” herein, in the Town of Caledon, in the Regional Municipality of Peel being:

1. **Permanent Feedermain Easement:** Limited Interest in Perpetuity for the purpose of a free, uninterrupted and unobstructed permanent easement in gross or rights in the nature of a permanent easement in gross to enter, occupy and re-enter by The Regional Municipality of Peel including its servants, agents, employees, contractors, sub-contractors and workers, with all necessary material, including, but not limited to, vehicles, machinery, supplies and equipment at all times in, on, over, through, under, above, along and upon the applicable lands for the municipal purpose of constructing, installing, operating, maintaining, inspecting, altering, removing, replacing, reconstructing, enlarging and repairing watermains, feedermain and related appurtenances, including without limiting the foregoing removal of trees, shrubs, bushes, branches, stumps and roots and prevention or control of the growth of same, and the removal of any other material or object which may interfere with the use and enjoyment of this easement or damage the infrastructure within the easement area (“**Permanent Feedermain Easement**”)

For the municipal purpose of the West Caledon (Zone 7) Transmission Main and Storage Facility project, in the Town of Caledon together with works ancillary thereto.

NOTICE IS HEREBY GIVEN that application has been made for approval to expropriate the interests herein described in the lands described hereinbefore.

Any owner of lands in respect of which notice is given who desires a hearing into whether the taking of such land is fair, sound and reasonably necessary in the achievement of the objectives of the expropriating authority shall so notify the approving authority in writing,

(a) in the case of a registered owner, served personally or by registered mail within thirty (30) days after the registered owner is served with the notice, or, when the registered owner is served by publication, within thirty (30) days after the first publication of the notice;

(b) in the case of an owner who is not a registered owner, within thirty (30) days after the first publication of the notice.

The approving authority is:
The Council of The Regional Municipality of Peel
10 Peel Centre Drive,
Brampton, ON L6T 4B9

Name of expropriating authority:
The Regional Municipality of Peel
10 Peel Centre Drive,
Brampton, ON L6T 4B9

The Regional Municipality of Peel
Aretha Adams, Regional Clerk

THIS NOTICE FIRST PUBLISHED ON JUNE 5TH, 2025

SCHEDULE “A”

Those lands in the Town of Caledon in the Regional Municipality of Peel described as follows:

1. **Permanent Feedermain Easement**
Part of PIN 14255-0100 (LT)
Part of Lot 19, Concession 4, West of Hurontario Street, Town of Caledon (Geographic Township of Chinguacousy), Regional Municipality of Peel, designated as Parts 1 and 2 on Reference Plan 43R-41868

2. **Permanent Feedermain Easement**
Part of PIN 14255-0135 (LT)
Part of Lot 19, Concession 4, West of Hurontario Street, Town of Caledon (Geographic Township of Chinguacousy), Regional Municipality of Peel, designated as Parts 1 and 2 on Reference Plan 43R-41869



Team McKenzie Tulach Ard is pictured cutting the ribbon.

CONTRIBUTED PHOTO

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ON/OFF ROAD TRUCK					
 SAVE 25% ^W PINZA AT ROAD/OFF ROAD RATED 94.9/97.2 ^W TOP RATED: COMFORT	 SAVE 25% ^W DISCOVERER ROAD-TRAIL AT ROAD/OFF ROAD RATED 97.2/92.9 ^W TOP RATED: WET TEST TOP RATED: DRY TEST	 SAVE \$70 ^W WITH Instant Rebate ^W WHEN YOU BUY 4 ALL-TERRAIN T/A KO3 ROAD/OFF ROAD RATED 94.2/91.6 ^W	 SAVE \$160 ^W WITH Instant Rebate ^W WHEN YOU BUY 4 TRAIL-TERRAIN T/A ROAD/OFF ROAD RATED 96.8/93.2 ^W	 SAVE \$70 ^W WITH Instant Rebate ^W WHEN YOU BUY 4 SCORPION ALL TERRAIN PLUS	

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Members of the Caledon Heritage Foundation, Council, and Town of Caledon Staff stand with the new commemorative plaque. PHOTO BY RILEY MURPHY

A piece of Caledon’s past is preserved with Memorial Hall plaque

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

On Monday, the Caledon Heritage Foundation unveiled a plaque to commemorate the former Caledon East Community Memorial Hall.

Just west of Fire Station 303 at 6085 Old Church Road, the plaque stands next to the salvaged name stones from the original Memorial Hall.

The plaque was prepared and donated to the Town by the Caledon Heritage Foundation with the support of funding through a Caledon Council Community Golf Tournament Grant.

The plaque commemorates the history of the Caledon East Community Memorial Hall, constructed in 1923.

The Hall was built to honour the Caledon East citizens who died in World War I, and it became the entertainment hub of the community before its demolition in 1981.

Errill O’Hara, Treasurer of the Caledon Heritage Foundation, shared a few words before the unveiling.

“We were able to piece together the history of the Memorial Hall dedicated to the memory of those from this area who lost their lives in World War I, but the more difficult task was helping the public imagine how much this Hall meant to the community. Everyone we interviewed was delighted to tell us about events that they remembered and all did so with

smiles and laughter. The Hall was a beloved part of this village and we hope this plaque helps you to visualize it,” shared O’Hara.

“The Caledon Heritage Foundation is pleased to bring this piece of lost history to light and to preserve it in the words and photos of this plaque.”

Donna Davies, a member of the Caledon Heritage Foundation, was the driving force behind getting the project going.

Alongside her, Caledon Heritage members researched the history of the Memorial Hall through archival land records, newspaper articles, and accounts.

They also interviewed residents who shared wonderful stories and memories about the role the Hall had played in their lives for multiple generations.

Councillor Mario Russo was Acting Mayor for the Town that day, and on behalf of Mayor Annette Groves and Council shared a few words.

“The Memorial Hall had been a vital institution in the community life of Caledon East for many decades,” he shared. “The plaque brings to life a forgotten piece of local history treasured by many.”

This plaque is part of the growing number of signs being installed across the Town that promote Caledon’s local heritage, celebrating the history of buildings, events, and people who have contributed to the community’s growth and marked the lives of its residents.

Come to the Caledon Fair next weekend!

JUNE 13-15
18297 Hurontario St. Caledon Village

So much to do for the entire family!

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Caledon Agricultural Society

Est. 1860

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NEWS

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June is Recreation and Parks Month in Caledon with Free Activities and Events

The Town of Caledon invites residents of all ages to enjoy free, drop-in activities across Caledon including:

- June 7 at Caledon East Community Complex:**
Free public swim and fitness facility access.
- June 13 at Caledon Centre for Recreation & Wellness:**
Free public swim, youth night, and fitness facility access.
- June 21 at Southfields Community Centre & Skate Park:**
Free public swim, adapted swim, skatepark event with music and contests, and fitness facility access.

Use the Recreation App to check in your digital membership card, or make a transaction and, you could win one of four great prizes of a Recreation 10x Pass!

Full details at Caledon.ca/JRPM.

Summer Program Registration

Summer program registration also takes place during June is Recreation and Parks Month.

Mark your calendars:

- Program viewing: Wednesday, June 4 at 7 a.m.
- Resident registration: Wednesday, June 11 at 7 a.m.
- Non-resident registration: Wednesday, June 18 at 7 a.m.
- View the programs and register using the Caledon Recreation App!

June is National Indigenous History Month in Canada

A time to learn about unique cultures and traditions of First Nations, Inuit and Métis. Several events will take place throughout the Town during this special time:

- Wampum Belt Renewal Ceremony –**
June 14 at Caledon Day - 6:00 p.m.
- National Indigenous Peoples Day –**
June 21
- Flag Raising for National Indigenous History Month –**
June 24 at 2 p.m., at Town Hall
- ‘An Evening of Indigenous Storytelling and Poetry’**
by Gimaa R. Stacey Laforme, former Chief of MCFN –
Free event on June 26 from 6 to 7 p.m. at the Humber River Centre

These events are about celebrating and learning about Indigenous histories, traditions, and cultures. Residents are encouraged to join and take part in these important celebrations.

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BROCK WEIR
BROCK'S BANTER

Strong and Free

When we set out, we had just a few objectives: taking in all the attractions Universal Studios had to offer, getting in a bit of beach time and, as far as souvenirs go, and as likely as it sounds, a physical copy of a movie soundtrack that was surging in popularity.

It was going to be a long road trip to Florida, but it was as much about the journey as the destination.

The journey, however, did present some unforeseen minor challenges.

Road conditions were great, but on a multi-day trip, you need a bit of music to accompany you. But, by the time we got there, after flipping our way through dozens of radio stations as reception allowed, we could check one item clear off our to-do list: there was no longer a need to procure a copy of the aforementioned soundtrack.

Its most popular track was played endlessly along our route. And I do mean endlessly.

By the end of Day One, we had memorized every single word and nuance of Whitney Houston's just-released rendition of I Will Always Love You, and, upon arrival, the less that was said about The Bodyguard the better.

That's how long it's been since my brother and I went on a road trip of any significant length – but that all changed last Monday morning when we set out for our first in some 32 years.

Earlier this spring, Prime Minister Mark Carney announced that King Charles and Queen Camilla were Ottawa-bound on May 26 and 27 not only to meet with Canadians, but to read the Throne Speech, the first time the Sovereign had done so in nearly 50 years.

The historic nature of the event was not lost on me and I considered the best and most practical methods to get there for the occasion in a week where there was precious little time to spare here at home – and was surprised in the best possible way when my brother called suggesting a road trip.

Now, his interest in the royal family was never really all that evident growing up, so I was a little surprised at his sheer enthusiasm to make the trip. I'm not sure what shifted, but I'm glad it did – and plans were soon afoot to put the pedal to the proverbial metal.

We set out shortly after sunrise last Monday, taking the scenic route through some smaller communities I hadn't been through since living in the National Capital region between 2003 and 2009.

The route, as it turned out, just happened to get us to Ottawa in time for the monarchs' second event of the day, a ceremonial tree planting at Rideau Hall.

Still, it was a long drive, and it offered plenty of opportunity to brainstorm just how the visit would unfold, particularly on Tuesday when Ottawa played host to an event that hadn't happened since 1977.

Who would be there in the smaller, temporary Senate Chamber? What types of ceremony and spectacle were planned to showcase the best of Canada? Most importantly, what carefully chosen words would the King deliver on behalf of his Canadian government to ostensibly send a message of Canadian unity to... well, let's just say, whoever needed to hear it?

While we didn't have the best of luck getting to meet the King and Queen as they made their rounds, we had ample opportunity to see them – and meet others along the way.

When you're standing in a crowd for a few hours waiting for an arrival like this, meeting

new people is unavoidable, and, in cases like these, I've always found it to be a welcome opportunity to hear where they're from, what brought them out, and more. For some we met, it was a generational thing of wanting to bring their children to see the King as their parents did for them when the late Queen was in this country. For others, there was a bit of a celebrity sighting element. For the majority, however, the prevailing sentiment was this was a historic occasion that all of us wanted to be a part of, even if in a minute way.

From our vantage point on Wellington Street outside the Senate Chamber on Tuesday morning, I was bookended by a mother-daughter duo, complete with fascinators that fascinated the local media to no end, who made it their business to be at as many home-grown royal occasions as possible; on the other side, a mother was accompanied by her gaggle of kids under the age of 10 who were all simply eager to watch history unfold.

Unfortunately, the speech was not broadcast to those of us standing outside that day, but thanks to our phones and devices, we were able to hear the words from all angles. In fact, the only portion of the goings-on indoors that we could hear outdoors was the almost deafening applause that followed the last line in the speech: "As the anthem reminds us: The True North is indeed strong and free!"

The words we were able to hear resonated strongly with us outdoorsy types, including the unprecedented from-the-Crown land acknowledgement, with which the King concluded, "The land acknowledgement is a recognition of shared history as a nation. While continuing to deepen my own understanding, it is my great hope that in each of your communities, and collectively as a country, a path is found towards truth and reconciliation, in both word and deed."

"It has been nearly 70 years since the Sovereign first opened Parliament," he continued. "In the time since, Canada has dramatically changed: repatriating its Constitution, achieving full independence, and witnessing immense growth. Canada has embraced its British, French and Indigenous roots, and become a bold, ambitious, innovative country that is bilingual, truly multicultural, and committed to reconciliation.

"The Crown has for so long been a symbol of unity for Canada. It also represents stability and continuity from the past to the present. As it should, it stands proudly as a symbol of Canada today, in all her richness and dynamism."

In my view, the speech hit all the right notes. While largely written by the government of the day, it did a brilliant job of outlining what unites Canada as an independent and strong nation on the world stage – and its path to remain so in the years to come.

Nothing too inflammatory, but the message was clear.

As a Canadian, I was proud not only of the message that was sent, but by being there to witness just a little bit of it, a sentiment that was shared by the vast majority of the people around me – barring, perhaps, a small handful of protestors demonstrating for Gaza, Ukraine and, unusually given the fact we're living in 2025, the late Princess of Wales.

Heading home shortly after the ceremony, we listened to the speech a couple of times along the way to take it all in – and I couldn't help but smile when, turning the radio on, Whitney Houston joined us for an encore.

JANUARY, FEBRUARY, MARCH, APRIL, MAY, JUNE...



Our parenting skills alone did not get us this far

by Mark Pavilons



How did we get here?

No, that's not a rhetorical question.

As a tail-end Baby Boomer I flip through the blank pages of my parenting handbook to reveal... nothing.

Just how did my wife and I

raise our bundles of joy to walking, taking independent adults?

I have no idea. All the "What to Expect" parenting handbooks offered little in the way of concrete advice or direction. Sure, there were sections on how when and when not to "freak out." We learn by doing, I suppose.

Our children come out like little pink bundles, not unlike bunnies or mice or raccoons. They're helpless and would not survive a night out in the wild on their own. They would be food. They're squishy, cute little critters.

And parents are just as helpless, holding these tiny creatures that demand so much work and attention.

We learn about infant schedules – feeding, changing, sleeping, etc. These tiny beings test our mettle and our lives are turned upside down. But it's all worth it, right?

Once they "graduate" and begin to resemble humans, they are more recognizable, but still require a lot of attention. We have fun bending their arms and legs like a doll, and making very odd sounds, just inches from their faces.

Doesn't look very civilized or modern by any means. I doubt whether our Neanderthal brethren made kissy faces.

The bottom line is unprepared adults are allowed to bring children into the world without any knowledge or foresight.

Were our ancestors stronger, heartier and more focused? They rolled up their selves, delivered babies in log huts by the fire. Our primate ancestors likely had no biological knowledge of umbilical cords, clearing airways and the like, but they did.

How many were lost in childbirth? How did we ever make it, really?

At one point during our existence, humankind was almost wiped out, leaving only a few thousand souls roaming the earth. And from this we "re-built." That's incredible. Judging from the countless post-apocalyptic TV shows I've seen, should this happen today, our outlook would not be so bright.

And here we are, millennia later, and we're still making a royal mess of child rearing and mucking up the family unit. We're faulty to a fault.

And yet they let anyone have and raise children these days!

I don't know how we haven't blown ourselves out of existence.

I don't know much about Generations X, Y or Z but even we Boomers – wise in own ways – lacked sufficient acumen to be perfect parents. The proof is in the pudding – our 20-something offspring. They, too, would perish if left in their own in the woods behind our subdivision homes. Ok. Some would be able to fish and dig for berries. But without a phone? Unlikely.

But what the heck! It's 2025 and we're just a stone's throw from our cave-dwelling relatives in terms of perfecting the family unit. In fact, we've made a right mess of it all, with a host of conflicting and ever-changing advice, data, and perceptions.

And what about coping skills or mechanisms? My parents, and to an extent myself, rely on tried and true methods like raising eyebrows, turning a blind eye or Canadian whisky.

Sure, we "know" more today than ever before but how has that helped? If we evolved, why aren't we and our children the epitome of perfection?

Why are we plagued by mental health issues, stress, bullying, hatred and uncertainty at record levels?

Did we mess up? How did we let things get so out of whack?

We can't always give our children everything, even though we try our hardest, often at the expense of ourselves. That's the trade-off one makes when taking on this role.

More than money or material things, I believe in giving our kids an idea of self-worth, the strength to chase their dreams, and knowing they are deeply loved.

But is it enough?

At times, yes. But there are those times – and every parent goes through them – when you feel so helpless and hopeless that you question everything.

This can relate to big, or little things.

I don't know too many storybook families, where everyone gets along perfectly; where images of the Cleavers – albeit in black and white – come to mind.

In our day, most disagreements were settled with a few pushes and shoves. After dusting ourselves off, we got back to business.

We are more, how you say, refined and less barbaric today.

There are times in our family "debates" when tempers flare, but words fly like eloquent Shakespearean soliloquies. Points and counter-points are well founded, well presented. And yet, emotions run very high. Must be in our simian DNA.

Parents slip on our black-and-white striped shirts and jump into the fray, separating the combatants with our arms. We order them to stand down, back off and take a breather. Perhaps there should be chapters – no, entire editions – of parenting books dedicated to refereeing our kids. I admit that I spout off, sometimes adding fuel to the fire. My wife, an experienced social worker, is the master. While our skills are plentiful, they don't always work on your own kind.

I've been waiting for our kids to be fully self-sufficient, when they can fend for themselves. That's supposed to happen, right?

Perhaps that was once true, in my generation.

But in today's world, world filled with stressors, issues and economic realities, our offspring face on-going hurdles and challenges.

Again, I realize that's what I signed up for, but I thought at one point it would become much easier, more enjoyable. I'm still waiting.

Are our children less prepared, less able to confront today's trials and tribulations? I'm not sure.

I do not envy any 20-something today.

Parenthood, it seems, requires strength beyond the natural laws.

You love beyond reason. You fight beyond endurance. You hope beyond despair.

And we continue to raise children despite it all.

Submit your
**LETTERS
TO
THE EDITOR**

brock@lpcmedia.ca • 905-857-6626

Caledon Citizen
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Semantics

Perhaps you’re familiar with the saying, “You say TOE-MAY-TOE, I say “TAH-MAH-TOE.” It’s often used as a sentence to imply that while we may pronounce or refer to things differently, at their core they are often the very same thing.

But are they? As a self-confessed “word nerd,” and someone who admires the beauty with which some precious few brilliant people can spin words (oh, how I long to be one of them) I can’t help but notice when semantics are at play, and just the other day I spotted a doozy.

Not surprisingly it was from our good friend Mr. Ford.

I haven’t written much about Ford lately, what with all the shenanigans happening right here in Caledon to keep me busy, but this comment made me feel at once both a grudging respect for his speechwriting team and an overwhelming urge to scream.

What has me all fired up? In making an announcement about toll roads, specifically the removal of tolls from Highway 407 East, discerning readers might have caught the fine print, but I’m guessing many did not. Placing a heavy emphasis on the “fact” that “daily commuters will save \$7,200 each year,” Ford followed his announcement with this little nugget: “That means that there isn’t a single publicly-owned tolled highway anywhere in Ontario – and under our government, there never will be again.”

Woohoo! That’s good news, right? No more tolled highways, anywhere in Ontario! So, what’s the big deal?

At first glance you might be thinking, “awesome, no more tolls!” but the devil is always in the details and that’s where we have our good friend “semantics” to help us out.

There are, in fact, still tolled highways in Ontario – one of them, a pretty big one, running just south of Caledon and which could easily absorb the kind of traffic Mr. Ford expects the building of the 413 to alleviate.

That particular road, also known as the 407 (but not “East”) is not “publicly-owned,” thus making it ineligible for Ford’s grandiose statement. That’s because one of Ford’s Conservative predecessors sold it to a private consortium who have been, and continue to, make millions off those of us so frustrated with traffic mayhem that we will pay for the privilege of using it.

So, in short, there are still toll roads and it is still going to cost you money to use them. Saying there isn’t a “single publicly-owned tolled highway” might be true, but it’s also misleading, much like many announcements that come from the government.

And why all the focus to the east of late? This is the second announcement in recent months concerning the removal of tolls for our friends east of the Don Valley Parkway. Are these proclamations meant to redirect our attention away from the billion-dollar boondoggle proposal of building a tunnel under the 401 or building out a short, entirely unnecessary 52 km stretch of highway that wouldn’t be needed if only Ford would remove tolls and open up the 407?

Perhaps “misdirection” and “semantics”

mean one and the same thing?

Actually, “semantics” might not even be the correct reference here meaning as it does, “the interpretation of words, signs, and sentence structure ... [which] largely determines our reading comprehension, how we understand others, and even what decisions we make as a result of our interpretations.” However, I do think it nicely encapsulates my point that in a world where everything seems subject to interpretation, careful readers will realize we are being misled, while the many who just glance at the headlines are being fooled.

When it comes to the traffic nightmare that is Ontario, we can’t afford not to pay attention.

Despite the best efforts of some of our own Caledon Councillors, and the amazing commitment of the CCRSA to force change through a dedicated, well-researched and organized information campaign, traffic remains frighteningly perilous throughout Peel Region. No one at the provincial government yet appears to be paying any meaningful attention to our plight, least of all Minister of Transportation Prabmeet Sakaria who continues to stand up in the legislature maintaining that we have “some of the safest roads in all of North America.”

Numerous statistics and our own hyper-local experiences particularly on Highway 50 and Highway 10 would beg to differ – but I guess that too is just semantics? Much like the use of the word “infill” instead of “dump” when we’re talking about the issue of land use changes impacting an old, abandoned quarry on Shaws Creek Road that, coincidentally, will also have a significant impact on traffic safety locally.

You say “Toe-may-toe,” I say, “tah-mah-toe.”

**Grudgingly, I must note one other recent announcement that IS good news, even if long overdue. Provincial funding of \$16.1 million is finally flowing for the widening of Mayfield Road from two lanes to six west of Highway 10. Given Caledon’s projected growth and that which has already taken place in Mayfield West, we agree with Councillor Early’s recent Facebook post that “once completed this project will improve road capacity, reduce congestion and improve traffic flow.” Better late than never!*

Our Readers Write

Ontario’s Bill 5 threatens Indigenous people, endangered species and local municipalities input

The Ontario Government’s Bill 5 and Bill 17 will take away input from local communities and Indigenous people as Ontario undertakes growth through housing and infrastructure projects.

This input could be provided in parallel fashion so as not to slow things down but to strengthen plans and do things right the first time.

The parallel consultation would make Indigenous people and other communities and groups a part of the process to get it right the first time.

With Bill 5, for example, the Ontario Government will eliminate the Ontario Endangered Species Act and have the power to create “Special Economic Zones where all power is in the province’s hands without input or consultations from the groups above

The Ontario Government has offered to include a statement in Bill 5 that says the government will address Indigenous concerns in the regulations that will come later. This is very general and does not provide enough to meet Indigenous concerns about ignored and over ridden treaty rights.

Further to Bill 5 is Bill 17, which gives the power to the province to override municipalities’ Official Plans/Laws and Green Development Standards. These have been created with great thought to meet the local needs and to make new developments more sustainable.

Caledon’s Green Development Standards are voluntary standards that the developers and builders adopt at the beginning of their planning stages to ensure sustainable practices like net zero building material, roughing in EV chargers and ensuring good drainage by not over paving around the houses to avoid flooding etc.

Let’s get it right Ontario so we can build the best for the long term and not waste money or time or our beautiful Ontario.

Learn more about the impacts of Bill 5, and sign a petition on the Ontario Nature website at ontarionature.good.do/bill-5-stop-attacks-on-endangered-species/Email.

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TPC Toronto at Osprey Valley ready to receive the RBC Canadian Open as 156 top golfers compete in Caledon

BY JIM STEWART

The prestigious RBC Canadian Open rolls into Caledon this week.

The North Course of TPC Toronto at Osprey Valley will host 156 of the world's top golfers vying for a purse of \$9.8M (USD).

The international field of competitors will be cut down to 70 players and ties after 36 holes of play on Thursday and Friday.

Scotland's Robert MacIntyre, the 2024 Canadian Open champion, is back to defend his title.

MacIntyre's tee time on Thursday is 12:55 p.m. The reigning champ will be teamed with the engaging Shane Lowry and top-performing Canadian Corey Connors from Listowel, ON.

An impressive slate of Canadians—21 in total—will tee it up at TPC Toronto, including 2023 Canadian Open champion Nick

Taylor, Connors, Taylor Pendrith, Adam Hadwin, Mackenzie Hughes, Adam Svensson, Ben Silverman, and 2003 Masters champion Mike Weir.

Weir will be teeing off at 7:07 a.m. from the 10th Tee with Silverman and Chan Kim. Swensson gets away at 7:29 a.m. off the 1st Tee with playing partners Matthieu Pavon and Aaron Wise.

Notably, the all-Canadian contingent comprised of Taylor, Pendrith, and Hughes will fire their first drives of the day from the 10th tee at 7:29 a.m.

Fan favorite Rory McIlroy—teamed with Ludvig Aberg and Luke Clanton—will tee off at 7:40 a.m. from the North Course's 10th tee.

Other notable Canadians teeing it up at the 2025 Open are David Hearn (1:28 p.m. off the 1st Tee), Hadwin (12:44 p.m. off the 1st Tee), and Roger Sloan (6:45 a.m. off the

10th Tee).

The address of TPC Toronto at Osprey Valley is 19131 Main Street, Caledon. For more information about tickets for The Canadian Open, visit www.rbccanadianopen.com. For

the full schedule of tournament events, visit www.rbccanadianopen.com/schedule/

For full coverage of the Canadian Open, check out next week's edition of The Citizen.



Bolton lead-off hitter Brett Chater (8) pounded out eight hits as the Brewers won two of three games from Caledon and Owen Sound in NDBL action.

PHOTO BY JIM STEWART

Chater takes charge as Brewers plate 28 runs to win two of three over Cardinals and Baysox

BY JIM STEWART

Brett Chater and the Bolton Brewers broke out of respective slumps on Thursday and Sunday.

The veteran shortstop pounded out eight hits versus Caledon and Owen Sound, including three doubles and a home run out of the leadoff spot.

The Brewers, who captured the 2024 NDBL pennant after a dominant regular season, won two of three home games to move back into a three-way tie for second place in the tightly-packed Senior Division standings.

Six points separate the first-place Baysox and the eighth-place Creemore Padres.

After Thursday night's 5-2 victory over the Caledon Cardinals, Chater expressed relief that both he and the Brewers shook off some early season rust.

"We've been struggling a bit and it was good to get a win."

Not only have the Brewers been slow getting out of the gate at 2-2-1, but Bolton's perennially-productive lead-off hitter acknowledged that his five-game slump was over with a three-hit performance versus the Cardinals that included a pair of warning track missiles that went for doubles.

"I've started hitting the ball better. I'm seeing it better. It felt great to hit a few barrels tonight."

Chater also barreled up a number of baseballs in a doubleheader at North Hill Park on Sunday afternoon versus the NDBL reigning champs.

The Brewers (4-3-1) avenged a 7-4 Game 1 loss to Owen Sound by pounding out eighteen hits in a mercy-shortened 19-4 romp in Game 2 over the Baysox (6-2-0). The veteran middle infielder provided three hits, three RBI, and two runs scored to spur the Brewers' offence.

Chater's top-of-the-order teammates had big games, too, versus Owen Sound. Three-spot hitter Chris Fafalios punched out four hits and three RBI. Two-spot hitter Ben Sterritt and five-spot hitting Player-Coach Mike Wallace contributed a pair of hits and two RBI each.

Bolton's explosive offence produced a thirteen-run third inning to subdue the visitors in Game 2 of the double-dip. Sterritt, Fafalios, Wal-

lace, and John Hutchinson scored three runs each as the Brewers circled the bases nineteen times in five innings.

Hutchinson, Steve Warden, and Reid Deibert chipped in two RBI to augment the top of the order's devastation of the Baysox pitching staff.

Brewers' durable starter Mateo Stothers earned the win by scattering three hits over five innings of work before the mercy rule was invoked.

In the Game 1 loss to the Baysox, Chater's fourth inning home run gave Bolton a 4-3 lead which the home side held for two innings. However, the Baysox scored twice at the top of the sixth and seventh innings to secure their three-run road victory.

Paul Van Cedar had three hits and 2 RBI to pace the Owen Sound offence.

Kevin Zettler notched the complete game victory by striking out five Brewers and scattering ten hits.

Brewers' starter Sheldon Gowen took the loss—going 2.2 innings and surrendering three runs.

In Thursday night's three-run victory over their new cross-town rivals, Chater credited the Brewers' starter Carson Burns with a strong performance versus Caledon's expansion club (1-5-0): "Carson looked good tonight. He's not a regular pitcher, but he's such a versatile player. He's got a good stick, too. Carson really came through tonight. We needed a good start from him."

Burns struck out eight Cardinals in his five innings of work and allowed zero earned runs.

Chater also gave credit to Nick Fiorocci who provided two innings of effective relief—yielding only one run and pitching a very tidy, six-pitch, 1-2-3 top of the seventh to seal the deal for the Brewers and earn the save.

"Nick did a great job in relief for us. We needed strikeouts and he provided them."

Fiorocci struck out two Cardinals and induced three infield flyballs—two of which were put away by Chater. One ball left the infield—a put-out gathered in by leftfielder Chris Fafalios.

The Brewers' next home game is Thursday, June 5 when they host the Creemore Padres (3-3-0).

First pitch is 7:30 p.m. at North Hill Park.

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JUL 4TH.....ANTIQUES, COLLECTIBLES & QUALITY HOUSEHOLD ITEMS
JUL 11TH.....TOOLS & EQUIPMENT AUCTION
JUL 19TH.....LOCKED & LOADED AUCTION
JUL 25TH.....INUIT / ART / JEWELRY AUCTION
AUG 20-23RD.....STRAIGHT SHOOTER SALE

NOTE: DATES COMING FOR CURRENCY SALE. AUGUST PETROLIANA / GENERAL STORE AUCTION. AND OF COURSE, MORE ANTIQUES AND COLLECTIBLES WILL BE UP FOR GRABS SOON.



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OBITUARIES

In Loving Memory of
WILMA DOLSON (NÉE CHANT)
SEPTEMBER 12, 1930 – JUNE 1, 2025

With heavy hearts, we announce the sudden passing of Wilma Dolson on Sunday, June 1st, 2025, at the age of 94. Though she lived a long and full life, her departure still comes as a shock to all who loved her.

Beloved wife of Boyd Dolson for over 70 years, Wilma was the cornerstone of a family that adored her deeply. She was the treasured mother of Brent (predeceased, 1993) and Shelley Dolson, and a cherished grandmother to Nathan Athay (Heidi), Brooke Nagel (Charlie), and Lauren Ernst (Tom). Her role as “Grandma” and “Great-Grandma” brought her immeasurable joy, especially through Rylan and Emrys Nagel and Senna Ernst, who will forever remember her warmth and legendary hugs.

Wilma also extended her love and care to her adopted family: Helena Sinkia (Bryan), Shelley Sinkia-Cox (Richard), Sophia, Yolanda Sinkia (Stephen), Jaidyn, and Nadalia. Her influence and kindness knew no bounds.

Known for her sass, wit, and a no-nonsense attitude, Wilma never suffered fools gladly—but those who truly knew her also experienced her gentleness, loyalty, and deep well of love. She was fiercely independent, endlessly kind, and always quick with a wisecrack or warm word.



A gifted pianist and keyboardist, Wilma brought music and joy wherever she went. Whether performing with Boyd at retirement homes, community halls, or local legions, their music made hearts smile and feet tap. She and Boyd were a duo that filled every room with light.

Our family would like to thank the incredible staff at Avalon Retirement Home for their care, compassion, and the love they showed Wilma throughout her time there.

She is gone, but never ever forgotten.

An informal service will be held in her honour on Sunday, June 8th, from 2:00 PM to 4:00 PM at the Dods & McNair Funeral Home, Chapel & Reception Centre, 21 First St., Orangeville. All are welcome to stop by, share a memory, and celebrate a remarkable woman.

Condolences may be offered to the family at www.dodsandmcnair.com



GLENN BRIAN FERGUSON

Peacefully passed away at Southlake Regional Health Centre on Saturday, May 31st, 2025 at the age of 70. Beloved husband of Patricia Ferguson. Dear father of Brian, Nic Goulet (Jennifer) and Alana Travers. Cherished papa of Ashley, Ryan, Noelle and Faora. He will be missed by his siblings Jean (Dennis Thachuk), Dan (Jan), Linda (Paul White), Sandra (Mark Hunter) and Susan (Richard Prior). Will be dearly missed by Ellen Lane. Glenn is reunited with his furry companions Chelsea, Corrie, Billy, Lucy and will be missed by Ozzy and Ziggy. Glenn will also be greatly missed by nieces, nephews, cousins and many friends.

Glenn spent 25 years in the Canadian Forces (Naval) and visited many Ports of Call while on ships. After retiring in 2000 he spent long hours on a lawn mower at Osprey Valley Golf Course he was the premium rough cutter.

Funeral Service will be held at Dods & McNair Funeral Home, Chapel & Reception Centre 21 First St Orangeville, Ontario on Saturday, June 7th, 2025 at 2:30 pm. with visitation beginning at 1:30 pm.

Memorial donations to Heart and Stroke Foundation or Diabetes Canada would be appreciated by the family.

Condolences may be offered to the family at www.dodsandmcnair.com



SEAN VINCENT HENNIGAR
1970 – 2025



After dealing with stage four cancer for four years without a single complaint, Sean left us peacefully on May 9, 2025 surrounded by his loving and supportive family.

He is survived by his wife, Erina Charette, their son Aiden, by his mother, Cecile Weber, his family, Ken Weber, MaryPat, Michael, Stephen, (Angela) and by his father, Michael Hennigar.

Sean attended Holy Family Elementary and Humberview Secondary. In 1987 he was chosen as an exchange student to Germany by Palgrave Rotary. On his return he attended Algonquin College and graduated from a computer science program. Sean spent a productive career in high tech programs, where he was much valued for his leadership and creative problem solving, always done with grace and intelligence.

All of us who knew Sean will miss his quiet humour, gentle wit and unruffled calm. He had a loving, generous nature and was much loved in return.

Sean will rest at Morningside Cemetery in Palgrave, Ontario.



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Two Wheels, One Mission: Erik Jensen biking the Tour Divide for World Bicycle Relief

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

On June 13, longtime Caledon resident Erik Jensen will take on the Tour Divide—a 4,418 km ultra-endurance bike race from Banff, AB, to Antelope Wells, New Mexico, featuring over 200,000 feet of climbing.

Jensen is riding to raise funds and awareness for World Bicycle Relief, a global organization that provides bikes to communities in need.

This marks his second major charity ride.

In celebration of his 65th birthday, Jensen completed the European Divide and successfully raised \$49,900 for the same charity.

With support from Caledon Cycling and Domestique Cycling Club, Jensen hopes to inspire

others through his passion for cycling and commitment to giving back.

He shared that Caledon Cycle has done so much for him and the community.

Jensen was born in Copenhagen and has been biking his entire life.

What initially drew him to Caledon was the numerous trail networks available.

As Jensen gears up for the big day, he said a lot of the training he does is not just physical but mental.

Jensen will be on the bike for 16 to 18 hours daily, sleeping approximately five hours a night.

He shared that what gets him through it is remembering why he was there in the first place.

“My tiny little struggle over the next 20 days in relation to what those people are experiencing on a day to day, month to month, year to

year, this is nothing,” shared Jensen of raising money for World Bicycle Relief.

World Bicycle Relief mobilizes individuals and communities through cycling.

They aspire for individuals to have access to an appropriate transport option that is affordable, safe, and meets their needs and preferences.

World Bicycle Relief envisions a world where bicycles improve healthcare and education outcomes and broaden economic opportunities so individuals and communities can thrive.

Jensen shared that collaborating with them felt like the right path for him.

“It’s the most simple yet most powerful thing you can do for someone. The impact is immediate. I like the organization, and I like everything they do. They’re an organization that needs a lot of help growing and spreading the word, and I think that’s what resonates with me,” he said.

Jensen will set off for his ride to Banff on June 9 and begin his journey on June 13.

For those wishing to follow along with Erik’s journey can track his movements through this link starting June 13, visit <https://dotwatcher.cc/race/tour-divide-2025>.

To donate, visit canada.worldbicyclerelief.org/site/TR?pg=personal&fr_id=1060&px=1003501.



CONTRIBUTED PHOTO

From Awareness to Action: Caledon’s Accessibility Advocates keep momentum going

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

National Accessibility Week has just wrapped up, but that does not mean that the messaging about accessibility does as well.

Tamara Limebeer, Chair of Caledon’s Accessibility Advisory Committee, spoke about what this week looked like not only for the committee, but for everyone.

“National AccessAbility Week is an annual celebration that brings focus on promoting accessibility and removing barriers. It’s a time to recognize and celebrate efforts to make a more inclusive Canada,” said Limebeer.

The Accessibility Advisory Committee is responsible for raising community awareness surrounding persons with disabilities and provides advice and recommendations to Council on ensuring a barrier free community.

The Committee focuses on the review of site plans, playgrounds and community parks, pursuant to the standards as outlined in the Accessibility for Ontarians with Disabilities Act (AODA).

The Town of Caledon provided the Accessibility Advisory Committee with red shirts, and the committee wore these shirts last Wednesday to celebrate the achievements of people with disabilities.

Limebeer shared that it is seen as a pledge to create a fully inclusive and accessible society.

Red Shirt Day is an initiative of Easter Seals Canada and a key event within National Accessibility Week.

The committee shared through social media that accessibility isn’t just about compliance, it is about fostering a society where everyone belongs and feels valued.

“Accessibility is about creating a society where everyone feels included and able to participate and feel valued. It is so much more than just a legal requirement. It is an opportunity to foster inclusion where everyone can feel that they belong. Accessibility empowers individuals to participate fully in society moving forward. We need to help businesses that are not accessible with the tools to make their business more inclusive,” said Limebeer. “Breaking down barriers is good business.”

Limebeer said one message they would like to share as we come out of National Accessibility Awareness week: “It is discouraging and disheartening to many disabled people that there are still so many barriers to overcome.”

To read more about the Accessibility Advisory Committee in Caledon readers can follow this link www.caledon.ca/en/government/accessibility-advisory-committee.aspx.

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Celebrating SENIORS

Activities for seniors with limited mobility

Physical activity is a valuable tool in the fight against chronic disease and other conditions.

In fact, the Cleveland Clinic highlights physical activity among its nine ways to prevent disease in an effort to live a long and rewarding life.

Children, adolescents, young adults, and even men and women in middle age may not face too many physical hurdles when they try to exercise, but seniors are not always so lucky. Aging men and women with mobility issues may wonder if they can reap the rewards of physical activity, and thankfully there are many ways to exercise even if getting up and going isn't as easy as it might have been in years past. Sometimes referred to as "aerobic exercise" or simply "cardio," cardiovascular exercise is an umbrella term that encompasses a wide range of physical activities that raise the heart rate and improve endurance.

Seniors with mobility issues can look to various forms of cardio for inspiration as they seek to be more physically active without compromising their overall health.

• WALK YOUR WAY TO A HEALTHIER YOU

Walking is a form of cardiovascular exercise that is ideal for older adults with mobility issues because it need not be physically demanding and it's safe to walk just about anywhere. Walking in a place such as a local park can be particularly good for older adults because they can take periodic breaks on benches if aches, pains or stiffness is affecting their ability to keep moving.

• TAKE UP SWIMMING

Swimming might be tailor-made for seniors with mobility issues because it's a great workout and exercising in water tends to be less taxing on muscles and

joints. The Cleveland Clinic notes that swimming promotes heart health, strengthens the lungs, helps to burn calories, and builds muscle, among other benefits. And many seniors find swimming is just as fun in their golden years as it was in their youth, which means aging adults might not face problems with motivation when the time comes to get in the pool.

• USE AN EXERCISE BIKE OR PORTABLE PEDAL EXERCISER

Cycling is a wonderful exercise but one that seniors with mobility issues may feel is no longer possible. If doctors advise against riding a traditional bike, an exercise bike or portable pedal exerciser can provide many of the benefits of cycling without as great a risk for accident or injury. A portable pedal exerciser can be carried to a park, where seniors can still spend

time in the great outdoors, which is one of the most appealing reasons to get on a bike and go.

• TAKE BEGINNER YOGA OR TAI CHI

HelpGuide.org notes that gentle yoga or tai chi can help to improve flexibility and reduce stress and anxiety. Though yoga and tai chi can provide as much demanding physical activity as individuals allow, beginner classes in each discipline don't require much movement but do provide enough for seniors hoping to be less sedentary.

Even seniors with mobility issues can find safe and effective ways to be more physically active. Prior to beginning a new exercise regimen, seniors with mobility issues are urged to discuss activities with their physicians.



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CELEBRATING SENIORS MONTH: HONOURING, CONNECTING AND THRIVING

June is Seniors Month, a time to celebrate the wisdom, resilience and contributions of older adults in our communities. Let's ensure seniors feel valued, engaged and supported.

Social connections are essential. Studies show that staying engaged improves mental and physical health, enhances cognitive function and fosters a strong sense of belonging. Engaged seniors experience lower stress levels and greater fulfillment. Health span is the new life span and our age-friendly approach in Caledon makes a difference.

That's why Caledon Community Services (CCS) goes above and beyond to ensure older adults remain active, connected and thriving. Through wellness and learning activities, accessible transportation, community initiatives and in-home assistance, CCS is dedicated to enriching the lives of seniors.

A special event at Evolve Thrift Store, 4 Industrial Rd. in Bolton will celebrate seniors by bringing all the best practices together under one roof. On June 9, between 10:00 a.m. and 12:00 p.m., CCS is opening our store especially for seniors, hosting an exclusive 50% off sale; enjoy the thrill of the find and other fun activities. Mix & mingle and experience the magic of sharing food with friends and refreshments that increase the warmth and welcome.

And transportation? CCS has it covered! For registered seniors 60+, our Specialized Transportation is here to ensure a seamless and stress-free experience. If you're a senior who is not already registered and would like to explore transportation available through CCS, do so today, so you are ready to roll for the next event you want to attend in Caledon.

And this month CCS is also offering the opportunity to take action that can benefit seniors while having family fun. Consider joining the fun for all ages Velocity fundraising bicycle ride on June 14. Your participation will help seniors right here at home.

This Seniors Month 2025, let's come together to celebrate, support and uplift the wise adults who enrich our lives. Let's recognize their incredible contributions and ensure they continue to feel engaged. Community thrives when we take action!


Visit CCS today to register for transportation, learn more, or sign up for Velocity or call (905) 584-2300 ext. 218 for transportation or 260 for Velocity. Hope to see you on June 9 and June 14!



Did you know?

HEARING AIDS can be a useful ally for individuals as they navigate and seek to overcome hearing loss. Older individuals affected by age-related hearing loss may be particularly in need of hearing aids, but data indicates usage of the devices is low among the aging population. According to the National Institute on Deafness and Other Communication Disorders, just three in 10 adults over 70 with hearing loss have ever used hearing aids. And it's not only the aging population that is reluctant to use hearing aids, as the NIDCD notes that just 16 percent of adults between the ages of 20 and 69 who could benefit from wearing hearing aids have ever used them. Greater education regarding the efficacy of hearing aids and the range of user-friendly aids that are nothing like the bulky, often ill-fitting products of yesteryear could compel more individuals with hearing loss to turn to these devices in the years to come.






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Exploring various types of arthritis

Arthritis is a broad term that encompasses at least 100 different subtypes of the condition. Each has different causes and treatment methods, but some are more common than others.

The National Institute of Arthritis and Musculoskeletal and Skin Diseases says “arthritis” means “joint inflammation.” Joints are where two bones meet. Common symptoms of arthritis include pain, stiffness, swelling, and redness in and around the joints. Arthritis is the No. 1 cause of disability in United States, affecting around 60 million adults and 300,000 children, advises the Arthritis Foundation. While it mainly affects the bones, arthritis also can damage other parts of the body, including organs.

The following is a deep look at some of the more commonly occurring types of arthritis.

OSTEOARTHRITIS

Healthline says osteoarthritis (OA) is the most common type of arthritis in the U.S. It develops after the age of 50 or 60 years, and tends to be more prevalent in individuals who are overweight. With OA, joint pain tends to occur after rest or inactivity. It is a degenerative joint disease in which the tissues break down over time.

RHEUMATOID ARTHRITIS

Unlike OA, which is marked by a breakdown of joint tissue over time, generally due to aging, RA is a chronic autoimmune disease in which the body’s own immune system attacks the joints and other tissues. In fact, the NIAMS says RA can cause medical problems in areas such as the eyes, lungs, blood, nerves, and heart in addition to the joints.

RA is more common in women than men, and people are likely to get the disease if there is a family history of it.

PSORIATIC ARTHRITIS

Psoriatic arthritis is another inflammatory condition linked to an autoimmune disorder. Individuals with the skin condition psoriasis can develop psoriatic arthritis after skin symptoms occur. It is believed that stressful events, trauma to the joints or bones or infections may trigger the disease in those who already have psoriasis.

GOUT

Gout is a type of arthritis that causes flares, often beginning in the big toe or a lower limb. It occurs when a high level of serum urate builds up in the body, which then forms needle-shaped crystals in and



around the joint. Gout usually happens in middle age, with men developing it earlier than women. Some people with gout may be more likely to develop chronic kidney disease, obesity, hypertension, and diabetes.

TREATMENT

Doctors will ask questions and perform blood tests to check for arthritis markers. A general practitioner may recommend a patient see a rheumatologist to get a better arthritis diagnosis as well as a treatment plan.

Treatments include analgesic medications, anti-inflammatory drugs that may be NSAID or steroid formulations, capsaicin creams to block pain signals, or immunosuppressants and biologics if arthritis is autoimmune in nature. Treatment may be customized to each patient.

While there’s no cure or surefire way to prevent arthritis, exercising, losing weight, managing stress, and eating healthy foods could limit symptoms. Working with a doctor also can help manage arthritis.

How arthritis affects daily life and mobility

Arthritis is a broad category of joint and connective tissue disorders that impacts around one in five people in both Canada and the United States, according to the Arthritis Society of Canada.



INFACT, arthritis is a leading cause of disability for many people around the world. Arthritis becomes a greater concern as people age. That’s particularly so with osteoarthritis, which is degenerative condition caused by repeated use and stress on joints.

Common symptoms of arthritis include joint pain, swelling, reduced mobility, and physical weakness. Such signs underscore how much arthritis can affect daily life. Symptoms may come and go, but it’s not always easy living with arthritis, particularly rheumatoid arthritis. Also, in some people, rheumatoid arthritis can damage body systems beyond the joints, including the skin, eyes, lungs, heart, and blood vessels, says the Mayo Clinic.

There is no cure for arthritis, so working on lifestyle changes can improve quality of life and help people manage day-to-day tasks more easily.

• **LOSE WEIGHT:** Carrying around extra weight can put greater stress on joints, causing more pain and stiffness. Losing a little weight can help alleviate stress on hips and knees and facilitate mobility.

• **TAKE MEDICINE:** Talk to your doctor about which medicines might be available to help manage daily symptoms. Certain prescriptions and over-the-counter options can help prevent flare-ups and may even reduce the risk of further problems.

• **FIND BALANCE:** Johns Hopkins Medicine suggests toggling between activity and rest to protect joints and lessen symptoms. Take breaks when needed, and don’t feel down on yourself if you can’t exercise for as long or as intensely as you once did.

• **GET REGULAR ACTIVITY:** Certain exercises can help reduce joint pain and stiffness. Consult with a doctor about what you can do to keep joints flexible. Swimming, walking and low-impact aerobic exercise can promote flexibility.

• **TALK TO SOMEONE:** Arthritis also can come with emotional symptoms that you may want to discuss with a mental health professional.

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Essential facts about stroke everyone should know



(NC) Every year, more than 108,000 strokes happen in Canada—yet many people don't know the risk factors, or how to recognize if someone is having one and what to do.

“When I talk to Canadians, I realize that there's a lot they don't know about stroke,” says Katie White, director of health systems for Heart & Stroke. “During Stroke Month—and really every month—we want people to understand it so they can manage their risk and be prepared to act quickly if it strikes.”

HOW STROKE HAPPENS, AND WHO'S AT RISK

A stroke occurs when blood stops flowing to part of the brain, damaging brain cells. While the risk increases as people get older, stroke can happen to anyone at any age. Young adults, babies and even young children can experience one. For children, the risk is greatest in the weeks surrounding their birth, and there are more than 10,000 kids under 19 living with stroke.

Conditions like heart failure, congenital heart disease and atrial fibrillation can increase the risk of stroke, sometimes dramatically, and stroke can increase the

risk of heart conditions, including cardiac arrest. This is because the heart and brain are connected by the vascular system—a network of vessels that carry blood and oxygen throughout the body.

A stroke now occurs roughly every five minutes in Canada, with almost a million people living with stroke nationwide. Our aging population is one reason for the rise, along with increases in risk factors like high blood pressure, high cholesterol and diabetes in younger people. Fortunately, more people are surviving thanks to research breakthroughs, awareness and better treatment and care.

WHAT TO DO IN AN EMERGENCY

Recognizing the signs and acting quickly can mean the difference between life and death, or between a better recovery and a lasting disability. If you suspect someone near you is having a stroke, remember FAST:

- F - face, is it drooping?
- A - arms, can you raise them?
- S - speech, is it slurred or jumbled?
- T - time to call 9-1-1 right away.

Find tips and more to help you take charge of your health at heartandstroke.ca/healthy-living.

www.newscanada.com

What people can do to prevent stroke

Stroke has been described as a “brain attack.” Stroke occurs when blood flow to a part of the brain becomes blocked or when a blood vessel in the brain breaks, which can damage or kill brain cells. The Office of Disease Prevention and Health Promotion says stroke is a leading cause of death and long-term disability in adults. It also can cause irreversible damage to the brain.

Individuals who experience stroke may end up with memory problems or experience difficulty thinking or forming words. Mobility issues like difficulty walking or paralysis and weakness may occur. Some individuals also may experience incontinence and other issues resulting from neurological damage.

Although stroke can come out of the blue and is not always preventable, there are several steps people can take to help reduce their risk for stroke.

• **REDUCE BLOOD PRESSURE NUMBERS**
High blood pressure, also known as hypertension, is a significant risk factor for stroke, says Harvard Health. Doctors may advise patients to work to lower blood pressure to between 140/90 to 120/80.

• **WORK TO LOWER BMI**
Overweight or obesity increases risk for stroke, says the Centers for Disease Control and Prevention. Losing weight and maintaining a health body mass index can help lower stroke risk.

• **EXERCISE MORE OFTEN**
Routine physical activity can not only help a person lose weight, but also lower cholesterol and blood pressure levels — all of which are risk factors for stroke. The U.S. Surgeon General recommends individuals get a minimum of two hours and 20 minutes of moderate-intensity aerobic activity each week.

• **GET A CHOLESTEROL CHECK**
High cholesterol can increase risk of stroke, which makes routine cholesterol checks important. The Office for the Assistant Secretary of Health says people should get their cholesterol checked at least every four to six years, with some needing to get it checked more frequently.



• **DRINK ONLY IN MODERATION**
Alcohol can increase risk of high blood pressure. Individuals should reduce their alcohol intake, with one drink or less for women and two drinks or less for men per day.

• **KNOW YOUR FAMILY HEALTH HISTORY**
Knowing one's family health history may illustrate a risk for genetic health conditions that can make a person more likely to experience stroke.

• **TREAT HEART DISEASE**
Do not delay medical treatment for heart disease. Heart conditions like coronary artery disease or atrial fibrillation should be addressed promptly to prevent stroke.

Stroke is a serious medical condition that can leave a person debilitated. That is why it is key to reduce risk of stroke throughout one's life.

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Celebrating SENIORS

HOW TO START A SENIORS' social club

Various changes are associated with aging, and these can be physical, mental and emotional. Though each person manages these changes in their own way, there's no denying that social interaction can benefit people from all walks of life as they navigate their golden years.

The Foundation for Senior Care says socializing can give seniors a sense of purpose, stimulate the mind, relieve boredom, potentially prevent feelings of depression, and give individuals something to look forward to. The senior living center Aston Gardens says socialization provides a significant boost to the cognitive health of older adults, helping to prevent or delay conditions that can affect memory.

Individuals looking to cultivate healthy social interactions may turn to clubs and other groups. If there's a dearth of opportunities, individuals can start and promote their own social club using this useful guideline.



DECIDE ON THE PURPOSE OF THE GROUP
Social clubs can meet and be organized around any number of themes or interests. Social clubs may meet to discuss gardening, crocheting, reading, or other shared hobbies. Friends also may be interested in doing food and beverage sampling. In such instances, a luncheon social club makes perfect sense.

TURN TO SOCIAL MEDIA
Meeting details can be posted in a community bulletin or on a message board at a local house of worship. However, the internet can be a speedy messenger and help like-minded people figure out how to connect. Facebook groups are one way to organize social clubs, as is the website Meetup.com. The latter is a large on-

line network of offline groups that meet all over the country and the world. The website makes it a snap to organize a local group or find an existing club.

CHECK FOR COMPETITION
Conduct a search of groups already meeting within a 50-mile radius to see if an existing group already meets your criteria. If not, proceed full speed ahead as you establish your own club.

ESTABLISH CONSISTENT MEETING TIMES
Most people prefer a schedule so they can plan their days accordingly. Choose a regular meeting time and place to hold the social club; otherwise, it can be confusing to accommodate everyone. Inconsistency also can make it hard to get the club off the ground.

START SMALL AND THEN BUILD
For those new to hosting social clubs, it may be better to begin with only a few members as everyone gets into a groove. As the group becomes more established, it can be opened up to more members. Although it may be wise to cap membership so that things are more easily managed.

Social clubs are a great way for seniors to stay connected and active. When there isn't one that meets a person's interests, it's relatively easy start one from scratch.

What to know about exercise and dementia risk

THREE SECONDS GO BY IN A FLASH, but that's enough time for another person to join the masses already diagnosed with dementia. According to Alzheimer's Disease International, every three seconds someone in the world develops dementia, a condition that more than 55 million people were living with in 2020.


As menacing a threat as dementia presents, individuals are not helpless against it. In fact, exercise, which can help lower risk for heart disease, stroke and various other conditions, can be a valuable ally against dementia as well.

WHAT IS THE LINK BETWEEN EXERCISE AND DEMENTIA?
Dementia remains something of a mystery, but the Alzheimer's Society notes that evidence is now strong enough to support the assertion that lack of physical exercise increases a person's risk of developing dementia. The Alzheimer's Society also notes that research-

ers have discovered improvements in thinking and memory and reduced rates of dementia among middle-aged and older adults who exercised compared to those that did not.

IS CARDIO THE MOST EFFECTIVE EXERCISE AT LOWERING DEMENTIA RISK?
Speaking with CNBC, Silky Singh Pahlajani, a clinical professor of behavioral neurology and neuropsychiatry at Weill Cornell Medicine, noted that cardiovascular exercise, often referred to as cardio, can provide the biggest benefit for brain health of any form of exercise. Cardiovascular exercise can increase heart rate, which helps deliver oxygen cells to the brain. The National Institutes of Health notes that oxygen shortages prevent the brain from working as well as it should, and a 2023 study published in the journal Redox Biology found that oxygen abnormality plays a crucial role in the occurrence and progression of Alzheimer's disease.

HOW SHOULD AGING ADULTS APPROACH EXERCISE IF THEY HAVE BEEN LARGELY SEDENTARY?
Middle-aged and older adults who have not been physically active throughout their adult life but want to begin incorporating exercise into their daily routines are urged to speak with their physicians prior to beginning a fitness regimen. Preexisting conditions may make it difficult, if not impossible, to engage



in certain forms of exercise. A personal physician can consider a patient's unique medical history and then recommend certain exercises that won't put him or her in jeopardy of suffering an injury or illness. A gradual approach to exercising is typically best for individuals who have lived a sedentary lifestyle. Starting off slowly with a short walk or light physical activity like gardening can help the body acclimate to physical activity at a safe pace. As adults bodies' become more accustomed to exercise, men and women can then gradually increase the intensity of their workouts, switching from walking to jogging on a treadmill when possible.

There is no cure for dementia, but adults are not helpless against the various forms of the condition. Researchers have discovered that preventive measures like routine exercise can be an effective way to reduce dementia risk.





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A woman with short, curly grey hair is smiling and gesturing with her hands. She is wearing a light blue blazer over a white top. The background is a solid blue color.

A woman with short grey hair, wearing glasses, a pink top, and a pearl necklace, is smiling as she paints a picture of a lighthouse on a canvas. She is sitting at a table covered with an orange cloth, surrounded by other people and art supplies.

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Garden Centre Hours

MONDAY-FRIDAY: 8:00am - 7:00pm

SATURDAY & SUNDAY: 8:00am - 6:00pm

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Celebrating SENIORS

Free recreation access, all month long

From June 1 to 30, residents aged 55+ can enjoy unlimited, free access to Caledon’s recreation centres and drop-in activities. Already a member? No action required. You’ll automatically receive a free extension on your current membership. New to recreation? Sign up for a no-commitment Seniors Month Membership by calling 311, emailing recreation@caledon.ca, or visiting any recreation facility.

Discover something new with Try-It Sessions

Try-It Sessions are beginner-friendly programs in a welcoming, supportive environment:

- Body in Balance – June 16 at 10:45 a.m.
- Chair Yoga – June 25 at 2 p.m. & June 30 at 12 p.m.
- Nordic Pole Walking – June 26 at 12 p.m.
- Qi Gong – June 28 at 1:30 p.m.

Community Events and Celebrations

Age-Friendly Caledon has partnered with local organizations to host a variety of fun, inclusive events:

- Country Line Dance Party & Luncheon (Caledon Meals on Wheels)
June 17 at 12 p.m. | Caledon East Community Complex | Registration required
- Senior of the Year Award Presentation
June 17 at 5:30 p.m. | Town Hall Atrium
- Celebrate Cultural Diversity (Malton Women Council)
June 19 at 11 a.m. | Southfields Community Centre
- Peel Council on Aging’s Summit on Aging
June 24 at 10:30 a.m. | Caledon East Community Complex | Registration required
- Afternoon Strawberry Social (Caledon Seniors Centre)
June 26 at 2 p.m. | Rotary Place Bolton | Registration required

Special Programs at Caledon Public Library

Enjoy engaging workshops and events tailored for older adults. Registration required for all sessions:

- Healthy Aging Series for Seniors with Dr. Shilpi Gupta – June 20, 27 & July 4 at 1 p.m.
- Computing 4 Seniors – June 18 & 25 at 1 p.m.
- Internet Basics for Seniors – June 14 & 28 at 1 p.m.
- Sing Yourself Healthy with Julia’s Place Music Therapy – June 16 at 1 p.m.
- Zentangle Workshop 101 – June 27 at 2 p.m.

For complete details, visit www.caledon.ca/seniorsmonth or call 311.



Are you missing Teeth? We can Help!

If you are missing one or more of your natural teeth it is important to fill the space. Teeth are like a fence and, they all help support each other and evenly distribute the force of biting between each other. When a tooth is missing a space occurs and the adjoining have a tendency of drifting into the void-just like a fence post will move into the area the post is missing. This will cause the tooth to rotate out of position and misalign itself with the opposing tooth. This will create an un-even bite and put un-even pressure on the teeth that are coming into contact or occlusion.

Here at the Kostynyk Denture Centre we specialize in the various materials and techniques to replace missing teeth and balance your bite. There are many options to perform this other than traditional crowns and bridges which also typically cost less. New materials are stronger which allow us to provide a thinner and less invasive appliance and, flexible materials allow us to reduce the appearance of the metal clasps in a traditional Partial Denture.

To schedule your free consultation simply give us a call and we arrange a time that is convenient for you. If you also have any questions about the Canadian Dental Care Plan, (CDCP), you can make a complimentary appointment for you to discuss the options available through this program. But please remember this program is designed to provide basic services-not just cleanings and fillings but also dentures and partials!

If you applied for the CDCP last year you must re-apply this year to re-qualify.

Should you have any questions please feel free to give our office a call and we will schedule a free consultation at your convenience.

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Celebrate Seniors Month in Caledon!

This June, residents aged 55+ can enjoy **FREE** access to Caledon recreation centres and drop-in activities. Whether you love to swim, skate, walk, or simply connect with others — there’s something for everyone!

We’ve also teamed up with community partners to offer even more free programs and events throughout the month.

Visit caledon.ca/seniorsmonth.

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Improve Your Health by Visiting Your Local Museum



Did you know that doctors now recommend visits to your local art gallery and museum as part of a health and wellness prescription? Discover the Peel Art, Gallery, Museum, and Archives (PAMA) in historic downtown Brampton this year and take some time for you!

Upcoming this June at PAMA

June is National Indigenous History Month
PAMA and Peel Region are committed to building a welcoming community for everyone, no matter their background.

We recognize the lasting effects of colonialism on Indigenous peoples and the role museums and archives have played in erasing and misrepresenting Indigenous cultures. We're working to change that by listening to Indigenous voices and sharing their stories, traditions, and knowledge.

Our work is guided by important calls for change, including the Truth and Reconciliation Commission's Calls to Action, the United Nations Declaration on the Rights of Indigenous Peoples, and the Calls for Justice from the Missing and Murdered Indigenous Women and Girls report. We focus on building respectful partnerships with Indigenous artists, communities, and leaders.

Right now, we're working with the Indigenous Sharing Circle to create a permanent exhibit that shows the deep connection between people, the land, and all living things. The exhibit invites visitors to learn about important aspects of Indigenous cultures while also encouraging us all to take action in building a better future.

Wampum Belt Workshop with Tayohseron:tye Nikki Auten
Saturday, June 14, 10 a.m. – 1 p.m.
Admission is free for this workshop, space is limited. Registration is required.

Now showing at PAMA featuring Indigenous content
• Dark Ice: Leslie Reid and Robert Kautuk
• A Daily Drive
• Youth on Reconciliation
• Sedna: Inuit Goddess of the Sea
• Stories of Home: Finding Community and Belonging in Peel
• Yours to Discover: Sights/Sites of Peel Region

Opening Saturday, July 26 to March 29, 2026
• Land, Sea, Sky: Inuit Art from PAMA's Collection

Celebrate Pride Month at PAMA
• Connections Art & Book Club
Thursday, June 12, 7 – 8:30 p.m.

Literature and visual arts connect in this distinctive book club. Join Brampton Library and PAMA for a discussion of the book *Metal from Heaven* by August Clarke. *Metal from Heaven* is a bloody lesbian revenge tale and political fantasy set in a glittering world transformed by industrial change – and simmering class warfare. The book discussion will be paired with a tour of the exhibition *Jude Griebel: Illuminated Collapse*, which presents a series of six detailed dioramas merging figure and ground to highlight human connection to the surrounding world.

This program will take place at PAMA. Free. Registration is required at Connections: Art + Book Club - Brampton Library

Living Queer History: A Storytelling Celebration
Sunday, June 22, 2 – 4 p.m.
Join Living Hyphen and PAMA as we celebrate Pride Month with stories from Peel's 2SLGBTQIA+ community. This special event connects to PAMA's exhibit *Stories of Home: Finding Community and Belonging in Peel*, which explores how people find connection and build community.

Admission is pay-what-you-can. Walk-ins are welcome, but we suggest registering with Living Hyphen to save your seat: livinghyphen.ca/rsvp

About PAMA
PAMA is a place to explore and learn about Peel region's diverse culture and heritage highlighting important local, Canadian, and global narratives. Art, artifact, and archival collections, exhibitions, and programs help visitors make new and fascinating connections to the surrounding community. Join us throughout the year for tours, events, workshops, and public programs for all ages. Operated by Peel Region, PAMA is located at 9 Wellington Street East in Brampton. Visit pama.peelregion.ca to learn more or call 905-791-4055.



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Adult Art Workshops

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Hand Built Pottery
Thursday, July 31, 6:30 – 8:30 p.m.

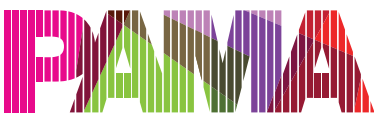
Watercolour Landscape with Angelica Candido
Thursday, Aug. 14, 6:30 – 8 p.m.

Cost per workshop:
Public \$18. PAMA Members \$15.30.
Registration is required.



pama.peelregion.ca

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Celebrating SENIORS



Breakfast MADE EASY

Why breakfast is important and can be easy and nutritious

(NC) Mornings can be very difficult for many of us, especially if sleep issues are a factor and we didn't get enough rest the night before. For some, eating first thing in the morning can be unappealing which can lead to delayed nourishment and potentially result in overeating later on.

If you find yourself low on energy, struggling with weight management, or just feeling tired, adding in breakfast, when possible, can truly help. Remember, having breakfast gives your body an additional nourishing meal to start the day, which can positively impact your overall health and energy level. It can also help with prevention and management of several health conditions.

Try to have breakfast within two hours of waking up. If this is a challenge, try adding it when you can. Keeping preparation time to less than 15 minutes for breakfast helps with mindset and motivation: the goal is to nourish rather than spend your energy on meal preparation.

An effective and simple way to assemble your breakfast is to break it down like this, try to include:

- A fistful or 1 piece of fruit,
- 1 cup (250 ml) or 2 pieces of whole grain food (ex., oats or whole grain toast) and,
- 1-2 servings of protein (ex: 1 cup low-fat yogurt or 1-2 eggs).

Here are some easy breakfast ideas that incorporate some or all of those:

1. Microwave an egg in a mug and enjoy with fruit or toast on the side
2. Overnight oats with yogurt and berries
3. Yogurt bowl with fruit and homemade granola
4. Shredded wheat with fruit and milk
5. A breakfast burrito like the one below from Kidney Community Kitchen

www.newscanada.com



Do You Hear Ringing? You're Not Alone!

Ever hear a ringing, buzzing, or hissing sound that no one else can? You're not imagining it—that's tinnitus, and you're not alone. In fact, 1 in 7 adults experience some form of tinnitus, making it a common yet often misunderstood condition.

There are some surprising facts about tinnitus that many people don't know, along with ways to help manage or prevent its effects:

Not just ringing – Tinnitus isn't just a ringing sound. It can also manifest as buzzing, clicking, whooshing, or even roaring. Identifying and avoiding triggers, such as loud noises and caffeine, can help minimize symptoms.

More common in men – Studies show that men are more likely to experience tinnitus than women. Regular hearing check-ups can help detect early signs of tinnitus and prevent further hearing issues.

Winter can make it worse – Cold weather and circulation changes can heighten symptoms, making tinnitus more noticeable during winter months. Keeping your ears warm and maintaining proper circulation through exercise can help reduced is comfort.

noise. Protecting your ears by using earplugs in noisy environments and lowering headphone volumes can help prevent tinnitus-related hearing damage.

Stress plays a role – High levels of stress and anxiety can worsen tinnitus symptoms, creating a frustrating cycle for those affected. Practicing relaxation techniques, such as meditation or deep breathing, can help manage stress levels and reduce the impact of tinnitus.

The good news? Understanding tinnitus is the first step in managing it. Whether it's caused by prolonged noise exposure, earwax buildup, or other factors, there are ways to reduce its impact.

Book a free appointment at your nearest HearingLife clinic to learn more about tinnitus and management options.

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JUNE 15TH AT 12PM
Father's Day Lunch

JUNE 20TH AT 12PM
First responders Appreciation BBQ

JUNE 27TH AT 2:30PM
1950s Hollywood Dress up Party

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JERRY CARINCI

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