FLYER PRICING VALID THROUGH
THURSDAY JUNE 4TH TO WEDNESDAY JUNE 10TH, 2026.
501 QUEEN STREET SOUTH, BOLTON 905-857-1227

Garden foods

JUNE 4TH - JUNE 10TH

SAVE $20

WHEN YOU SPEND $100 OR MORE IN-STORE AT GARDEN FOODS.

0 00000 91166 5

Terms and Conditions: Get $20 off with a minimum spend of $100 at Garden Foods between June 4th and June 10th, 2026. One-time use coupon must be scanned and relinquished at time of transaction. Only one coupon redeemable per purchase. Coupon is not valid with other offers. Photocopies will not be accepted. $100 spend is before taxes and fees and excludes gift cards, lottery, alcohol and pharmacy (where available). Longo Brothers Fruit Markets reserves the right to add, remove or modify items on this promotion without prior notice. Other restrictions may apply.

THANK YOU REWARDS

MEMBER PRICING

THIS WEEK MEMBERS SAVE OVER $30

See online flyer for more deals.

SAVE $2.00

ORGANIC

Organic Meadow Organic Milk
1%, 2% or skim
4L bag
8.99
NON-MEMBER $10.99

SAVE $2.00

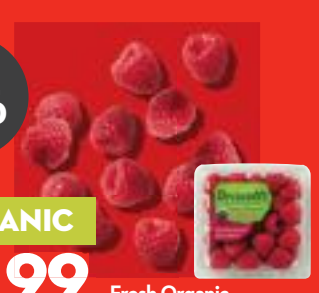
3.99
NON-MEMBER $5.99
Fresh Golden Honeydew
Product of U.S.A.
each

SAVE $2.00

4.99
NON-MEMBER $6.99
Maple Leaf Prime Raised Without Antibiotics Fresh Ground Chicken or duBreton Raised Without Antibiotics Extra Lean Ground Pork
454g pkg

SAVE $2.00

ORGANIC



4.99
NON-MEMBER $6.99
Fresh Organic Raspberries
Product of U.S.A.
6oz pkg

SAVE $3.00

29.99
NON-MEMBER $32.99
Longo's Fresh Family Size Lasagna or Pasta al Forno
2.27-2.4kg pkg
selected varieties

SAVE $5.00

19.99
NON-MEMBER $24.99
Longo's Frozen Cooked Black Tiger Shrimp Platter with Cocktail Sauce
480g pkg
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SAVE $5.00

Longo's Frozen Pork & Beef Chevaps
1.5kg pkg
$20
NON-MEMBER $25

SAVE 50¢

3.99
NON-MEMBER $4.49
Longo's Brioche Hot Dog or Burger Buns
200-385g pkg

SAVE $2.00

Longo's Gluten-Free Fresh Pasta
selected varieties
4.99
NON-MEMBER $6.99

SAVE $2.98 ON 2

Haribo Gummies
175g pkg
Individual $3.99
selected varieties
2 FOR $5
NON-MEMBER $3.99

SAVE $1.00

Coca-Cola Mini Beverages
6x222mL cans
selected varieties
4.49
NON-MEMBER $5.49

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HOURS: MON-FRI 7AM-9PM; SAT & SUN 7AM-8PM

FLYER PRICING VALID THROUGH
THURSDAY JUNE 4TH TO WEDNESDAY JUNE 10TH, 2026.
501 QUEEN STREET SOUTH, BOLTON 905-857-1227

Garden foods

SAVE $2.50

THIS WEEK'S GARDEN PICK!

Kimbo Nespresso Coffee Pods 10ct
selected varieties
3.49

Villani Pancetta Pepe Nero
4.99/100G

SAVE $5.00

10" Hanging Basket
assorted varieties
$15

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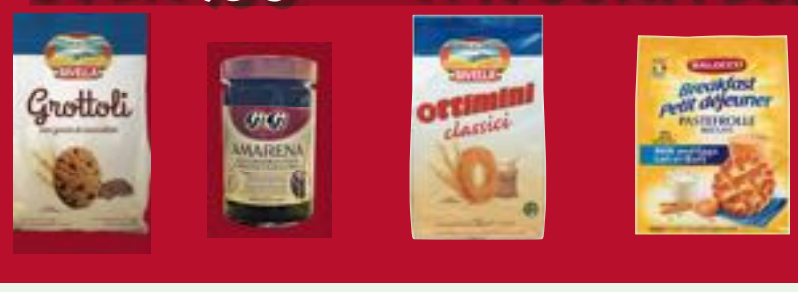
OVER 150 OF YOUR FAVOURITES!



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Caledon Citizen

Your Community Newspaper

Combined Thursday Circulation: 36,816

905-857-6626 | 1-888-557-6626 | www.caledoncitizen.com

FREE | Thursday, June 4, 2026 | Volume 46, Issue 23

Danielle Gabriel and Pearly Tailor with their farm stand. PHOTO BY RILEY MURPHY

Is the honour system alive and well?

Caledon farm stand owners talk truth

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

In 2020, according to the 2021 Census of Agriculture from Statistics Canada, 15,647 farms, or 8.2% of all farms in Canada, reported having an on-site farm stand.

With the warmer weather hitting Caledon, we're beginning to see more and more pop up on the side of our roads again.

A traditional method for a farm stand includes the products, left out on the stand, with a cash box next to them.

But now, in 2026, is the honour system a sustainable way for farms to continue selling their goods?

These Caledon farm stand owners know the ups and downs themselves.

Danielle Gabriel and Pearly Tailor have run their farm stand at 18355 on the Gore Rd for three consecutive weekends now into the season, and already the two friends have experienced triumphs and tribulations.

The idea to open began in a whirlwind 24 hours. On a Friday night, they agreed on the idea, and by Saturday morning, they were ready and open, with fresh loaves of bread and other assorted baked goods.

After Tailor began making sourdough, she baked numerous loaves, bagels, and more for Gabriel's son's birthday, and from there, the two say the seed was planted.

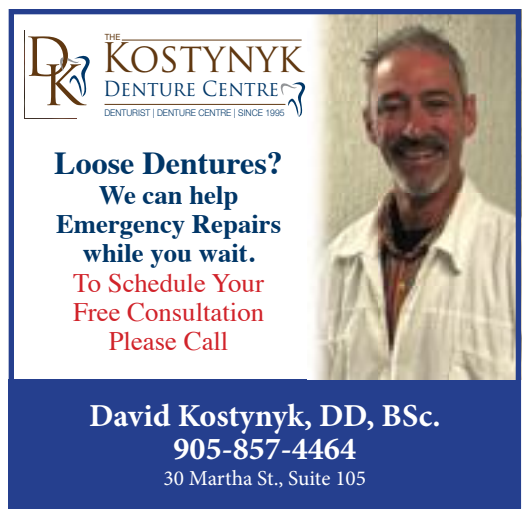
After debating opening a bakery, the two decided a farm stand on their property was a better choice for now.

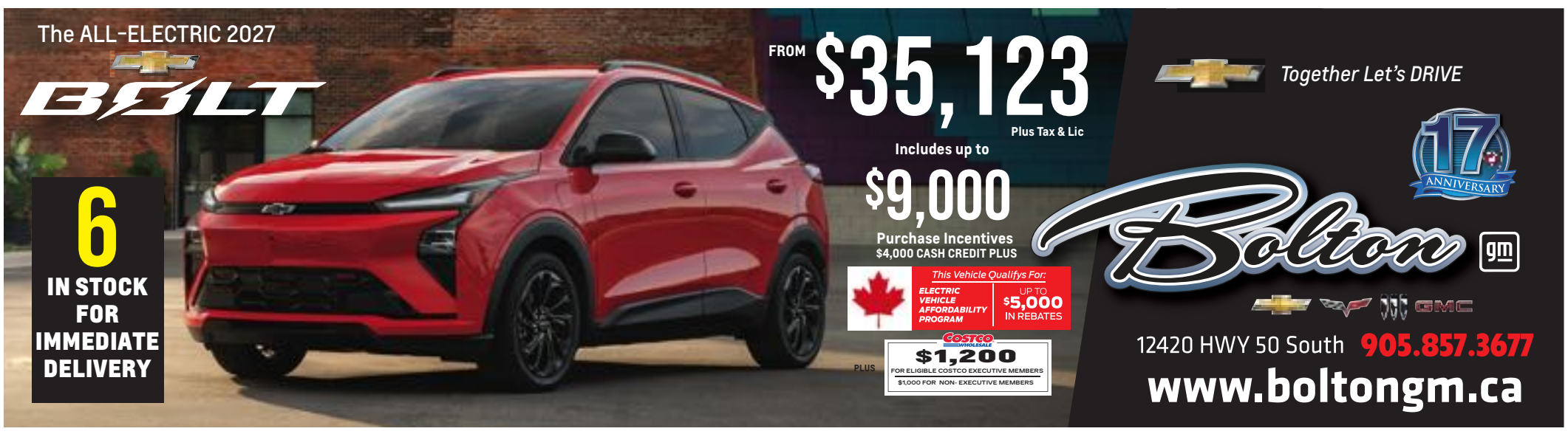
"It seemed a little overwhelming at first, but then it just happened on its own," says Gabriel.

The first weekend, the two shared, it was great to see people coming by and picking up products.

Continued on Page A11

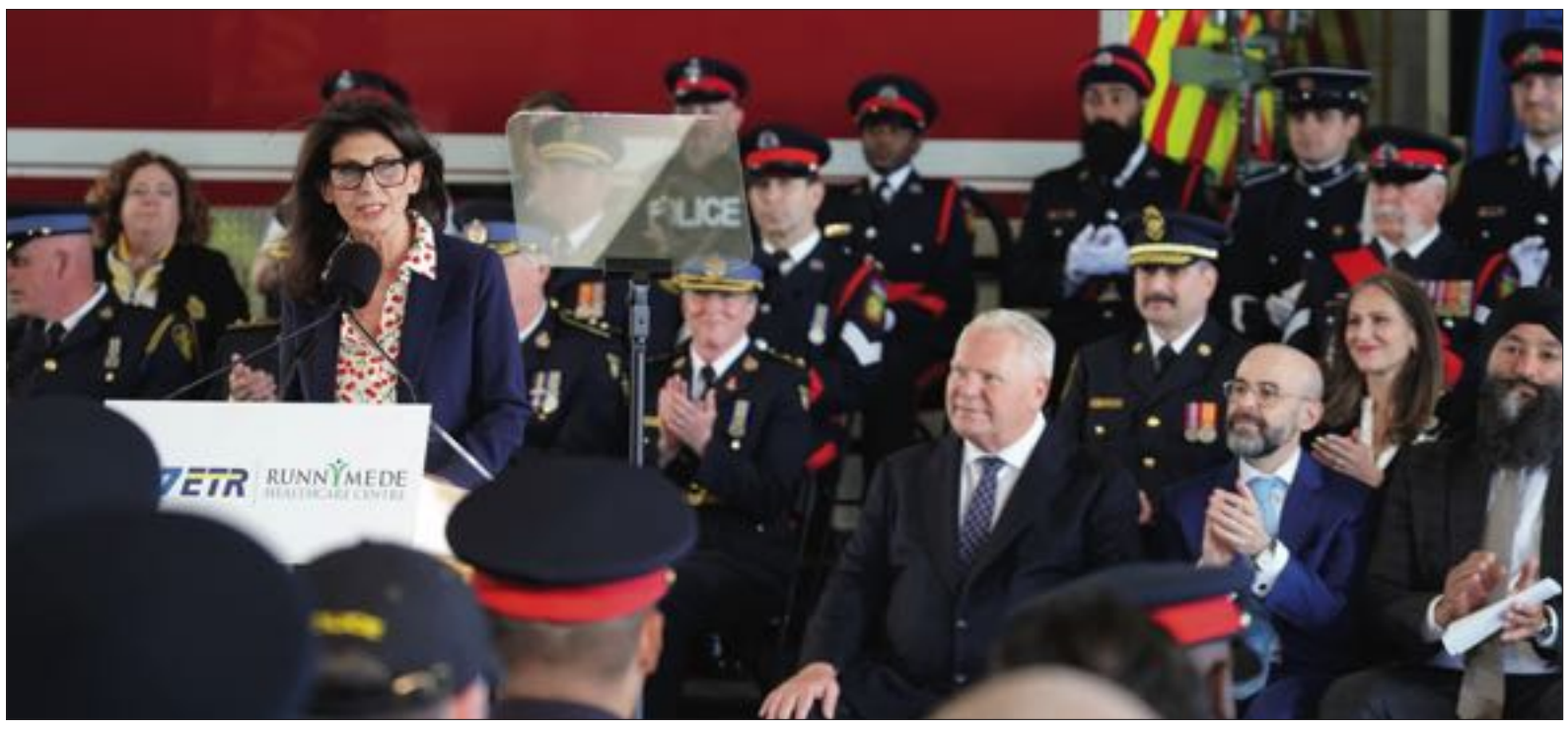
ANNUAL POWWOW - The Maawnjiding Wiingushkeng Centre of Indigenous Excellence and Land-Based Learning welcomed the community back to its annual Powwow this past Friday. For more on the PDSB-hosted event, see Page A3. PHOTO BY RILEY MURPHY





Caledon Recovery Centre: New specialized treatment facility coming to Caledon

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER



Connie Dejak, President & CEO, Runnymede Healthcare Centre, speaks at Caledon Fire Station 302.
CONTRIBUTED PHOTO

First responders and mental health support were in the spotlight last Friday as Premier Doug Ford joined Runnymede Healthcare Centre and 407 ETR at Caledon Fire Station 302 to announce a significant investment in post-traumatic stress injury centres.

407 ETR announced a $5 million donation to Runnymede Healthcare's Post-Traumatic Stress Injury (PTSI) Centre of Excellence.

These centres in Toronto and Caledon will deliver "specialized integrated mental healthcare for police, firefighters, paramedics and frontline healthcare workers."

407 ETR's donation, as stated in a press release, marks the largest private-sector gift to date toward the dedicated mental healthcare facilities for Ontario's first responders.

The funding will support the construction of two new specialized treatment facilities in both Toronto and Caledon.

The $5 million will establish "first-of-its-kind" comprehensive PTSI rehabilitation-focused programs and services tailored to the needs of first responders.

Station No. 3434 in Toronto will serve as an outpatient clinic, while the Caledon Recovery Centre will provide residential care and treatment.

Construction is slated to begin for both facilities in 2027.

"It will be a game changer for firefighters and all first responders who carry the weight of what they deal with on the job," says Caledon Fire Chief Dave Pelayo. "Too often, our members put their own well-being last while they focus on protecting and helping others. Having a dedicated, first responder–focused facility like this means earlier support, better outcomes and reassurance that help is available."

In a statrment, Connie Dejak, President and CEO of Runnymede Healthcare Centre, stated that more than 36,000 first responders in Ontario are currently affected by PTSI, and that number is expected to exceed 46,000 by 2040.

"Once open, these two sites will work together as one system of care, offering meaningful, evidence-based pathways to healing," says Dejak.

"Our Highway Safety Patrollers and Control Centre team work closely with the 407 OPP detachment and with emergency response partners every day, and through that work, we see not only the professionalism, care and commitment they bring, but also the toll this work can take," says Jose Espinosa, President & CEO, 407 ETR. "We're proud to be the first corporate sponsor of the PTSI Centre of Excellence to ensure those who protect our communities have access to the care and long-term support they deserve."

PUBLIC NOTICE

Notice of Application Proposed Official Plan Amendment

FILE NUMBER: POPA 2026-0007

This is to inform you that the Town of Caledon has received an application for an Official Plan Amendment. Your input and insight will inform and shape plans that meet the needs of our community.

APPLICANT:
Malone Given Parsons Ltd. on behalf of Innis Lake Secondary Plan Area Landowners c/o Mattamy (Innis Lake) Limited

LOCATION:
12351 Innis Lake Road and 12250 Centreville Creek Road
Part Lots 1,2, Concession 2 (Albion)
Part Lot 2, Concession 2 (Albion) on Plan 43R-35944

*The mapping is for information purposes and it is subject to change.
The application is currently under review by the Town of Caledon.

PROPOSED CHANGES:

The applicant has submitted an Official Plan Amendment application to create the Innis Lake Secondary Plan. The proposed Innis Lake Secondary Plan has an approximate area of 409 hectares (1,010 acres).

The applicant is proposing to redesignate the lands to Neighbourhood Area, Urban Corridor, and Natural Features. The intent of the Secondary Plan is to facilitate approximately 6,680 residential units consisting of single/semi-detached units, secondary units, street townhomes, back-to-back/stacked townhomes and apartment units.

A neighbourhood centre at the northeast intersection of Centreville Creek Road and Mayfield Road, as well as an urban corridor will have focus on providing higher density and provide retail and service commercial uses to benefit the surrounding area.

LEAD PLANNER:
Alicia West
Senior Planner Development
Planning and Development Department
905-584-2272 ext. 4264
Alicia.west@caledon.ca

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

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

ACCESSIBILITY:
To access any materials related to this item in an alternate format please contact Records and Information Services by phone at 905-584-2272 x.2366 or via email at accessibility@caledon.ca.

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

Notice Date: June 4, 2026

TOWN OF CALEDON
6311 Old Church Road
Caledon, ON L7C 1J6
caledon.ca
T. 905.584.2272 | 1.888.225.3366 | F. 905.584.4325

AMPS in the Air

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

Following the Ontario Government's announcement regarding the implementation of administrative monetary penalties (AMPS) for illegal land uses for municipalities, a Staff report is also set to come forward to the June 23 Council Meeting regarding Caledon's enforcement of AMPS.

At the June 2 General Committee meeting, it was approved on consent that Staff will create a report respecting the amendment of various Town by-laws to permit the imposition of AMPS and fees in accordance with the Town's AMPS By-law.

The report stated that in October 2024, Council approved and enacted the "AMPS By-law."

Now, they are hoping to make a series of amendments to existing Town by-laws so that the Town can begin using the AMPS system already in place to enforce them.

In the report, it was stated that, to implement those penalties and, for clarity of interpretation and enforcement options, amendments are required to certain by-laws to include a provision specifically establishing the AMPS penalty for contraventions of those by-laws.

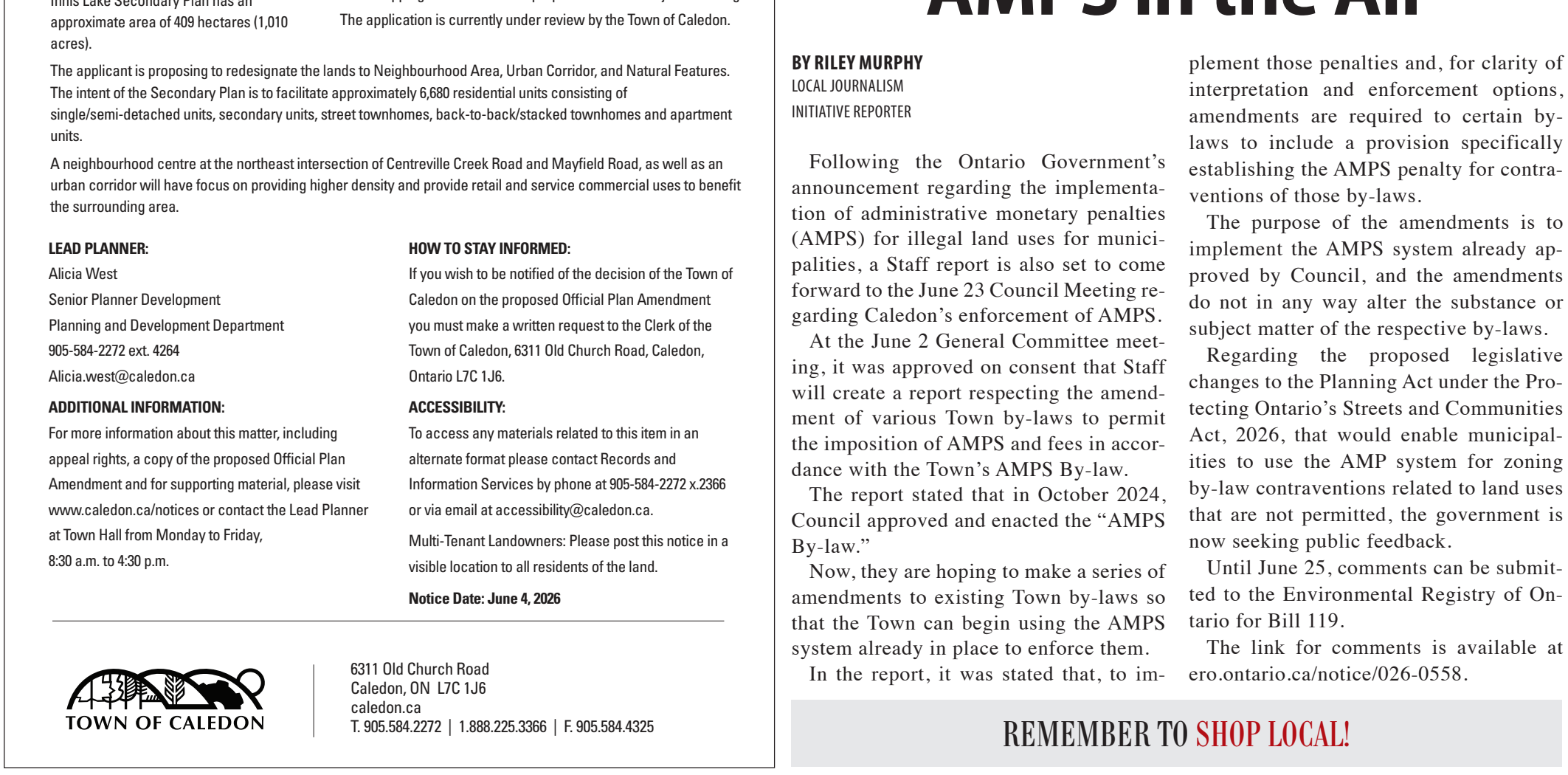
The purpose of the amendments is to implement the AMPS system already approved by Council, and the amendments do not in any way alter the substance or subject matter of the respective by-laws.

Regarding the proposed legislative changes to the Planning Act under the Protecting Ontario's Streets and Communities Act, 2026, that would enable municipalities to use the AMP system for zoning by-law contraventions related to land uses that are not permitted, the government is now seeking public feedback.

Until June 25, comments can be submitted to the Environmental Registry of Ontario for Bill 119.

The link for comments is available at ero.ontario.ca/notice/026-0558.

REMEMBER TO SHOP LOCAL!



Incorporating Indigenous Excellence: Peel District School Board hosts third-annual powwow

Attendees take in the history and importance of the sweat lodge.

PHOTO BY RILEY MURPHY

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

The Maawnjiding Wiingushkeng Centre of Indigenous Excellence and Land-Based Learning welcomed the community back to its annual Powwow this past Friday.

The Peel District School Board (PDSB) hosts the annual powwow as a day for "culture, connection and learning."

The event brought thousands to the centre, ranging from PDSB students, staff, families, visitors, and community members.

Walking through the centre, visitors could take in the various vendors on site, and educational pavilions which were led by Indigenous partners for 10 selected Focus Schools, each offering teachings, demonstrations, and opportunities for students in attendance that day.

These workshops included storytelling, dance teaching, and songwriting.

At noon, the Grand Entry took place, officially opening the powwow and welcoming all dancers and special guests.

In a full circle moment, this year's Grand Entry included Indigenous PDSB students who participated in last year's "Coming Out" ceremony, adorned in regalia they had created themselves.

Nicole Reynolds, Acting Coordinating Principal of Indigenous Education PDSB, says the day was about welcoming community and students from across the Peel region to celebrate Indigenous excellence and culture.

"We've just passed the 10-year anniversary of the Truth and Reconciliation Commission's Calls to Action, and that really talked about the importance of education, and I think we've done a really good job teaching about residential schools and things like that, but we also need to incorporate Indigenous excellence and joy into the Peel Board," says Reynolds.

"Events like this, as I watch students from all walks of life dancing in intertribal around the circle, they're a great way to demonstrate and to educate about different culture and build awareness and empathy of different ways of being."

She notes that the event has grown from previous years, and they look forward to continuing to host it.

Big Spirit Drum Group and Chippewa Travellers joined the powwow that day, leading the group in various songs, such as the Flag Song.

Allan Manitowabi, Master of Ceremonies, acknowledged the information shared with one another that day, "especially around all of the issues of education, and getting the knowledge and understanding of our way of life and our peoples, and the importance of working together and all those wonderful things."

Educating the school groups and community members gathered around, he explained the Grand Entry performed is to honour.

"It is to honor our veterans, our elders, our children, our families, our communities, and this way of life," says Manitowabi. "When we do the Grand Entry, we stand in honor for all these beautiful people that are here with us, that are here to share with you, to share the knowledge and the understanding of our people."

After the Grand Entry, the crowd was invited to join in the circle.

"We have the possibility at this gathering to watch what happens out here in this circle in front of you, and we call this the circle of life, when we come and dance, what I was always taught was that this is neutral territory. We're not here to be above anybody or below. We come together in song, and we share good ways," said Manitowabi.

"When we get together at powwows, we have what we call intertribal dancing," he added. "That means anyone from any tribe, any nation can come and join with us in intertribal dancing."

With that, he invited everyone to join, and hundreds did.

Part of the circle was grass dancer Ethan Schooley.

He explained his role was to clear the path for the elders from his community.

Coming from Lac des Mille Lacs in Thunder Bay, this was his first powwow at the Maawnjiding Wiingushkeng Centre of Indigenous Excellence and Land-Based Learning.

"My job is to clear the path for all the dancers and all the other people dancing behind me to make a beautiful path, in such a beautiful community," said Schooley.

The day continued, centred around learning, growing, and, most of all, celebration.

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Caledon 911

CHARGES LAID FOLLOWING SHOOTING INVESTIGATION

Members of the Caledon Detachment of the Ontario Provincial Police (OPP) have arrested and charged two individuals following the execution of two warrants in relation to a shooting incident in Bolton.

"On March 18, 2026, at approximately 10:00 p.m., officers responded to a report of a shooting at a residence on Bambi Trail, in the Town of Caledon," say Police. "No injuries were sustained as a result of the incident. The suspect vehicle, a white Kia sports utility vehicle (SUV), was observed leaving the area.

"In the time since the incident, investigators from the Caledon Major Crime Unit (MCU) continued to investigate, leading to the execution of two warrants upon a residence in Mississauga on April 21, 2026, and May 28, 2026. Officers seized approximately 16.6 grams of cocaine, and items consistent with the sale and trafficking of drugs, as well as other evidence that was relevant to the shooting investigation."

As a result of the investigation, two individuals were arrested and charged.

Devanie Lewis, 36, of Mississauga, was charged with:

- Possession of a Schedule I substance for the purpose of trafficking – Cocaine;
- Unauthorized possession of a prohibited or restricted firearm;
- Discharge a firearm into or at a place in a reckless manner.

The charges have not been proven.

Juan Roman De Leon, 39, of Mississauga, was charged with:

- Unauthorized possession of a prohibited or restricted firearm;
- Discharge a firearm into or at a place in a reckless manner.

The charges have not been proven.

Both individuals were held for a bail hearing and remain in custody.

Anyone with information or surveillance/dash-cam footage is asked to contact Caledon OPP Major Crime Unit (MCU) by phone 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.

VIDEO DID NOT ORIGINATE IN CALEDON, SAY POLICE

The OPP is "aware of a video currently circulating online that appears to show an individual discharging a firearm, with accompanying claims that the incident occurred in Caledon."

"The OPP Criminal Investigation Branch has reviewed the video and investigated its origin," say Police. "Investigators have determined that the video did not occur in Caledon or anywhere within Ontario or Canada. The video has been confirmed to have originated in the United States."

The OPP reminds the public to be cautious when sharing unverified content on social media, as it can contribute to misinformation and unnecessary concern within the community.

Anyone with information regarding illegal or suspicious activity is asked to report it to police at 1-888-310-1122. In an emergency, call 911. Should you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477) or ontariocrimestoppers.ca.

KNOW THE RULES BEFORE OFF-ROADING

The Central Region Headquarters of the Ontario Provincial Police (OPP) is reminding off-road vehicle (ORV) operators to familiarize themselves with the applicable laws, regulations, and by-laws.

What is an ORV?

ORV is a broad term that includes:

- Single-rider and two-up all terrain vehicles (ATVs);
- Multi-purpose off-highway utility vehicles (UTVs);
- Recreational off highway vehicles (ROVs) aka Side by Side (SxS);
- Extreme-terrain vehicles (XTVs);
- Off-road motorcycles (ORMs)

Not all roadways permit ORV use. To check where you can ride safely and legally:

- Review Ontario Regulation 316/03 and;
- Check your municipality for local bylaws.

Safety & Legal Requirements for ORV Operators:

- Impaired driving laws apply: Operating an ORV under the influence of alcohol or drugs carries the same penalties as impaired driving in a motor vehicle;
- Helmet: Must be DOT certified and securely fastened under the chin;
- Registration & Insurance: ORVs must be registered, plated, and insured. Always carry your permit and proof of insurance;
- Speed limits: Max 20 km/h where posted speed is ≤50 km/h. Max 50 km/h where posted speed is >50 km/h

Minimum age

- Driver: 12 years old for off-road riding; 16 years old with a G2/M2 licence for on-road riding (where permitted);
- Passenger: no passengers under the age of eight are permitted when riding on public roads. All passengers, regardless of age, must wear an approved helmet and use provided seatbelts.;
- Private Property: Stay off private property unless you have permission. Trespassing is illegal and can lead to charges. Always respect landowners and ride only in designated areas;
- On-road rules (where permitted): Travel in the same direction as traffic, stay as far right on the road as you can, and passengers must be at least 8-years-old;
- ROV engine size: ROV's who travel on a highway must have an engine displacement equal to or less than 1,000 cc.

Outdoor sports like ORV riding come with responsibilities. The OPP is asking parents and guardians to help young riders become safe drivers by being the example and teaching them the proper way to operate off-road vehicles.

For more information, visit: www.ontario.ca/atv and www.ofatv.org.

If you have information, video footage, or witnessed unsafe ORV use, please contact the OPP by calling 9-1-1 for emergencies, 1-888-310-1122 for non-emergencies, or report anonymously through Crime Stoppers at 1-800-222-TIPS (8477).

SEATBELTS SAVE LIVES

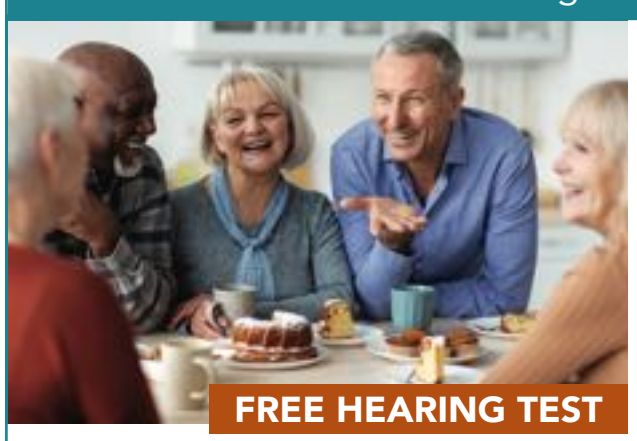
The Central Region Headquarters of the Ontario Provincial Police (OPP) is reminding motorists that wearing a seatbelt remains one of the simplest and most effective ways to stay safe on the road, as officers continue to see preventable loss of life in local collisions. Nearly one in four fatal collisions investigated by the OPP involves someone who was not wearing a seatbelt.

Each year, officers across Central Region respond to tragic incidents where lives are lost due to failure to buckle up. For families left behind, these losses are especially difficult, knowing their loved one may have survived had they been properly restrained. So far in 2026, Central Region OPP has seen a 19% increase in fatal collisions involving individuals who were not wearing a seatbelt, including incidents where children were not properly secured, compared to this time last year.

Drivers are reminded to ensure all occupants are properly restrained before every trip. This includes securing children in the appropriate car seat, booster seat or seatbelt based on their age, height and weight. Under Ontario law, drivers are responsible for ensuring passengers under 16 are properly restrained, and that children under the age of 8 are secured in the correct child car seat or booster seat.

For more information on child car seat and booster seat requirements, visit ontario.ca and search "child car seat safety."

Families are also encouraged to reinforce seatbelt use as a lifelong habit. While collisions can happen at any time, wearing a seatbelt remains the single most effective way to reduce the risk of serious injury or death.

HEARING IS PRECIOUS
Don't miss a single moment

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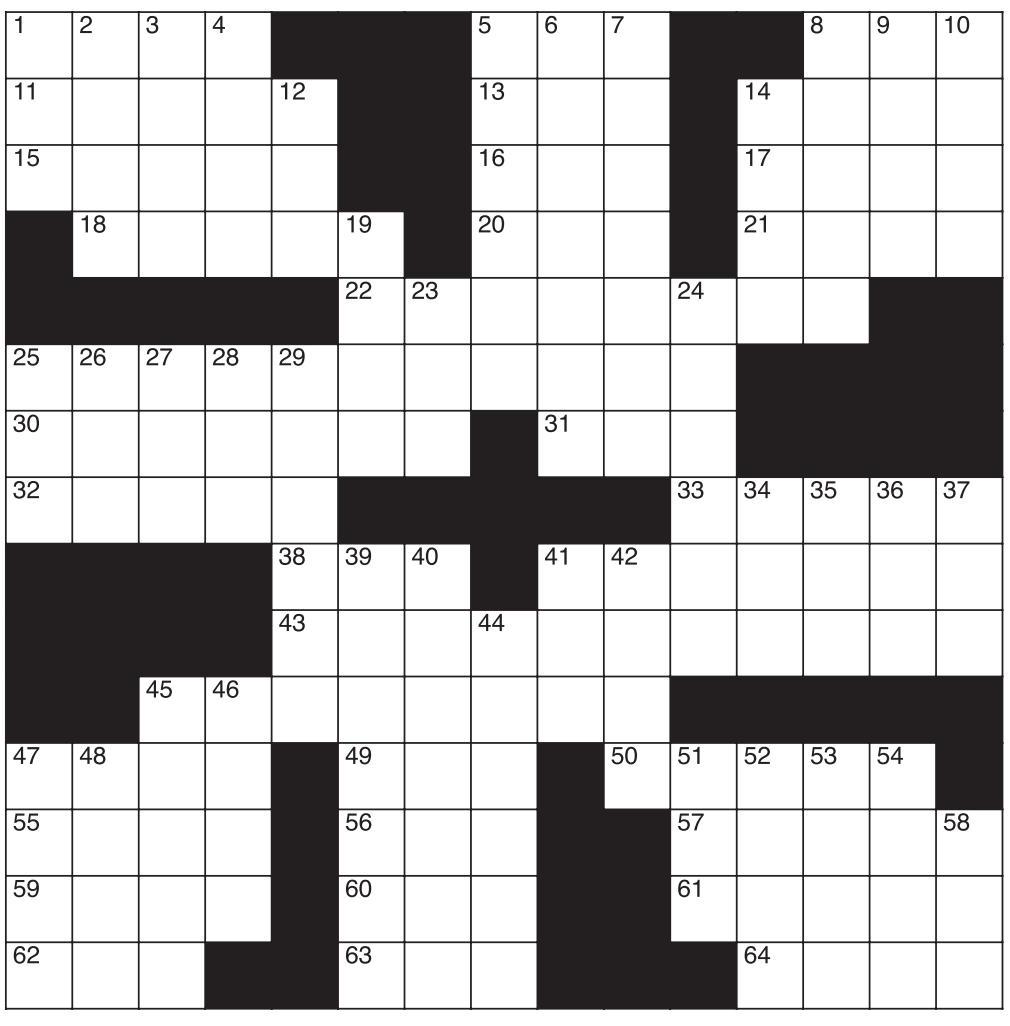
The Citizen CROSSWORD

Puzzle No. Solution in the classifieds.



CLUES ACROSS

1. Egyptian bull-god
5. A young canine
8. Cologne
11. Fictional British P.I.
13. Midway between northeast and east
14. A place to shop
15. Minneapolis suburb
16. Single lens reflex
17. NY Mets great Tommie
18. Informal loan clubs
20. Habitual twitching
21. Holm oak
22. Willing to consent or submit
25. In an early way
30. Made possible
31. Language in Ghana
32. Relating to one's birth
33. Deep-bodied fishes
38. Defunct European currency
41. Small American songbird
43. One from L.A.
45. After tenth
47. Hillside
49. Red deer
50. Partner to "oohed"
55. Indian musical pattern
56. Israeli city __ Aviv
57. Golden peas plant
59. Breezed through
60. Midway between east and southeast
61. Frameworks
62. Danish krone
63. Fall back
64. Influential Korean leader

CLUES DOWN

1. Bridge building degree
2. Expression of sorrow or pity
3. Large, stocky lizard
4. Turkish leader title
5. Nag
6. Blank
7. Closely woven cotton fabric
8. A nice shot in golf
9. Away from wind
10. Evergreen shrub genus
12. Large African antelope
14. Something you receive
19. Satisfy
23. Wet dirt
24. No longer here
25. Writing utensil
26. Ribonucleic acid
27. Consume food
28. Licensed for Wall Street
29. Alternative forms of a gene
34. Buddy
35. We all do it
36. Chicken
37. No seats available
39. Yearned to possess
40. Ineffectual
41. Explosive
42. Turkish title
44. Worn near the foot
45. Impatient
46. Set an example for others
47. Actor Pitt
48. Instrument of torture
51. Swiss river
52. Grayish white
53. A way to print
54. Storied college hoops program
58. Midway between south and southeast

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

Caledon Day

CONNECTING OUR COMMUNITIES

JUNE 20 | 2 - 10 P.M.

CALEDON EAST COMMUNITY COMPLEX

Join us for Caledon Day, a family fun event with activities for kids in the Tim Hortons' Community Zone, local vendors, musical acts, fireworks, food and more!

BRETT KISSEL

HEADLINER

OPENING ACT
Rikki Lee Wilson
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BROCK WEIR
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Let's get physical – again

Height has never been an advantage I had in life.

It seemed promising at first – for a good long while, I was taller than most of my peers. And then I plateaued.

Therefore, I know and appreciate just how frustrating it is to have something – anything – just out of reach.

Even if it's metaphorical.

One of my frustrations in the just-out-of-reach department might just be the memories and mementos that are just beyond our fingertips and are never likely to be at them again due to technological innovation and consequent obsolescence.

I was thinking about this a few times over the last week, first as the Town of Aurora prepared for its annual Community Garage Sale this past weekend. While I'm a dyed-in-the-wool garage sale fan, I couldn't help but think how disappointed people might be if all they found was a sea of fax machines, VCRs, 300-pound television sets, and mile-high stacks of discarded printers bought solely on the idea that a whole new unit was cheaper than buying new ink cartridges.

Thankfully, this turned out not to be the case, but my train of thought was double-tracked. As the garage sale day approached, as did our near-annual trip to the Found Footage Festival, a celebration of all the weird and wonderful things that can be found on long-forgotten VHS tapes, I was chatting with a friend at another event, and while waiting for the main attraction to start, discussions turned to VCRs. No, really.

He had a number of VHS tapes from the late 1990s that were very important to him but, now VCR-less, had no way of accessing these memories that were so close at hand. I sympathized. A few years ago, I had to discard what seemed like hundreds of tapes of my own. One of the few I saved was a nearly 40-year-old video of a family Christmas that, thankfully, was still fit for digitization. He wasn't so sure this would be the case with his, but still plans on getting them professionally digitized.

Then again, as most of us know, tape degrades. Even if a service can be found to do the job right, it's no guarantee that the job can be done at all.

Here in our own archives, we've found recently that some of the CD-ROMs and the DVD-Rs of yore could no longer be read on the appropriate devices we still have. Thankfully, the vast majority was eventually accessed but the slightly alarming experience both reminded and underscored how ephemeral our digital world can be, no matter the equipment.

Whether it's a corrupted file, malicious access, or simply environmental degradation, what we save in the digital realm can be lost in the blink of an eye. Similarly, it seems that people are also realizing that what we purchase in the digital realm can also be gone in a similar blink or at the whim of the provider, no matter how much we pay.

Last week, the TV comedy Hacks ended its five-season run and, in the lead-up to the season finale, deadline.com reported the show's creators were pushing for a full-on DVD/Blu-ray release of the show, bucking the recent trend away from physical media release in favour of streaming outlets.

"It's such an important time for people to invest in physical media because…things are coming down all the time and it's like, 'Oh, I love that movie, I want to see it.' You just can't, babe, it doesn't exist," said producer Lucia Aniello, quoted in the report by Glenn Garner. "That does really put so much power of the distribution of art in the hands of algorithms and people's whims and certain executives not liking somebody's brother, so they take down their movie or show or whatever. It's really scary, the idea of censorship, especially as more and more companies are bought up by other companies."

'Aniello added, 'And so, we're really hoping to make a Hacks DVD box set, for one. We're trying to make that happen…. Please go buy it, not because we make any money off of it. We just want to make sure the show stays in existence for as long as DVD players exist.'"

I'll be among the first in line to get the set, if it gets off the ground – hopefully at a bricks-and-mortar store, if possible – not only because I thoroughly enjoyed the series itself and would like it firmly in reach, but out of the pure excitement of having a show or movie released on physical media again.

People of my generation are among many that remember the complete experience of going to a video store and discovering a new favourite flick just because something about the title or the box caught your eye and you got swept up by the synopsis on the back. If it was a new release, sometimes you could watch the entire movie in-store, if they had a nice seating area. If the picture was a real favourite, you could go back and buy a copy – not only did it look cool on the shelf, but you could watch it whenever you wanted. On your own terms.

And – the truth is even if you don't have a VCR to play it on anymore, if you're a true fan, the box still looks cool on the shelf.

But it's also the truth that the digital content we have come to rely on being at our fingertips might not always be within reach – whether in whole, or in part, and the blame can't centre on someone not liking someone else's brother. It could be modified for content for any number of reasons, not the least of which is to better reflect the tastes of the day, or an individual, rather than serve as a snapshot of the reality thereof.

There is something to be said for the sheer convenience of all that can be accessed through digital means these days. But despite its advantages, it's not quite like going over to your shelf, browsing through some things, and making a choice.

By the same token, scrolling through photos on our phones or on social media, or even waiting for them to roll through again on a digital frame, might be satisfying to a degree, but shuffling through snapshots or leafing through an album just hits differently.

And books? It might be handy on a commute or while travelling to have a few e-books loaded onto your reader of choice, not only do you lose the sheer pleasure of feeling the paper between your fingers and turning the page, it's not really a book you can truly call your own or rely upon.

While we might not all have a VCR, unloaded a few old DVD players at a recent garage sale, or made your fortune unloading your printers on an enthusiastic collector with unlimited funds and space, it's important to maintain physical media for the things that matter, and even some of the things that might not seem to matter much now, so you have them in reach, when you need it, and however you define it.

You might not always have it.

With such abundance, why is there food insecurity?

by Mark Pavilons

Anne Frank observed that hunger is an "obscenity." She suggested there is no reason to wait a single moment before starting to improve the world.

If you think about it, food is everything – it's national security, economy, employment, energy and more.

In our advanced society, we can see there's more than enough on this planet for everyone's needs. If it were not for everyone's greed.

I'm not sure why the issue of food insecurity and hunger are issues in wealthy, secure nations. I can't believe there's some sort of food conspiracy going on that not only artificially inflates food prices, but their availability and even disposal.

Marie Antoinette didn't really understand the issue when she suggested that the peasants eat cake. She paid the ultimate price for that statement and her ignorance.

I don't think Canada uses the guillotine as punishment.

Data from leading research firm PROOF indicates Canada's food insecurity is much worse than previously thought.

Statistics Canada monitors the prevalence and severity of household food insecurity through its population surveys.

In 2025, 24% of people in Canada lived in a food-insecure household. That amounts to approximately 9.8 million people, including 2.4 million children, living in households that struggled to afford the food they need.

This is the first year with a small decline in the percentage of people living in food-insecure households, after three consecutive increases.

Since food insecurity status is determined by the report of food deprivation in the past 12 months, we think it is more appropriate to characterize the food insecurity statistics as representative of 2025.

Food insecurity remains a large and persistent problem in Canada. Despite a small decrease in the percentage of people living in food-insecure households between 2024 and 2025, the estimates for 2025 are still among the highest observed in the 20 years of monitoring. The persistently high prevalence of household food insecurity across Canada highlights the need for more effective, evidence-based policy responses by federal, provincial, and territorial governments.

The percentage of people in households experiencing food insecurity decreased from 25.7% in 2024 to 24.0% in 2025, representing a 1.7 percentage point decline.

But this can't possibly be an issue in Peel, York, Caledon or King can it?

If you want the truth, just ask a local teacher who wonders why a certain student spends lunch time alone, with no paper bag or lunch box.

The persistence of more severe experiences of food insecurity in Canada is very concerning. The negative health outcomes and increased health care needs associated with food insecurity are graded, with those in severely food-insecure household more likely to have chronic physical and mental health problems, require healthcare services like hospitalization, and die prematurely.

We can't view this in isolation because it's tied to everything in society. Attainable housing, job security, cost of living ... all have an impact on a family's total "insecurities."

When it comes down to what's not on the plate at dinner time, it becomes gut-wrenchingly real.

How can we deny any child (or anyone) at least one or two hearty meals a day? My friends, food banks have been operating in local affluent communities for decades now.

The King Township Food Bank currently serves hundreds of residents each month.

Their stories are as varied as they are. They recently opened a new hub in Schomberg with more space and facilities to help those in need.

But make no mistake, the need is very real.

Children under 18 and working age adults have considerably higher proportions of people living in food-insecure households, compared to seniors 65 years and older. The percentage of children living in food-insecure households is more than double the percentage for seniors.

In 2025, nearly a third of children under 18 in Canada (30.8%) lived in a food-insecure household. That amounts to almost 2.4 million children, which represents 118,000 fewer children compared to 2024. The largest decline from 2024 to 2025 was among children living in marginally food-insecure households. In 2025, a bit more than three quarters (78%) of children living in food-insecure households, nearly 1.9 million children, were in moderately or severely food-insecure households.

In 2025, food insecurity affected 29.4% of people in families with children. Women+ lone-parent families are very likely to be food-insecure, with nearly half (47.4%) of people in these families affected.

These new statistics continue to sound the alarm for policy actions to improve the financial circumstances of vulnerable households and address household food insecurity, whether by improving the existing programs that make up our social safety net.

We wave our flag proudly when it suits us. But we are miles behind other countries when it comes to dealing with food insecurity, affordable housing and homelessness.

Why is that?

I would gladly accept a new tax if 100% of it went to tackling these issues. But then again, when government bureaucracy gets involved, the solutions don't always emerge.

How about repurposing discarded bus shelters for the homeless; or end-of-day runs from bakeries to deliver goodies to shelters?

How about just spreading the love, with no judgement, no criticism, just no-strings-attached support?

Any ideas?

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Caledon Citizen

GENERAL MANAGER
Zach Shoub
zach@lpcmedia.ca

EDITOR
Brock Weir
brock@lpcmedia.ca

CLASSIFIED ADVERTISING OFFICE ADMINISTRATOR
Mary Speck admin@caledoncitizen.com

REPORTERS
Riley Murphy
riley@lpcmedia.ca

MOTORING
Heather Erwin
heather@caledoncitizen.com

SPORTS
Jim Stewart
jim@lpcmedia.ca

DISPLAY ADVERTISING
Melinda Crake
melinda@lpcmedia.ca
Vicki Meisner
vicki@lpcmedia.ca
Erin Luckett
erin@lpcmedia.ca

PRODUCTION
John Speziali
production@simcoeyorkprinting.com

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SHERALYN ROMAN
TALK CALEDON

Flag Flap

If you happened to catch a recent Council meeting you might have noticed mayoral candidate Mario Russo wrapped in a Canadian Flag, being held together at the neck by a binder clip. It was, to put it mildly, an unusual sight. Was it a desecration of the flag? Disrespectful? Perhaps just an innocent mistake that more than anything reflected a lack of decorum in Council chambers?

To me, it's an interesting debate and perhaps my fellow Caledon residents have an opinion, too. Whether you are bothered or unbothered by the flag flap, for me, when some folks called Mr. Russo to account, it was his "doubling-down" in defense of his actions that I found most troubling.

For context, the issue arose as a result of a flag raising ceremony meant to recognize Accessibility Week. Mr. Russo sits on the Accessibility Committee. I have some questions about Mr. Russo's questionable choice of attire:

- If you sit on the Accessibility committee and the committee planned on wearing red to the photo op/flag raising "in solidarity and in recognition of Accessibility Week" shouldn't you have known to wear red? Was the failure to do so a result of being unprepared, or just forgetful?
- If, as you stated, the Canadian flag was "the only red item near by" [sic] how is it you were pictured, together with the Accessibility Committee at the flag raising, not wearing the Canadian flag, but rather, a red t-shirt as was originally requested of you? Did these two events in fact happen on two different days? If so, I'm confused by your explanation justifying the flag wearing.
- In response to being called out by members of the community for wearing the flag in Council, you offered this explanation: "someone suggested I where [sic] the flag the only red item near by." Honestly, are you really going with the old "someone told me to" excuse? That's the kind of thing I might have tried on my Mother back when I was five and she would have responded with "if someone told you to go run in traffic would you?" Her message, loud and clear, was that just because "someone told me to" is not a good excuse for making a poor decision, and that perhaps I needed to listen to smarter people. She wasn't wrong.

Mr. Russo later shared that he is a "proud Canadian" and that he was draping the flag "respectfully and with pride," likening doing so to an athlete draping the flag around their shoulders after years of hard work and training resulted in an Olympic victory. Perhaps splitting hairs seems mean-spirited to you, but athletes train hard, often for decades, for the privilege of representing our nation on the GLOBAL stage. If they want to wear the flag in victory - that is an example of NATIONAL pride. Wearing one in council chambers because you came unprepared for a photo op just doesn't seem quite the same to me.

I'm assuming sir, that at no time did you let the flag touch the floor. Assuming also, as you stated, that you are a proud Canadian you would know the various rules of etiquette around flag handling, including: "The flag must never be allowed to touch the ground, floor, or deck." I do hope when you assumed your seat at Council you weren't actually sitting on the flag.

The truth is, for me the bigger issue is Mr. Russo's response to being called out for setting a poor example of decorum in Council. He stated, "I will never apologize for wearing my flag proudly" and that he would "do it again anytime."

Respectfully sir, I think you are missing the point.

As someone who wants to be considered mayoral material, leading this community into the future during incredibly challenging times, you need to lead by example. Take ownership for when you are called out for making a questionable decision (because it was, even if you disagree) and set an example, not by stamping your foot and proclaiming you'll never apologize, but rather, by acknowledging that you made a decision that some consider ill-informed.

Acknowledge too, by way of an apology, the bigger issues which are: not being prepared for the flag raising ceremony, and for responding like a kindergarten kid by saying "someone told me" to wear it. Also (and this might be the word nerd in me) but leadership also demands that you take the time to edit your work. One mistake happens to us all, two is a stretch. If you want to be Mayor, you need to set an example and as yet another saying goes, "the devil is in the details." Proofreading is a thing and there are plenty of online tools available to make it easy for anyone to do so. I've made mistakes myself, we're all human, but spelling is an easy fix.

Finally, what's not so easy to fix is the very real, and unfortunate, side-effect of this flag flap. The acknowledgement of Accessibility Week was tainted by your ill-advised decision and its resulting backlash and if for no other reason, for that you should apologize. Perhaps I'm judging too harshly? I'll let my fellow Caledon Canadians decide.

PLEASE RECYCLE THIS NEWSPAPER!

Open house to be held for Lina Marino Community Park public consultation

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

On June 17, the Town of Caledon will hold an Open House with Town Parks staff to hear directly from residents their thoughts on Lina Marino Community Park in Valleywood.

Eric Lucic, Commissioner of Planning and Development and Chief Planner with the Town of Caledon, says following resident feedback from this year, Council directed staff to engage the community to better understand local needs and priorities before coming forward with a budget request in 2027.

At the open house, Lucic says residents will be shown a range of potential park features that could be added to the site.

Participants will be able to share comments and vote on their preferred options.

Following this feedback, Town staff will review all input alongside factors such as site constraints, community needs, available funding and overall feasibility.

There are no concept plans at this stage, he notes.

"Early feedback from residents has focused on the need for additional seating and more shade. Broader ideas will be shaped through the ongoing consultation process," says Lucic.

A timeline for the renovations cannot yet be confirmed, he says, as the schedule will depend on the scope of improvements identified through community engagement and the allocated budget.

Lucic says they will continue to share updates through their social channels when they become available.

Ward 2 Councillor Dave Sheen, who represents the area, says that over the past few years, he has heard a range of views from Valleywood residents about the park, with common themes around comfort, accessibility, and ensuring it continues to serve families, children, seniors, and neighbours who use it every day.

Sheen adds that residents also have different ideas about what should be prioritized, "which is why this consultation is so important."

"My view is that community parks should be welcoming, practical, and inclusive spaces that reflect the people who use them," says Sheen.

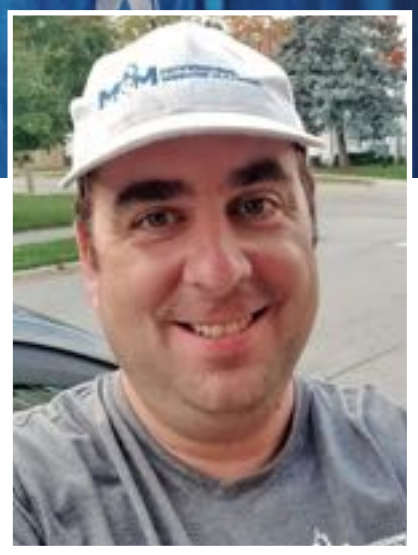
"The open house is a chance for all Valleywood residents to tell us, in their own words, what would make the park more welcoming and useful for them," he adds. "The park was named after Valleywood Resident Lina Marino to recognize her efforts to build a welcoming, inclusive Valleywood, and I think it's important that any future changes to the park honour that same spirit of openness and belonging for everyone in the community."

Ahead of the open house, he encourages residents to participate and share their perspectives.

"The more voices we hear, the better we can ensure the park truly reflects the needs and values of the Valleywood community," says Sheen.

The open house will be held on June 17, 2026, from 6 – 8 p.m., at the Margaret Dunn Valleywood Library and Community Room, at 20 Snelcrest Drive in Caledon.

For questions before the open house, residents can contact Parks and Natural Heritage at: parksnh@caledon.ca.



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ARTS & CULTURE

"Neapolitan Ice Cream: The Musical" celebrates Italian Heritage Month at Humber River Centre on June 7

BY JIM STEWART

The cast of Neapolitan Ice Cream: The Musical is seen on stage in Toronto.

CONTRIBUTED PHOTO

In honour of Italian Heritage Month, award-winning storyteller and producer Loredana Cunti is presenting Neapolitan Ice Cream: The Musical at the Humber River Centre in Bolton on Sunday, June 7.

At our table at "The Valley" eatery across from the HRC, the charming and ebullient producer describes the forthcoming show.

"It's an intimate and emotionally-powerful story inspired by shocking true immigrant stories of Italians destined for North America, but stranded through deceit and abandoned on the shores of Scotland and Wales. It blends iconic Italian songs, soaring soprano, guitar, accordion, narration, and a scoop of gelato after the show. The show is based on Caterina, a young Italian woman who leaves Naples in search of a better life, but faces betrayal, heartbreak, and reinvention on unfamiliar shores."

Cunti outlines the cast that will be gracing the stage in Bolton next weekend: "Italian Canadian soprano Reilly Bianchi-Nelson, world-renowned accordionist Matti Pulkki, and Italian Canadian guitar legend Tonino Chiodo, the production also features a special guest performance by 17-year-old Bruno Monardo — helping carry Italian musical heritage proudly into the third and fourth generations."

The local production helps mark a historically-significant and personally-poignant intersection in Cunti's life. Its arrival coincides with "the 80th anniversary of Italian women voting for the very first time in Italy — a milestone that holds special meaning for me as a tribute to my grandmothers, mother, and all Italian women like Caterina, whose courage and sacrifices helped shape future generations."

Cunti noted that "we got a standing ovation at the Hunt Club in Toronto from a largely-English Canadian audience and at a recent sold out show at the Columbus Centre in Toronto, an audience member told me that, 'As the daughter of immigrants, the story hit home — sacrifice, dreams, love, perseverance, music, and gelato!'"

The Bolton-raised producer and author described the advantages of using a musical to transmit the show's timeless themes: "Through the musical, we've woven these public domain songs into a fun story—it's a new way to experience culture. It's so important to never forget where you've come from."

It's evident that Cunti is passionate about this project. Her animated expressions about the music reveal her genuine quest to preserve Italian culture and she breaks out into song at our table at The Valley.

The impromptu sneak preview to some of the songs featured in Neapolitan Ice Cream is engaging and Cunti, a celebrated children's literature author, describes the genesis of the script she wrote for the musical.

"It was in 1998 when I first read about the seeds of this story, about scammed immigrants who left Naples for North America, but corrupt operators left them in Wales, Liverpool, and Glasgow. I learned that in Anstruther, Scotland, gelato has been there all the way back to 1932. I based my main character on one of those misdirected Neapolitans, Caterina, who settles in Scotland and creates a three-flavored ice cream—vanilla from the widely available cream produced on Scottish dairy farms, wild strawberries from the nearby fields provided by a Scottish fisherman who has fallen in love with her, and the third layer – chocolate—was created from cocoa she brought with her from Italy. While it's a story about uprooting, it's also about creating on a fresh blank page, and mostly, it's about the journey."

Since writers write about what they know, Cunti connected her own family's immigration experience and the songs sung to her as a child to Caterina's epiphanic moments: "My dad once described to me what he was thinking when he was leaving the port in Naples and coming to Canada. He said, 'I remember looking out and saying: Am I really doing this?' My nonna would sing these songs that are in the show—and I get a lump in my throat. They mean so much to me. So bring your nonna. Bring your mom and dad."

EVENT DETAILS:

- Neapolitan Ice Cream: The Musical
- Sunday, June 7, 2026
- 3:00 PM
- Humber River Centre, 28 Ann Street, Bolton, Ontario

TICKETS:

Seniors and Youth U18: $25.00 General Admission $30.00

Tickets available on Eventbrite https://www.eventbrite.ca/e/neapolitan-ice-cream-the-musical-june-7-2026-tickets-1989045144571?keep_tld=true,

Admission includes gelato.

For more information visit: www.iloredana.com/neapolitan-ice-cream

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.*

Bolton Kin Toonie Treasure Sale
Saturday June 6th from 10 am till 1 pm at the President Building 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.

Albion Bolton Historical Society - Monday, **June 8**, for a 7:30 PM start, at Rotary Place, 7 Rotarian Way, Bolton, Multi-purpose Room 2. **NOTE: NEW MEETING LOCATION**. Kurt McMurray will present The History of Mono Mills. Members & Guests are asked to bring any library memorabilia to share with the group. Guests $5.00. Questions: nhillerphoto@bell.net or 905-584-2801 visit us at boltonhistory.com

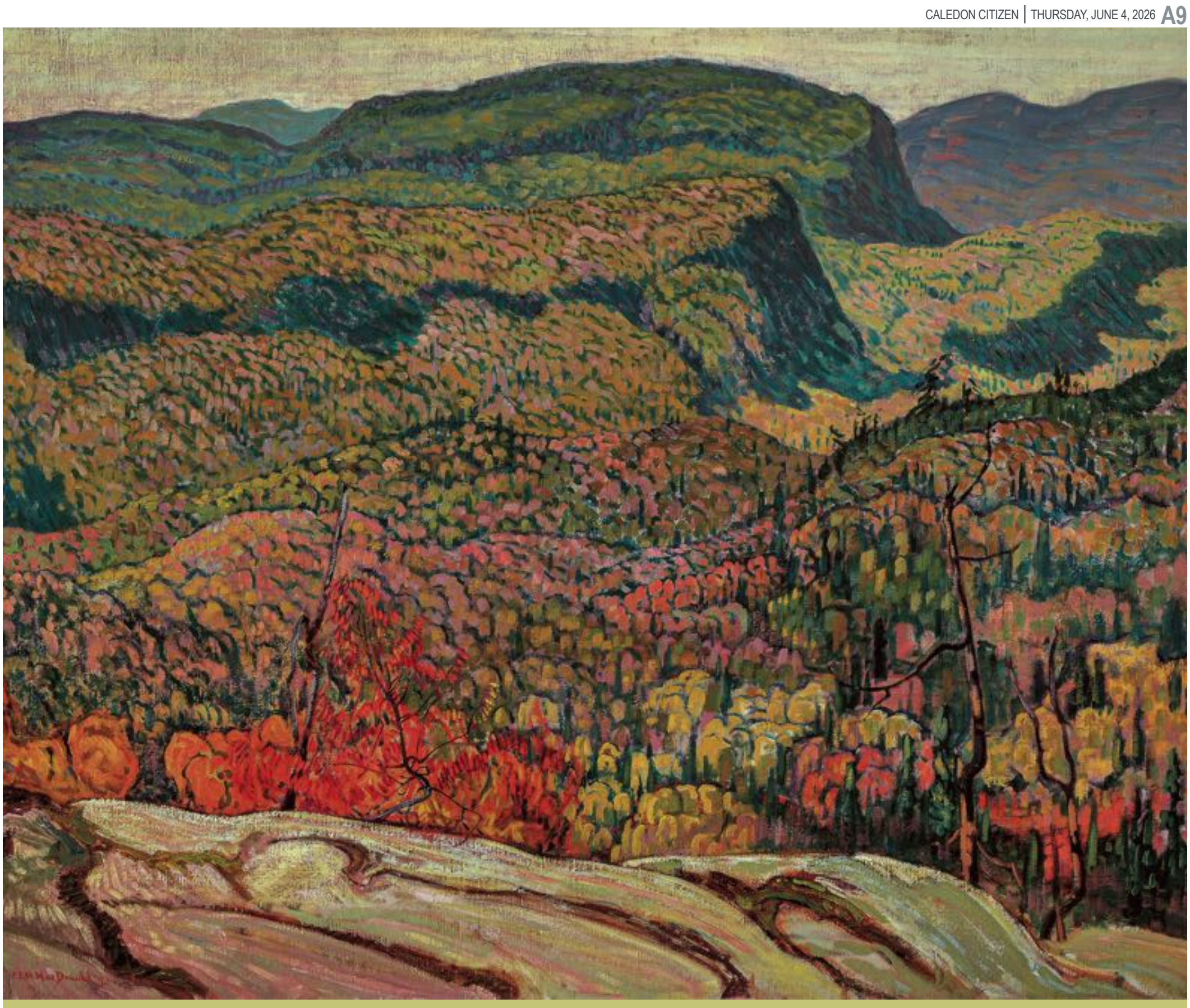
Tuesday June 9 2026
Free Bingo Night at 6 pm – all welcome!
Join us for Bingo, Prizes, Pizza and Fun!
Bolton United Church
8 Nancy Street, Bolton, Ontario, L7E 1C7
905-857-2615 www.boltonunitedchurch.com

The Caledon Breast Cancer Support Group will be holding it's monthly meeting on June 17, 2026
Details as follows:
Date: June 17, 2026
Place: Kinsmen Club in Bolton
Address: 35 Chapel St, Bolton (Hwy 50 & King Intersection)
Time: 7:00 pm-9:00 pm
Price: No Charge
The CBCF support group is for women who have been newly diagnosed with breast cancer, who are going through their journey or who have had breast cancer. Female caregivers are welcome!
Please contact Rosa Raso at rasodazzle@outlook.com for any further information.
You don't have to be alone in this Journey!

Yard, Craft & Vendor Sale
Caledon East United Church, 6046 Old Church Road. Prices you can't resist. Come early! Check out the Bake Sale and BBQ too! June 20. 9am-1pm. This is an outdoor event, rain or shine! Want to sell your items or be a vendor? Contact Grace at 905-584-9974.
Tables are $25.00.

Coffee and Community are Brewing at the Buckstown Café!
Join us for this free program hosted by Palgrave United Community Kitchen (PUCK), for conversation, cards or table games, and community connection. Enjoy free coffee, tea, cold drinks, and light snacks.
When: Every Tuesday
Time: Drop in between 10 am – 12 pm
Cost: FREE!
Where: 34 Pine Ave., Palgrave
The café is a fully accessible, secular space located within the Palgrave United Church.
For more information: info@palgravekitchen.org or www.palgravekitchen.org

FREE BIKE TUNE-UPS – Included: Tire Pump, Gear/Brake, Adjustment, Bolt Tightening, Inspection of Wear-And-Tear, Light Cleaning, Demonstration, Use of Public Bike Repair Stations, Test Ride. Every Sunday in June from 10:00 AM - 2 PM. Caledon Center for Recreation & Wellness. South Entrance. 14111 HWY 50, Bolton, ON. L7E 2V2



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J.E.H. MacDonald (1873–1932), *Forest Wilderness* (detail), 1921, oil on canvas, 122 x 152 cm, Gift of Colonel R.S. McLaughlin, McMichael Canadian Art Collection, 1968.71

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A Taste of Success: La Focaccia's rapid rise continues in Bolton

BY RILEY MURPHY
LOCAL JOURNALISM INITIATIVE REPORTER

A line wrapped around 365 Healey Road this Saturday morning, as the community prepared to celebrate La Focaccia's grand re-opening.

The beloved sandwich shop has been open for just seven months, but the speed at which it's grown warranted a brand-new welcome from the community.

For those who haven't seen the numerous posts on social media, people have been travelling from all over the Greater Toronto Area to get a taste of Italy, right here in the heart of Bolton.

Brothers Jonathon and Stefan Cambouris opened La Focaccia in an industrial kitchen this past October, with a dream of bringing perfection to everyone who tries their handmade classics.

Their menu consists of the brothers' own favourite creations, classic Italian favourites, and features homemade focaccias, house-made pesto, and various flavours of mortadella, Stracciatella, and basil.

The two Bolton locals grew up with homemade cooking and knew the importance of bringing that care and dedication to their own storefront.

And now, it's grown beyond their wildest dreams.

To help celebrate with the community that made it possible, La Focaccia gave out free sandwiches, thanks to their renovation partners, Active Floors, to the first 100 people who lined up on the day of the grand re-opening.

Three Bolton locals themselves held the first spots, saying they showed up at 9:30 a.m., an hour and a half before opening, just to be first in line.

"I'm super excited, I'm super blessed," says Jonathon Cambouris. "I never even imagined it would turn into someone like this."

He and the team at La Focaccia were busy prepping hundreds of fresh loaves, sauces, and sandwiches for the big day.

For Cambouris, this has always been his passion, so to see it take off at such lengths, he says, is "super exciting."

A large part of their reopening was to give them time to renovate and recreate the front entryway of their store.

Operating out of an industrial kitchen, the renovations created an "inviting and welcoming" entry point, where customers can order at the brand-new counter, complete with a drink fridge for easy access.

"You want it to be more inviting for the customer when you walk in," says Cambouris.

To see how loved their business is and has become a community staple, he says he's in awe of the attention they've received.

"I haven't even really taken it in yet. I still can't even believe everything that's happened so far," he says. "I'm just super, super grateful at the end of the day because there's a lot of businesses, and it's hard to grow like this and do it in such a short amount of time.

"I'm just very thankful."

La Focaccia is already expanding, as Cambouris is set to open its second location in Port Carling.

"I fell in love with Port Carling when I visited for the first time. I always knew that I wanted that to be my second location, and it was just honestly perfect timing," says Cambouris. "I talked to my mom, my brother and my partners, and we just thought it was a great fit for us."

"I've been teaching my brother the sourdough, so he's almost going to be a master soon," he adds. "I trust him to handle everything, and I can't wait to be up there and just be able to share our food there as well."

The Bolton location will be left in the capable hands of Stefan Cambouris, who many have already seen working in the kitchen with his brother, crafting their famous creations.

With their renovations complete and their grand re-opening officially held, the team at La Focaccia looks forward to welcoming one and all back to their business.

The store is located at 9-365 Healey Rd, Bolton, and their menu is posted on social media at lafocacciasandwiches.

(TOP) Brothers Jonathon (right) and Stefan (left) Cambouris stand with their mother Adriana Cambouris on the big day. (ABOVE) The line wraps around the front of the building and along the side. **PHOTOS BY RILEY MURPHY**

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MAYBERRY HILL
Grand Valley

Caledon farm stand owners talk truth on honour system

Continued from FRONT

But when the second weekend of the stand rolled around, they didn't have the same experience.

Coming out of the second weekend, Tailor realized they had been short $40.

This farm stand on the Gore Road operates a true honour system – no cameras, just a cash box and an e-transfer link next to all their products.

"The first weekend it was on the dot. We took all the inventory and everything was paid for, and then the second weekend, she's [Pearly] like, Dani, we're a good amount short."

"It broke my heart a little bit because I'm the type of person to believe in the best in people," says Gabriel. "I wasn't thinking about using any type of monitoring system and $40, it's not a crazy, crazy amount, but it's enough to mess with our morale a little bit in terms of what people are doing. I got a little bit discouraged the day after that, but Pearly brought me back."

Despite that, the two decided to still open up the following weekend.

Now, they're working on setting up a camera for the future.

"[We're] thinking about installing it because a lot of the farm stands here, they don't follow a complete honour system…most of the farm stands around here follow a midway system where there's still a camera, there is a box, but the box is attached to the stand," explains Tailor.

For them, it's the community in Caledon that keeps them thinking positively.

Gabriel says everyone they've been able to meet has been "amazing," reaching out when they're a few dollars short in cash to make it up, and ensuring transactions go through, even at times sending extra.

"Especially the moms of Caledon," adds Gabriel. "They were amazing and supported our business. I posted on a mom's group and they were so excited and gave us the oomph to get started."

The two agree that the positive experiences outweigh the negative ones.

"You keep going. That's it. It won't stop us from going forward," says Gabriel. "We meet more wonderful people than we have bad experiences. We haven't had a face-to-face bad experience yet. It's just the idea that somebody could be doing this to something you work really hard for. But you have to…either stop or keep going."

"We don't think $1 or $2 makes a difference, if you're walking around, and you don't have the money, you want to pick up a loaf, it's fine," says Tailor. "But then when it comes up to like $40, $50, we're just like, oh, okay, let's just recalibrate."

Another group of farm stand owners know all too well the challenges that come with running a stand, Three Sisters Farm and Flower, which operates its farm stand at 15535 Airport Road in Caledon East.

Three Sisters Farm and Flower is run by the Innis sisters, Mattison, Morgan, and Kendell, and this will be their third season operating their farm stand.

"We wanted to use the extra space on the farm that we have in a meaningful way," explains Mattison Innis.

They run the stand on their farm, where they are currently the seventh generation of farmers, with their family having farmed that property since the early 1900s.

"We grow flowers, we have bees, we sell the farm fresh eggs, and we share stuff that we genuinely love to get from our property with the community," she says. "Working in agriculture keeps you very, very busy, so self-serve just makes sense because none of us really have time to sit out there and be able to monitor things.

"So, we decided to give it a shot. It lets our customers stop by on their own time and still lets us share what we're able to grow and produce here on our property."

Back when they first opened their stand three seasons ago, Innis says they were nervous and started small with sunflowers.

That first season was very successful, and she says they weren't short once.

"I was astonished with how busy Caledon is now, you don't see stuff like that," she says. "Then the following year, we expanded quite a bit and it had similar results. We have been shorted the odd time, but there's a lot of good in the community that outshines those more dark moments."

Over the seasons, their stand has transformed into what you see today, standing in Caledon East, where they have cut flowers and pre-made bouquets, as well as heritage eggs and products from their bees, including honey.

At their stand, they have both a small cash box and a sign for their e-transfer, noting that many people don't carry cash nowadays.

"It's definitely shown that when you put energy and effort into something that even when you're doubtful, it can turn out well," says Innis.

She says during their first season they were worried that they were "wasting their time" and that it wasn't going to work.

But, during that very first week, they left a suggestion box out with their Build Your Own Bouquets.

A mother left a note, stating that the stand had made her day and created a memory for her and her son.

"It was a simple little stop at a farm stand and became a meaningful moment to people, which is something that we never expected. But, it's so encouraging to hear," says Innis.

She adds they look forward to running their stand for many more seasons to come, "we've built our own little community within Caledon that enjoys buying the stuff as much as we enjoy sharing them."

Innis shares a story she still thinks of to this day when she looks at the Caledon community.

One day, when tallying up their total from their stand, they realized they had been shorted "quite a bit."

Believing it was a harmless accident, they posted on their social media, asking customers to check whether their e-transfers had gone through or to let them know if there had been any issues.

"Unfortunately, it did seem like we were stolen from. No one ever reached out regarding miscommunication or anything, but what came out of that was we had people from the community that started following us that shared the post," says Innis.

Numerous community members began sharing the post, encouraging others to go out and support the stand.

Then, a community member reached out to pick up a custom bouquet and some honey. When they left with their order, they also left the exact amount to cover the amount the sisters had been shorted.

"It almost brought me to tears when that happened, because it was just like, wow, there might be the odd bad moments, but if that doesn't tell you what kind of community Caledon is, then I don't know."

"That's just a good story that shows Caledon's values."

Selena Sousa operates her farm stand off her property at 19191 St Andrews Road, and she officially opened just last weekend.

Sousa has sold her farm's eggs in the past, and when she began selling sourdough to her customers on top of that, they raised the idea of a farmstand.

"I put a feeler post out to see if it was even something that people would be interested in, and it got almost 200 likes," says Sousa. "Clearly the demand was there. So I thought, why not give it a shot?"

In her opening weekend, her entire stand sold out within 17 minutes, with customers lining up down her driveway.

Offered at Sousa's stand are sourdough, Danishes, cookies, scones, and her own homegrown jam.

She laughs that someone even left a note in her cashbox that they were looking forward to coming back the following weekend for more jam.

"I try to feed my family the best as possible. I was already making it for my whole household, I just thought, let me increase it a little bit and do it to other people's houses," says Sousa.

During her opening weekend, not only was Sousa not short, but she was overpaid.

She says when she posted about opening, many warned her about the possibility of being stolen from.

"I understand that it comes with the territory. I'm putting out an honor system, so if it happens, it happens," says Sousa. "But everybody paid."

"They just took what they wanted and left whatever bills they wanted to leave."

For Sousa, who's lived in Caledon for eight years, she says she wasn't surprised to see people sticking by the honour system here in the community.

Even on Sunday, she says she forgot to label the price of her granola, and people went out of their way to message her to ask how much she wanted for it.

"Technically they could have just left whatever or not said anything, but they all took the initiative to make sure that they paid what it was worth," she says.

She also looks forward to being open for many more weekends.

Despite a few ups and downs, it seems like these farm stand owners are standing side by side with the Caledon community and will continue to operate their stands for many more seasons.

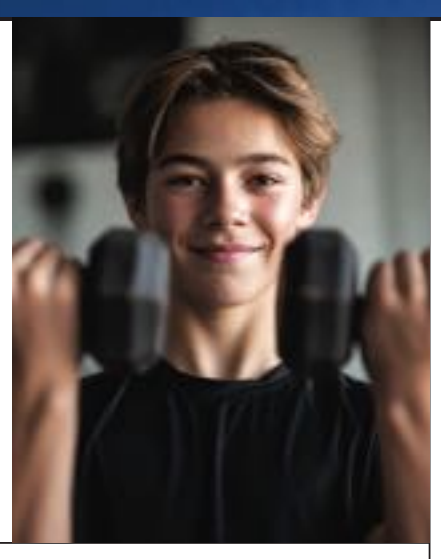
TOWN OF CALEDON | NEWS | Subscribe to the Town's email newsletter at: caledon.ca/enews

Get a jump on your summer fitness goals.

We are offering all access summer student memberships for as low as $48.20 per month. These memberships include access to fitness centres, aquatics, and gymnasiums at facilities across the Town.

This special pricing is only available till August 31 for ages 11 to 54 with proof of student ID.

Visit caledon.ca/memberships to learn more.



CALEDON SPORTS HALL OF FAME

NOMINATIONS NOW OPEN

Here's your chance to nominate an athlete, builder or team for the 2027 Caledon Sport Hall of Fame inductee class.

Deadline for nominations is Sunday, July 12, 2026.

To nominate someone today, visit **Caledon.ca/CSHOF.**

The three categories for induction are: Athlete, Builder and Team. Nominees for all categories, to qualify for induction must:

- Be born in Caledon or;
- Maintained residency in Caledon for a minimum five consecutive years; or
- Was raised or spent their formative years in Caledon.

CULTURE DAYS

TOWN OF CALEDON

Call for Participants - Culture Days 2026!

Culture Days returns this year, from September 18th to October 4th! This national celebration of arts, culture and heritage will take place across Caledon and seeks to eliminate barriers, engage residents and attract visitors while celebrating vibrancy in our communities.

For more details and to apply visit **caledon.ca/culturedays**

Interested in participating?
We are looking for participants for the following events:

- **Caledon Creative Arts Festival (September 26) –** Performers, Vendors, Workshop Leaders and Food Vendors.
- **Studio Tour (October 3 & 4) –** local artists interested in opening their studios and showcasing their work.
- **CultureFest (October 3) -** Performers, Workshop Leaders and Food Vendors.

Free Activities and Events!

June is Recreation and Parks Month in Caledon

June is Recreation and Parks Month: Get Active. Get Outside. #GoPlay in Caledon.

Try something new and get active with free daily activities all month long. Register in advance using the Caledon Recreation app. Full details at **Caledon.ca/JRPM.**

Summer Program Registration

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

Mark your calendars:

- Program viewing: Wednesday, June 3 at 7 a.m.
- Resident registration: Wednesday, June 10 at 7 a.m.
- Non-resident registration: Wednesday, June 17 at 7 a.m.

View the programs and register using the Caledon Recreation App!

TOWN OF CALEDON

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The Cory Trépanier piece that will be available through the raffle

IMAGE COURTESY OF HEADWATERS ARTS

Headwaters Arts Tapestry of Art and Music event returns for fourth year

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

This Sunday, June 7, marks the fourth-annual Tapestry of Art and Music event, hosted by Headwaters Arts.

This yearly art show and sale/fundraising event brings together artists from across Ontario, in both music and art, to support Headwaters Arts.

Hosted in the outdoor Annex space under the tented roof at the Alton Mill Arts Centre, no matter the weather, it is sure to be an afternoon enjoyed by all.

At the event, attendees can take in the large mosaic wall, composed of over 90 6" X 6" canvas masterpieces created and donated by local Ontario artists.

These artists take full liberty with the canvas, bringing to life whatever type of work they desire.

Nancy Kluger, Chair of the Headwaters Arts Events Committee, says that as the canvases have begun rolling in, she's noticed all the different types of media used.

The canvases range from photography to mixed media, with each artist preparing something different in their own style.

Part of this year's mosaic will be ten canvases done by students at Robert F. Hall Catholic Secondary School.

These students will then be up for the "High School Artist Award," which will be announced at the event, and the recipient will receive a $50 gift certificate to Maggiolly Art Supplies in Orangeville to continue supporting their artistic journey.

Kluger adds they have a wide range of artists from across Ontario, including brand-new artists.

The canvases are available for sale, and visitors are encouraged to browse, enjoy refreshments, and take in the live concert.

This year, Sonus Voices, a low-voice ensemble based in Hamilton, will bring a live musical performance to the event.

Kluger says she always tries to bring something new to the musical aspect of the event, in past years featuring Oakville Choir for Children and Youth and Achill Choral Society.

"The core of the project is 100 mini canvases curated in a tapestry format, with music in the background, and how music inspires artists and how art inspires vocal singers," says Kluger.

Admission is free, but Headwaters Arts will accept donations to support its year-round programming and events.

Not only that, but purchases from the art go back into the Headwaters Arts Scholarship Fund, which was established to support young artists pursuing post-secondary education.

Each donation will also include an entry ticket for their print raffle, this year featuring art from internationally renowned artist and filmmaker, and local beloved artist, the late Cory Trépanier.

The event, Kluger says, is well worth it.

"This year it's 20 vocalists and 100 artists, 120 artists in one room who have all contributed something, not just who have shown up for the event, but they've all contributed something and I think that says a lot about the enthusiasm in Ontario," says Kluger. "The residents of this area should be really proud of what these artists produce and I'd like to support them as much as possible."

The event will run from 2 – 5 p.m. on June 7, and more information can be found at www.headwatersarts.org.

Amriz seeks approval for extended pit on Shaws Creek Road

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

On June 2, a public meeting was held for the public and Council to review an Official Plan Amendment and Zoning By-law Amendment that would permit Amrize, formerly Lafarge, to expand its existing aggregate operations onto a property at 17903 Shaws Creek Road.

They are looking to extend an existing pit, known as Pit 3.

The approximately 63-acre lands are currently used for agricultural purposes and are located within the Greenbelt Plan Area.

The proposal is to extract and process aggregate above the established water table; approximately 51 acres of the subject property will be used for extraction.

The lands are to be restored "close to existing grades" and "rehabilitated to agriculture and natural heritage."

At the public meeting, it was said that the proposed pit will extract aggregate above the water table, containing three million tonnes.

Amrize has applied for and designed the pit for a "maximum tonnage limit of one million tons per annum."

The processing plant is said to be located in the northeast corner of the site.

This proposal states that it utilizes the existing Pit 3 entrance and exit onto Mississauga Road and the existing haul route, and that "there is no truck entrance onto Shaws Creek Road."

Various residents raised concerns and questions about the 63-acre gravel pit expansion.

One Caledon resident shared that he currently lives near the proposed lands on Shaws Creek Road, and built his house there 38 years ago.

"You say there's three million tons of aggregate on the site, which you would think, three years, it's done. No, they're saying seven to 15, maybe 20," the resident said. "They have three or four other pits in Caledon. Why don't they get one done before they start another one?"

Ward 1 resident Kate Hepworth raised concerns over fill.

Hepworth asked staff, if "the current one [pit] is going to go below the water table," to which the answer was yes.

"The expansion that they're looking at, once you've got everything taken out, you're looking at putting fill in," said Hepworth. "Not only is it a question of extraction time, it's a question of fill time, and we are currently swamped with that."

Later, Planners noted that the Pit 3 operation is also approved as a below-water operation, adding that the operation has been designed to allow both operations to run concurrently.

In her comments, Hepworth said the amount of dust that will fill the air and the number of trucks on the roads.

"We don't need more trucks. We don't want more trucks and our lungs can't take more trucks," said Hepworth.

Caledon resident Cheryl Connors, who is also the executive director of the Canadian Network for Respiratory Care, touched on the impacts on the air quality from this type of operation.

"When aggregate companies, and the planners that represent them, come here to say the dust will be mitigated on site, it is an impossibility," said Connors.

She recommended using real-time air quality monitoring.

Connors also said there is a "cumulative impact," adding that "the number of pits and quarries in this small area of Caledon is extraordinary."

"We have already long ago surpassed the critical mass when it's unsafe to keep putting more trucks on our roads. We don't have the infrastructure," she said.

Connors also noted the loss of agricultural land with the proposed rezoning.

"What we don't have in this province is a lack of gravel," she says. "But what we don't have a supply of is farmland that we're able to grow food on, and we have some real treasures of farms in that area."

Following the public meeting, once all comments have been addressed, planning staff will prepare a recommendation report for Caledon's planning and development committee.

Hike for Bethell Hospice Sets New Record – Over $300,000 Raised!

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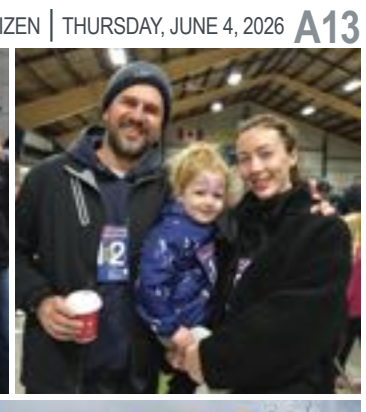

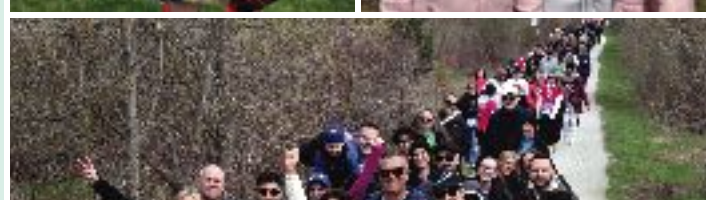

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Water Depot Bolton

Student Hike for BETHELL HOSPICE

15 local schools participated in the Hike for Bethell Hospice on May 1.

2027 Hike for Bethell Hospice

Save the Date: Sunday, May 2, 2027

Visit foundation.bethellhospice.org to learn more about Bethell Hospice Foundation.

BethellHospice FOUNDATION

Here when you need us

Garden Foods celebrates team and customers at Customer Appreciation Event

(ABOVE)

The Garden Foods team gathers around for a photo.

CONTRIBUTED IMAGE

(ABOVE RIGHT)

Cake was handed out to all customers and community members walking by.

PHOTO BY RILEY MURPHY

BY RILEY MURPHY
LOCAL JOURNALISM INITIATIVE REPORTER

This past Saturday, Garden Foods in Bolton invited the community and their team to come out for a day of appreciation and celebration.

After being open for more than four decades, Matthew Maiss, Store Manager, says they wanted to take the opportunity to show their appreciation with a nice event.

The day featured face painting, cupcake decorating, a barbecue, and even a visit from Caledon Fire and Emergency Services.

There were also numerous vendors and local non-profit Caledon Community Services (CCS) at the event.

Carol Petrini, Event and Partnership Lead at Caledon Community Services, says Garden Foods reached out to CCS to come out and showcase some of their programs and services.

She adds that on that day, Garden Foods also accepted food donations for the CCS food bank, the Exchange.

"We're out here enjoying a beautiful day with Garden Foods," she said.

The Garden Foods team gathered for a group cake-cutting, and customers were encouraged to grab a slice.

Throughout the rest of the day, community members could be seen lined up for the various events and the barbecue.

For Garden Foods, the day was all about giving back and supporting the community.

Public Notice Peel Region

NOTICE OF PUBLIC INFORMATION CENTRE

King Street and Emil Kolb Parkway Watermain and Sanitary Sewer Project
Project 24-1190

Background:
The Flow | South Caledon Program is a capital program led by Peel Region to expand water and wastewater infrastructure across Peel Region. The Flow | South Caledon Program will support both current and future service demands by constructing new watermains, sanitary sewers, sanitary forcemains and both water and wastewater facilities across the south Caledon and Bolton communities. These improvements will expand system capacity for new neighbourhoods, and employment areas, while ensuring residents continue to receive clean, safe, and reliable drinking water and effective wastewater services.

The Project:
As part of the Flow | South Caledon Program, Peel Region is undertaking the King Street and Emil Kolb Parkway Watermain and Sanitary Sewer, Project 24-1190. The project includes the construction of new underground watermain and sanitary sewer infrastructure along King Street, extending 675 metres west of Humber Station Road to Emil Kolb Parkway. The watermain will then continue south along Emil Kolb Parkway to King Street West to the future Macville Booster Pump Station.

These servicing improvements form part of Peel Region's broader commitment to delivering the infrastructure necessary to support provincial housing objectives and long-term community needs.

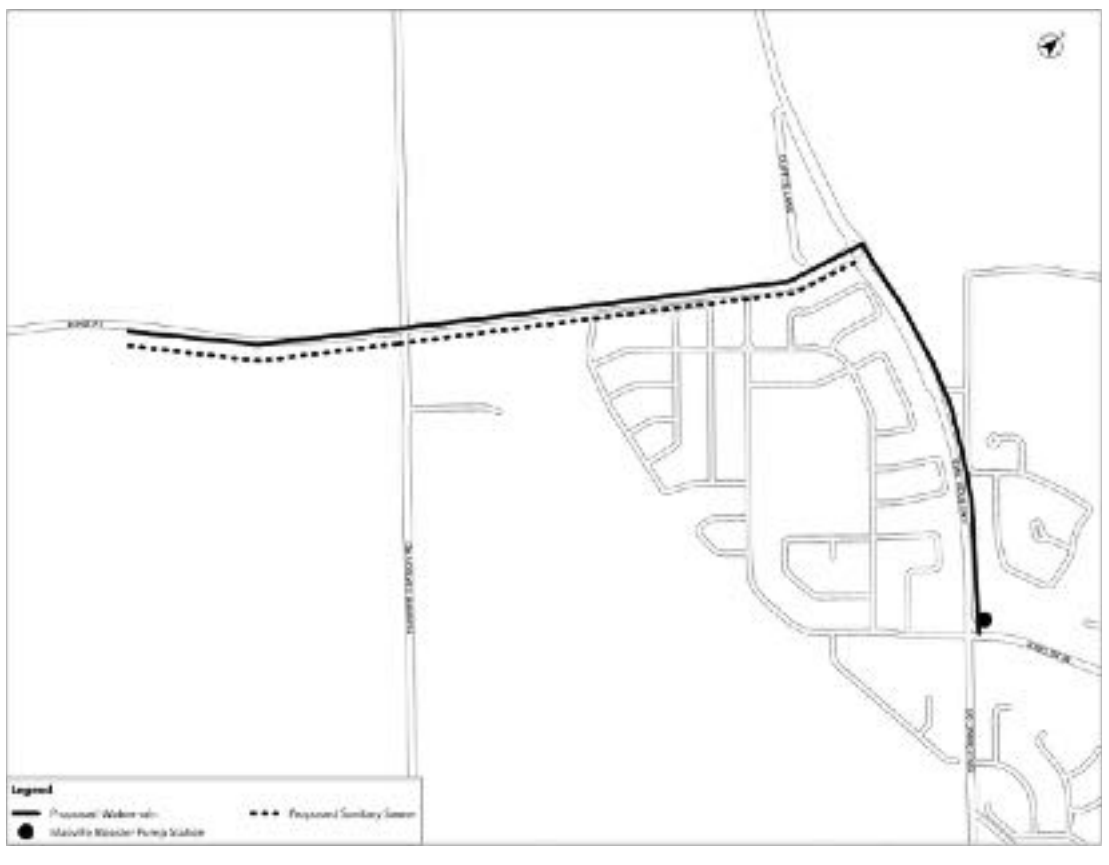
Public Information Centre :
Peel Region will be hosting a Public Information Centre (PIC) to provide residents and businesses with an opportunity to learn more about the planned works, review project information, and speak directly with members of the Project Team regarding potential impacts.

Date: Thursday June 4, 2026
Time: 4:00 p.m. to 8:00 p.m.
Location: Albion Bolton Community Centre, Auditorium
150 Queen Street South, Bolton

The Public Information Centre will be held as an informal drop-in session. Members of the public are welcome to attend at any time during the event to review project display materials and speak directly with representatives from Peel Region and the Project Team. For those unable to attend in person, all PIC materials will be posted on the project webpage following the event at peelregion.ca/construction/project-24-1190.

Keeping you informed:
Peel Region values your input and encourages you to review the PIC materials and submit any comments or questions by July 5, 2026 through the online form available at peelregion.ca/construction.
To learn more about this project and the broader Flow | South Caledon Program, please visit peelregion.ca/flow-program. You can also sign up to receive e-notices and project updates at peelregion.ca/construction/signup.
If you have any questions, require additional information, or would like to contact us directly, please contact the Project Team at 905-791-7800 x 4409 or construction@peelregion.ca.
Peel Region is committed to providing accessible services and programs. If you require accommodations to participate, please contact us directly.

The Project Area:



Flow
Building our future, faster.

This notice was first issued on May 21, 2026

RAM Rodeo brings bull riding, family entertainment to Orangeville this weekend

BY SAM ODROWSKI

Cowboys, cowgirls and bucking bulls will soon ride back into town for the Headwaters stop on the annual RAM Rodeo Tour.

Coming to the Orangeville Fairgrounds on Saturday, June 6 and Sunday, June 7, attendees will see bull riding, saddle bronc riding, barrel racing, rescue racing and pole bending.

The RAM Rodeo Tour is making 15 stops across Ontario, with over $300,000 in prize money being awarded to successful competitors.

"Above the competition, there's a lot of family entertainment and fun. We have a free kids rodeo two hours before the show for all the kids in the audience. We bring them into the arena to experience what the arena is about," said RAM Rodeo Tour President Ross Millar.

"We also have the award-winning Canadian Cowgirls coming again. Their precision drill team has been all over the world — the Rose Bowl Parade, the Indianapolis 500, the Calgary Stampede."

The performing trick riding group Off Kilter will also return this year.

"But most importantly, the cowboys and cowgirls are there for the competition. It's intense competition," Millar said.

About 140 competitors will take part, primarily hailing from Eastern Canada and the U.S.

In addition to providing a meaningful opportunity for up-and-coming competitors, RAM Rodeo's stop at the Orangeville Fairgrounds will also fundraise, as it has in previous years.

There will be a 50/50 draw, with funds raised supporting TUFF Therapeutic Riding in Mono, which provides therapeutic riding lessons to at-risk youth.

For the RAM Rodeo stop on Saturday, the gates to the Orangeville Fairgrounds will open at 11 a.m. and the rodeo gets underway at 2 p.m. On Sunday, the gates open at 10:30 a.m. and the rodeo gets underway at 1 p.m.

"I think it's a great afternoon for a family. It's great entertainment along with intense competition," said Millar. "Many new Canadians seem to be getting attracted to it because it really embodies the way of the working cowboy and Canadian heritage."

Tickets can be bought in advance online at ticketweb.ca/search?q=Headwater+RAM+Rodeo for $30 for an adult, $15 for youth and free for children five and under. Tickets are $10 less when purchased online instead of at the door.

With ticket sales already ahead of last year's sold-out event, Millar is confident 2026 will be another successful year.

"Come out, bring your friends, and enjoy the afternoon," Millar said.

Khanuja receives volunteer award for community leadership and access to care

Dr. Raj Khanuja receives a special mention in the Community Leader category of Canada's Volunteer Award from Patty Hajdu, Federal Minister of Jobs and Families, during an awards ceremony held in Ottawa on Thursday, May 28. Dr. Khanuja is the founder of National Dental Care Day. CONTRIBUTED PHOTO

BY BRIAN LOCKHART

A local dentist has been honoured for his community leadership and commitment to providing oral health care for those facing financial and social barriers.

Dr. Raj Khanuja, who operates Headwaters Dental in Orangeville and several other clinics, has been recognized with a special mention in the Community Leader category of Canada's Volunteer Awards – one of the Government of Canada's highest honours for volunteerism and community leadership.

Dr. Khanuja is the founder of National Dental Care Day and a longtime advocate for accessible oral healthcare. He was honoured with the volunteer award during a national awards ceremony held in Ottawa on May 28, 2026, which recognized outstanding volunteer leaders from across the country.

The award recognizes more than two decades of volunteer service dedicated to improving access to dental care for underserved Canadians and building a culture of volunteerism within the dental profession.

What began at Headwaters Dental in Orangeville as a grassroots initiative called "Doing Positive in My Backyard," has grown into a movement that has inspired dentists, hygienists, dental assistants, students, suppliers, and community partners to provide care to those facing financial and social barriers.

Through volunteer-led free dental care days, thousands of dollars in dental services have been provided to low-income seniors, newcomers, working families, individuals with disabilities, and others who might otherwise go without care.

In 2025, Dr. Khanuja launched a National Dental Care Day, inviting dental professionals across Canada to dedicate a day of service to their communities. The initiative continues to gain momentum, with more than 40 municipalities across Canada proclaiming Oct. 10, 2026, as National Dental Care Day.

"I am deeply honoured to receive this recognition," said Dr. Khanuja. "This award belongs to the many dentists, hygienists, dental assistants, administrative teams, suppliers, students, and community partners who have shared in this vision. Volunteerism is about restoring dignity, self-confidence, mental health, and human connection. Together, we have demonstrated the extraordinary impact that compassionate care can have on individuals and communities."

The recognition includes a certificate signed by the Prime Minister Mark Carney, acknowledging Dr. Khanuja's exceptional volunteer contributions and community leadership.

As part of the award, the Government of Canada provided a $2,500 grant, which Dr. Khanuja directed to the Faculty of Dentistry at the University of Toronto to support the next generation of dental professionals committed to community service, volunteerism, and access to care.

"The award recognizes not only years of volunteer service, but also a vision that has transformed a local act of compassion into a growing national movement," said Dr. Khanuja.

Over the years, Dr. Khanuja's leadership has inspired healthcare professionals, students, and volunteers to work together in the service of others. His vision extends beyond providing dental treatment; it focuses on creating a culture in which healthcare professionals use their skills and expertise to strengthen communities and improve the lives of those facing financial barriers.

"National Dental Care Day was built on a simple belief that everyone deserves access to care and the opportunity to smile with confidence," said Dr. Khanuja. "My hope is that one day National Dental Care Day will be observed in every community across Canada, from coast to coast."

Dr. Khanuja has previously been recognized with numerous honours, including the Ontario Medal for Good Citizenship, the Canada 150 Medallion, and the RBC Top 25 Canadian Immigrant Award. His dental organization has also received the Canadian Business Excellence Award multiple times.

As Canadians look for ways to strengthen communities and support one another, Dr. Khanuja hopes this recognition will inspire others to volunteer, mentor, and use their talents to make a difference.

Get ready to groove: Orangeville Blues & Jazz Festival kicks off Friday

BY SAM ODROWSKI

The streets of downtown Orangeville will soon come alive with the sounds of blues and jazz as the largest festival in town returns this weekend.

The Orangeville Blues & Jazz Festival runs from Friday, June 5 to Sunday, June 7, with over 200 musicians performing across three stages, with seven of them being JUNO winners or nominees.

The festival features a free stage on Broadway and ticketed stages at the Opera House and Alexandra Park. There will be additional performances on the streets and across nine locations made up of local restaurants and event venues.

The festival is expecting approximately 40,000 attendees over the three days it runs.

Here's an overview of what to expect over the weekend in terms of road closures and operations.

Friday – Blues Cruise

- Second Street will close to traffic at 7 a.m. on Friday and will host food and craft vendors throughout the weekend. It will reopen at 11 p.m. on Sunday.
- Broadway from Fourth Street to Wellington Street will close at 10 a.m. on Friday and reopen at 9:30 p.m.
- Broadway from Wellington Street to First Street, as well as Mill Street, will close at 10 a.m. on Friday and remain closed throughout the weekend. They will reopen at 11 p.m. on Sunday.
- Classic cars will begin arriving around 1 p.m.
- Live music on Broadway and Mill Street will run from 5 p.m. to 9 p.m.
- Music on the TD Main Stage in Alexandra Park will continue until 11 p.m.

Saturday – Downtown Ramble

- The Orangeville Farmers' Market will be relocated to Broadway between First and Second Streets and will operate from 9 a.m. to 1 p.m.
- BIA businesses and vendors will be set up along Broadway
- The Hometown Market will be located on Mill Street and will operate from 10 a.m. to 8 p.m., with Mill Street businesses also participating.
- Live music on the street and TD Broadway Stage will run from 11 a.m. to 8 p.m.
- Live music on the TD Main Stage in Alexandra Park will run from 1:45 p.m. to 11 p.m.

Sunday – Blues & Bikes

- Motorcycles will begin arriving around 11 a.m. and will depart by 5 p.m.
- Live music on the street and TD Broadway Stage will run from 12 p.m. to 5 p.m.
- Live music on the TD Main Stage in Alexandra Park will run from 12 p.m. to 6 p.m.
- Festival teardown will begin at 5 p.m. and continue throughout the evening.
- Broadway, Mill Street, and Second Street will reopen at 11 p.m.

All times are approximate and subject to change. For the most up-to-date festival information, please visit: https://orangevillebluesandjazz.ca/

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2.99/LB Fresh Sweet Red, Yellow or Orange Peppers
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6.59/kg

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Product of U.S.A.
each

SAVE AT LEAST $7.98 ON 2

San Daniele Sliced Prosciutto or Smoked Speck Prosciutto
100g pkg
Individual $5.99

2 FOR $10

SAVE AT LEAST $2.00

5.99 Kraft Peanut Butter or Hazelnut Spread with Cocoa
725g-1kg pkg
selected varieties

Fresh Seedless Red Grapes
Product of Mexico or U.S.A.
6.59/kg

2.99/LB

SAVE $1.58 ON 2

Vitavigor Breadsticks
125g pkg
Individual $2.29
selected varieties

2 FOR $3

SAVE AT LEAST $4.00

Nestlé Drumstick 4-6 pack, Confectionary Novelties 5 pack, Del Monte Bars 10 pack or Real Dairy Ice Cream 1.5L tub
selected varieties

3.99

SAVE $2.98 ON 2

Garofalo Pasta
500g pkg
Individual $2.99
selected varieties

2 FOR $5

SAVE $4.00

8.99 Rao's Pasta Sauce
660mL jar
selected varieties

SAVE AT LEAST $1.50

4.99 Heinz Ketchup 750mL-1L bottle or Kraft Miracle Whip 890mL jar
selected varieties

SAVE $2.00

8.99 Longo's Frozen Cooked Pacific White Shrimp Ring with Cocktail Sauce
312g pkg

SAVE $1.00

BAKED IN-STORE!

2.49 Longo's Handcrafted Rustic Baguette
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Fresh Broccoli Crowns
Product of Mexico
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2.99/LB

2.99/LB Fresh Orri Mandarins
Product of Israel or Argentina
6.59/kg

SAVE AT LEAST $2.00

Tide Liquid Laundry Detergent 52-64 loads or Power Pods 25ct
selected varieties

13.99

SAVE UP TO $1.98 ON 2

Longo's Kettle Cooked or Regular Potato Chips
140-200g pkg
Individual $2.99
selected varieties

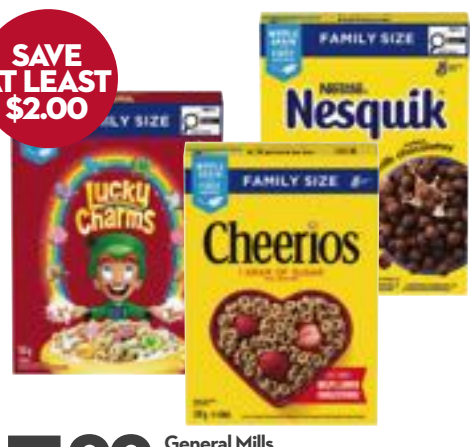
2 FOR $5

SAVE AT LEAST $5.00

Kicking Horse Ground Coffee
Organic and Fairtrade
284g pkg
selected varieties

10.99

SAVE AT LEAST $2.00



5.99 General Mills Family Size Cereal
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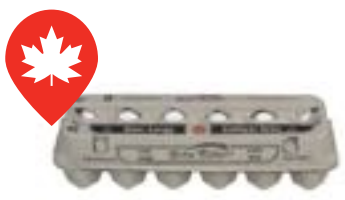
LOW PRICE LOCKDOWN



3.99 Gray Ridge Large White Eggs
12 pack

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1%, 2% or skim
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675g pkg

NEW

FRESH, NEVER FROZEN, AIR CHILLED, GRAIN FED.

9.99 Longo's Rotisserie Style Barbecue Chicken
1kg pkg

WE'VE LOCKED DOWN PRICES ON EVERYDAY ITEMS.

A senior's summer guide to moving with ease

(NC) Longer days and warmer weather are an open invitation to get outside. But if you're living with arthritis, staying active can take a little extra planning. With the right approach, summer movement can feel easier, more comfortable and even energizing.

Here are Arthritis Society Canada's top tips to help you stay active, mobile and cool all season long.

1. PREPARE FOR MOVEMENT

Before starting any new exercise program, check with your doctor to make sure it's right for you. When you're ready, begin with a warm-up to loosen stiff muscles and joints. Go at your own pace and take breaks when needed to minimize stiffness the next day.

2. MAKE WALKING YOUR DAILY HABIT

Simple, effective and free, walking is one of the best ways to stay active outdoors. If you've been sitting still these past months, start with short distances and gradually increase your time each week to build strength and stamina.

3. SUPPORT YOUR STEPS

Choose shoes with good cushioning to reduce strain on your feet, knees and hips. If you're concerned about balance, consider a cane or rollator. Walking poles can also help with stability and reduce joint load while engaging muscles in the arms and legs to provide a greater workout.

4. TRY LOW-IMPACT CYCLING

Cycling is a joint-friendly way to stay active because your weight is supported, taking some of the load off your lower body. Whether outdoors or on a stationary bike, it's a great way to build endurance with less discomfort.

5. COOL OFF WITH WATER ACTIVITIES

Swimming, water aerobics or gentle pool exercises are all ideal for easing joint strain. The buoyancy of water supports your body, making movement easier while still helping you build strength and improve heart health. Plus, it's a refreshing way to beat the heat.

6. IMPROVE FLEXIBILITY WITH GENTLE MOVEMENT

Practices like yoga and Tai Chi can improve balance, flexibility and overall strength. Tai Chi uses slow, controlled movements that are easy on the joints and calming for the mind, while beginner yoga classes can be adapted to your comfort level.

7. STAY SMART IN THE HEAT

Hot weather can make activity more challenging, so listen to your body. Take breaks in the shade, stay hydrated and wear light, breathable clothing. On especially hot or humid days, move your activity indoors: try stretching at home, walking in a mall, or visiting a local pool.

Find more healthy living tips at arthritis.ca/healthy-living.

www.newscanada.com

AFFORDABLE LIVING | DELICIOUS HOME-COOKED MEALS | VIBRANT COMMUNITY ATMOSPHERE | BEAUTIFUL SCENIC LOCATION

Abbeyfield Caledon is a non-profit residence for independent seniors, nestled in the charming town of Caledon East. Our home is committed to fostering community, offering wholesome nutrition, and creating meaningful connections.

"It's like home for all of us. I feel like we're one big family."
– Lisa Chevalier, Manager

Join Our Team of Volunteers!
Abbeyfield Caledon is seeking:
- Volunteer Board Members
- Volunteer Treasurer
- Volunteer Director of Development

For more information, please contact Gord Gunning at President@abbeyfieldcaledon.org.

Abbeyfield Caledon

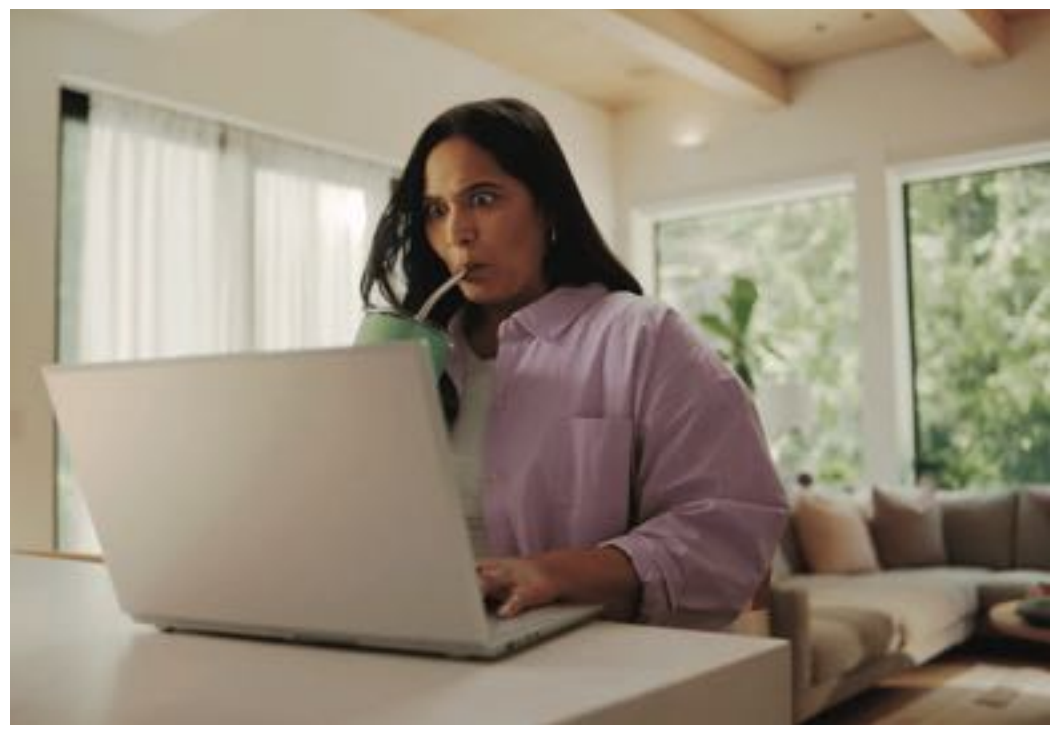
Interested in becoming a resident? *Contact us for more details.*

905-860-0181 abbeyfieldcaledon.org

Celebrating SENIORS

3 SCAMS AI is making harder to spot

(NC) Artificial intelligence (AI) is often talked about in terms of how it's revolutionized different industries—that's certainly true for fraud.



Cybercriminals have enthusiastically adopted AI tools to enhance their attacks. Here are just some of the scams that the technology is empowering:

1. THE GRANDPARENT SCAM: Now, with the help of AI tools, a fraudster with access to enough footage of someone via their social media can convincingly impersonate their voice on a call or even in video chat. A fraudster calls their target, often a senior, posing as one of their grandchildren who's in trouble. They need money now and it needs to be kept secret.

2. IDENTITY THEFT: With AI to do the heavy lifting for them, fraudsters can much more efficiently look through bulk data for enough information to select a target. One of their favourite tactics is claiming that there's an issue with the person's tax return—if they can get access to their tax forms, that gives them all the information they need to completely compromise that person's identity.

3. PHISHING: This tactic has come a long way from emails from overseas princes filled with spelling mistakes. AI tools are making targeted attacks called "spear phishing" much easier. Fraudsters can include many more personal details to make their fake communications more convincing. For instance, they could even emulate the writing style of someone the target knows.

Keeping your identity safe in a world of AI-powered fraud takes staying a step ahead of the scammers. One way to do this is by using digital tools, like Telus Online Security, which protects your identity and can also help you recover it if it's stolen. It includes an identity vault that automatically scans and moves sensitive IDs and documents like tax forms into an encrypted space.

AI may be making fraud harder to spot, but by staying aware of its capabilities, keeping vigilant and staying protected, you can better avoid falling prey. Learn how you can better protect your identity and finances during tax season and beyond at telus.com/onlinesecurity.

SORRENTO
RETIREMENT RESIDENCE

– A NEW WAY TO –
ENJOY RETIREMENT LIVING

SORRENTO RETIREMENT RESIDENCE HAS **RAISED THE BAR** BY PROVIDING A NON-TRADITIONAL COMMUNITY INSPIRED BY ITS EUROPEAN ROOTS.

Sorrento isn't like other retirement residences. Nestled in the heart of downtown Bolton, Sorrento is a community designed to help senior residents enjoy the pleasures of life. Inspired by its namesake, the small Italian town on the Amalfi coast, Sorrento offers a Mediterranean lifestyle and atmosphere.
That includes a strong emphasis on high-quality dining. The restaurant-quality meals come from a rotating menu crafted and delivered by Sorrento's exceptional in-house chef. Residents and their guests enjoy fresh baked pizza each Thursday night followed by musical entertainment.
Howie's Bar, located inside Sorrento Retirement Residence, serves a variety of drinks from cocktails to cappuccinos, while Roma bistro is the perfect spot to grab a coffee accompanied by a cornetto.
Sorrento also hosts regular culinary and community events. During the live food demos, cooks teach residents how to prepare delicious desserts or tasty appetizers. They also host lively community dinners for the holidays and regular events like beer tasting and ice cream sampling.
For residents looking to host an event of their own, Sorrento offers a "Mama Mia's" Kitchen to allow families to indulge in home-cooked meals, accompanied by a private, full-serviced dining room for family and friends.
If you've experienced the lobby — with its modern design and curated art collection — you'll find that each of Sorrento's suites are similarly impressive. One-bedroom suites like Bel'Mare have options for a terrace, den, and walk-in closet. The suites range in size, with some sporting up to 1,000 Sq. Ft and 10-foot-tall ceilings.
Sorrento also offers experiences to help residents stay fit, intellectually stimulated, and to enjoy active social lives.
Programs like yoga classes, tai chi, and weekly aquafit classes are offered at Sorrento's pool and exercise room. Stroll around the rooftop gardens or putting green, where Sorrento staff host weekly putting and bocce ball tournaments. The Sorrento theatre regularly offers lectures from guest speakers, academics, and authors. In the evening, there are screenings of popular and classic movies.
On the first floor, there's always something to do: a pool table, a foosball table, and a selection of board games like Scrabble or Carrom. Residents often spend time sitting in lounge chairs by the fireplace while a volunteer plays the nearby grand piano. For those with more comprehensive medical needs, Sorrento also offers assisted living with dedicated nursing staff and medicine management. These options are completely customizable depending on the desired level of care.
Have more questions about life at Sorrento? Visit our website for a virtual tour or to contact our team. **We look forward to welcoming you. https://sorrentoretirement.com/**

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Thalassemia Foundation
FESTA IN SPIAGGIA

July 25th, 2026 • 12:00pm - 4:00pm

The Festa in Spiaggia is a lively beach-themed BBQ celebrating summer, connection, and giving back—where every bite supports a great cause.

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info@sorrentoretirement.com

SorrentoRetirement.com

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IN SUPPORT OF ThalassemiaFoundation of Canada

Celebrating SENIORS

Empowering Independence:

Bringing Home Medical Equipment Closer to Bolton Seniors

AS our community in Bolton continues to grow and thrive, so does our commitment to ensuring that every resident—especially our seniors—can live safely, comfortably, and independently in their own homes. That's why we're proud to introduce MyMobility Home Health Care, a new local source dedicated to providing quality home medical equipment for sale and rent, right here in the heart of Bolton.

At MyMobility Home Health Care, we understand that mobility and independence are essential to maintaining quality of life. Whether you're recovering from surgery, managing a long-term condition, or supporting a loved one, we're here to make daily living easier and safer. Our extensive range of equipment includes mobility scooters, stairlifts, home medical beds, lift chairs, rollators, wheelchairs, walkers, and bath aids—everything you need to navigate your home and community with confidence.

What sets us apart is not only our wide selection but also our personalized, compassionate service. We know that choosing the right equipment can be overwhelming, which is why our friendly and knowledgeable staff take the time to listen, assess your needs, and recommend the best solutions. We offer both sales and rentals, giving you the flexibility to select what works best for your situation—whether it's a short-term recovery or a long-term lifestyle adjustment.

Accessibility shouldn't come with barriers. That's why we also provide delivery, setup, and maintenance services, ensuring that your equipment is installed properly and ready to use from day one. Our technicians are fully trained and local, so you can rely on fast, dependable support whenever you need it.

Beyond our products, our mission is to support aging in place—helping Bolton seniors remain independent in their own homes for as long as possible. We believe that small adjustments, like a stairlift or a rollator, can make a big difference in safety and peace of mind. By bringing these essential resources closer to home, we're making it easier for families to access the care and support they deserve without the stress of traveling out of town. We invite you to visit our showroom, meet our team, and explore how we can help you or your loved ones live more comfortably and confidently. At MyMobility Home Health Care, we're not just in the business of medical equipment—we're in the business of empowering independence.

Visit us at 12295 Hwy 50 Unit 9 (Bolton Medical Centre) or call 905-857-1044 to learn more. We look forward to serving the Bolton community!

Are your Dentures Loose?

As a Denturist, loose and ill-fitting dentures are the most common complaint and concern patients have when they first come to my office. This is compromising their ability to eat and chew their food properly and even speak as the dentures are moving.

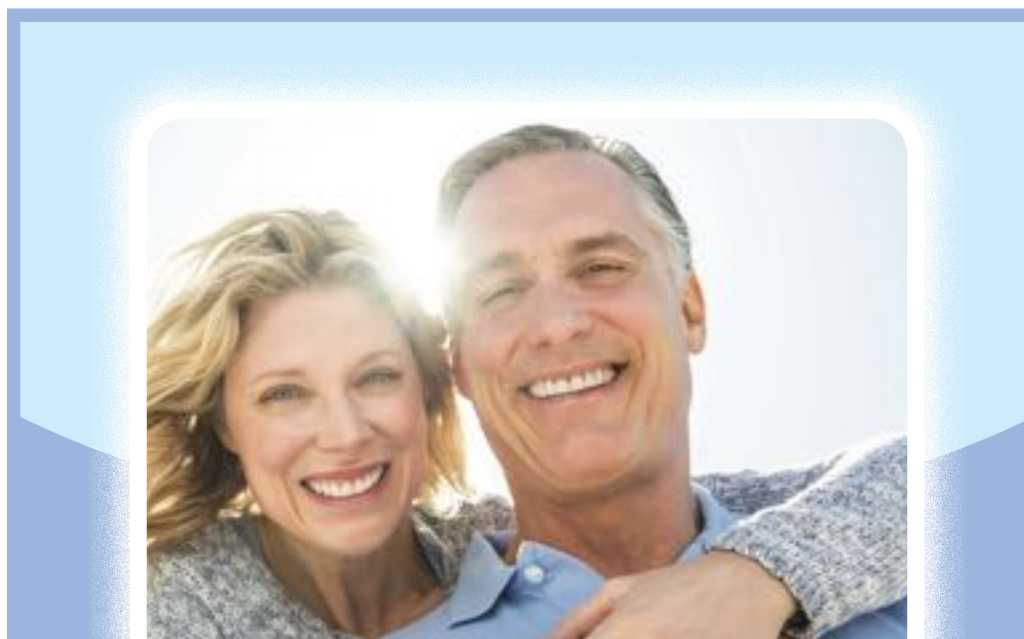
Dentures are designed and fabricated to fit over your existing gums and teeth but, when teeth are missing the underlying bone structure resorbs or shrinks. This causes the effect of the dentures becoming too big and cause them to become loose and move. As the dentures move they can cause irritations and sore spots which are not only bothersome but also painful.

Another factor which can affect the fit of your dentures is the bite. Over time the denture teeth wear down and the dentures seem to move farther apart. To get the teeth to come together your chin now must come closer to the nose which slides the chin forward causing your bite to move forward. This not only puts excess pressure on the muscles in the face but also the joint by the ear which can lead to a popping or clicking in the joint as the bones are working out of position.

There are several ways to rectify this problem and compensate for the loss of your gums, depending on the age and condition of your present dentures.

This is why we, at The Kostynyk Denture Centre, bring our patients back for regular check-ups to assess not only the fit of your dentures but also the bite, condition of your dentures and gums. A properly fitting denture on healthy gums make it easier to chew your food properly and live a healthier lifestyle.

If it has been a while since you have had your dentures looked at simply give us a call-even if we did not make your present dentures.



JUNE IS SENIORS MONTH

June is Seniors Month in Ontario, a time dedicated to recognizing and celebrating the invaluable contributions of older adults in our communities. Seniors enrich our lives with their wisdom, lived experiences, and unwavering spirit, and they continue to play a vital role in shaping our future.

This month also serves as a meaningful reminder of the **essential role the Caledon Senior Centre** (CSC) plays in supporting the well-being, connection, and active engagement of older adults in our community.

As a Charitable not-for-profit organization for over 30 years, CSC is deeply committed to enhancing the quality of life for adults aged 55+. Through a wide range of programs; **from recreational activities and social events to health workshops and educational opportunities** - we help seniors remain active, engaged, and independent. These programs also help combat loneliness and social isolation while encouraging volunteerism and community involvement.

"Over the past 30 years, the Caledon Seniors Centre has grown into a vibrant and welcoming community with more than 2,500 members participating in programs across Bolton and our satellite locations."

Beverley Nurden, Manager of the Caledon Seniors Centre said. "From fitness classes and social events to educational workshops, day trips, lunches, and volunteer opportunities, we are proud to offer affordable activities that help older adults stay active, connected, and engaged at every stage of aging."

To keep these valuable services running, we rely on a mix of government grants and community-driven fundraising. Your support makes all the difference.

Here's how you can support Caledon Seniors Centre during Seniors Month: Annual Trunk Sale-Support us by purchasing a spot at our Annual Trunk Sale on Saturday, June 6, 2026, or stop by and enjoy our BBQ lunch, and purchase other great items that are made here at the centre.

Join on us on Friday, June 12 as we cheer on the Canadian Soccer Team during the FIFA World Cup Games, enjoy a BBQ Lunch and a soccer match.

Support our 5th Annual Golf Tournament-Join us Tuesday, June 23, at Glen Eagle Golf Course. You can participate by forming a team, becoming a sponsor, or donating a raffle prize.

Discover an event focused on health, wellness and lifestyle solutions tailored for today's mature adults at the Fit for Life Wellness Expo 9:30 am-12:30 pm Friday, June 19. Sign up to enjoy a free lunch.

Make a One-Time or Monthly Donation-Contributions can be made easily through our https://caledonseniors.ca/fundraising/

Consider a Legacy Donation -Leave a lasting impact by including CSC in your estate plans to ensure our work continues for generations to come.

Volunteer Your Time-Whether helping with events or supporting our daily operations, your time and energy make a real difference.

Your support; whether through financial contributions, sponsorships, or in-kind gifts, helps us keep CSC a welcoming and vibrant hub for older adults. With your help, we'll continue to keep seniors in our community **"Let's Get Moving"** — the theme of this year's Seniors Month.

"In a growing and rural community like Caledon, having a dedicated Seniors Centre and strong satellite programming throughout our communities is more important than ever. This year's Seniors Month theme, 'Let's Get Moving,' perfectly reflects what we strive to achieve every day through our fitness, wellness, social, and recreational programs offered across Caledon." Nurden said. "As our older adult population continues to grow, it is important that seniors in all areas of Caledon including our rural and west communities have opportunities close to home to stay active, build friendships, reduce isolation, and maintain a strong sense of belonging."

Together, let's ensure every older adult in Caledon has a place to connect, thrive, and feel at home.

Please visit our website www.caledonseniors.ca for more information on our programs and special events at our Bolton and satellite locations.

AMICA
SENIOR LIFESTYLES

Embracing changes and new opportunities:

a key step in living with intention in your senior years

Living with intention isn't about having life perfectly planned. It's about learning to pivot, and to stay connected and hopeful, even when the path ahead changes.

As we age, change can show up more often and feel more personal: shifts in health, moving to a new home, or the world around us feeling less predictable. Living with intention isn't about predicting every twist and turn. It's about tapping into your resilience and responding in ways that honour what matters most. Here are three ways to do just that:

1. Be open to "Plan B"

Sometimes life happens and goals or plans need revising. For example, if you plan to visit family across town but need to cancel due to bad weather, the day isn't ruined. Remember that the goal was connection. Let your family know and propose a video or phone call instead.

Plan B can also be about embracing new opportunities. Maybe you'd planned to watch a tv program but were invited to try a painting class instead. You may find painting enjoyable and even spark a new hobby.

2. Let your values be your compass

During times of change, your core values can act like a compass, helping you make decisions that feel true to who you are. For example, if you're having mobility issues and value independence, you can stay self-reliant by using tools such as a walker or cane for longer walks, or make home upgrades such as adding grab bars in the bathroom. By adjusting how you do certain tasks, you can keep living life on your own terms.

3. Focus on what you can control, give yourself grace

Even when life feels unpredictable, there are choices you can make to feel steadier. How you start your morning can set the tone for the day. Simple rituals—like enjoying tea by the window or doing a crossword—can help you feel grounded and in control. How you speak to yourself also matters. When life veers off plan, it's easy to be self-critical. Instead, shift your perspective and offer encouragement: "It's okay if plans change. I'm making the best decisions I can in this moment." Focusing on your values, setting goals, staying mindful, and using these tools during times of change can help you find fulfilment and purpose in this chapter of life.

Discover premium senior living at Amica Peel Village—where you can feel supported, independent, and connected, today and for years to come. Located in a quiet neighbourhood near parks and gardens, the residence offers convenience and natural beauty.

Thoughtfully designed amenities support your physical, social, and intellectual well-being—so you can keep doing what you love. Enjoy a fitness centre, swimming pool, indoor conservatory, and versatile spaces for activities, creativity, and gatherings.

At Amica Senior Lifestyles, we tailor programs to each resident's interests, offering engaging activities, fresh dining, and personalized care.

To learn more or book a residence tour, call 905-460-0080.

AMICA

SENIOR LIFESTYLES

SENIOR LIVING *reimagined*

At Amica, life is anything but ordinary. Indulge in premium amenities and inspired cuisine crafted by Red Seal chefs. Explore passions new and old through enriching programs designed to spark joy. And do it all with the confidence that flexible, professional care is always within reach. This is senior living that inspires — every day, in every way.

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Celebrating SENIORS

Town of Caledon celebrates Seniors Month

Throughout June, residents aged 55+ can enjoy a variety of free programs offered across the Town of Caledon in celebration of Seniors Month. Programs and events include wellness activities, educational workshops, social gatherings, arts and culture experiences, and community celebrations.

FEATURED PROGRAMS AND EVENTS

- **Connections to Care for Seniors with Caledon Community Services**
  June 4 | 10 a.m. – 2 p.m. | The Exchange
- **Navigating Ancestry's Database offered by the Caledon Public Library**
  June 4 | 6:30 – 8:30 p.m. | Albion Bolton Library Branch
- **Celebrate International Trails Day with Caledon Hills Bruce Trail Club, Alton Grange Association and Caledon Public Library**
  June 6 | 1 – 3 p.m. | Alton Library Branch
- **Breath + Sound: A Guided Wellness Experience with FirstLight Home Care**
  June 10 | 1 – 1:30 p.m. or 2 – 2:30 p.m. | Inglewood Community Centre
- **Seniors Care Days with Hills of Headwaters Collaborative Ontario Health Team**
  June 11 | 9:30 a.m. – 1 p.m. | Rotary Place Bolton
- **Seniors Social Circle featuring Julia's Place Music Therapy**
  June 11 | 2:30 – 3:30 p.m. | Southfields Library Branch
- **Connect with Art with Art as Therapy**
  June 12 | 1 – 2:30 p.m. | Caledon East Library Branch
- **Treasure or Trinket? Antique Appraisal Event**
  June 13 | 1 – 3 p.m. | Caledon East Library Branch
- **Paint and Sip with Caring Touch Home Health**
  June 16 | 2 – 4 p.m. | Margaret Dunn Valleywood Community Room and Library
- **World Elder Abuse Awareness Day Flag Raising**
  June 16 | 2 p.m. | Town Hall
- **Seniors Talent Show with Malton Women Council**
  June 18 | Southfields Community Centre
- **Strawberry Social with Caledon Seniors Centre**
  June 18 | 2 – 4 p.m. | Rotary Place Bolton
- **"Fit for Life" Wellness Expo**
  June 19 | 9:30 a.m. – 12:30 p.m. | Rotary Place Bolton
- **Seniors Month with Palgrave United Community Kitchen**
  June 23 | 10 a.m. – 12 p.m. | Palgrave United Community Church
- **2026 Senior of the Year Award Presentation**
  June 23 | 6 p.m. | Town Hall
- **Kusina and Karaoke with Caledon Meals on Wheels**
  June 25 | 12 – 2 p.m. | Albion Bolton Community Complex

For more information and to register, please visit www.caledon.ca/seniorsmonth. Residents requiring assistance with registration can call 311.

Did you know? Residents aged 65+ can receive a FREE all-access fitness membership for the Town of Caledon's Recreation drop-in programming. Visit www.caledon.ca/65plus or any customer service desk for more information.

Planning today for the impact you'll leave tomorrow

Planning for the future is one of the greatest gifts we can give to the people we love, and to the community we care about. For many, that planning includes preparing a Will that ensures family members are supported and that personal wishes are honoured. Increasingly, it also includes the meaningful act of leaving a charitable gift to a cause close to the heart.

What many people don't realize is that thoughtful estate planning allows you to do both: provide for loved ones and make a lasting contribution to the organizations that matter to you. A gift in your Will can be structured in a way that aligns with your values, fits your financial situation, and still protects everything you intend for your family.

A charitable gift in a Will does not require enormous wealth. In fact, most come from ordinary people, like you and me, who want to make a meaningful difference. Even a small percentage of an estate can have a remarkable impact. For organizations like Headwaters Health Care Foundation, these gifts help ensure exceptional health care close to home for generations to come.

Including a gift in your Will can also bring financial advantages, such as reducing the taxes owed by your estate. For many, this means the ability to leave a larger gift to both family and charity than might have been possible during their lifetime. It's a powerful way to ensure your values continue to support the community long after you're gone.

If you're considering a gift in your Will, there are important reasons to let us know:

Knowing your intentions allows us to thank you properly during your lifetime. It also gives us the opportunity to understand how you wish your gift to be used, and to ensure those wishes can be fulfilled exactly as you envision.

Also, awareness of future gifts strengthens long-term planning for the Foundation. When we understand the generosity that is coming, we can plan strategically to meet the future needs of the hospital, invest in vital equipment, and ensure patients and families continue to receive the outstanding quality of care we want for them.

Finally, we may be able to recommend ideas to discuss with your lawyer or financial planner to help minimize your estate taxes and maximize what you leave for loved ones and your preferred charitable organizations.

As you review your estate plans or consider updating your Will, I encourage you to think about the causes that have shaped your life and supported your community. A gift in your Will to Headwaters Health Care Foundation ensures that exceptional, compassionate care remains available close to home for your family, your neighbours, and future generations.

It can begin today with a simple conversation.

You can reach us by emailing foundation@headwatershealth.ca or calling 519.941.2702 ext. 2303.

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 or call 311 for details.

TOWN OF CALEDON

6311 Old Church Road
Caledon, ON L7C 1J6
caledon.ca
T. 905.584.2272 | 1.888.225.3366 | F. 905.584.4325

HEADWATERS Health Care Foundation

A GIFT IN YOUR WILL

A gift in your Will of any amount can have an impact on health care for future generations

You have the power to help provide the best possible health care for your community, create tax advantages for you estate, and make a positive difference in the lives of patients and their families in the future.

Contact Joel Porter at 519.941. 2702 ext. 2303 or by email at jporter@headwatershealth.ca to learn more about how to include Headwaters in your Will.

Celebrating SENIORS

How to manage MULTIPLE MEDICATIONS

Polypharmacy, or the practice of managing multiple medications, is a part of life for a significant percentage of seniors.

Many prescription and over-the-counter drugs are essential for maintaining health and managing chronic conditions. However, the chemical complexity of mixing so many drugs can lead to dangerous outcomes if one isn't careful.

Older adults take more medications than any other age group. A report conducted by Age Wave and The John A. Hartford Foundation found that the average senior takes four medications, but more than 15 percent take eight or more. Some medications can create further conditions or worsen existing conditions. Data from the Agency for Healthcare Research Quality show that 15.9 percent of older adults use inappropriate medication.

Structured medication management is essential for seniors' safety. Here's how to safely navigate taking multiple medications at once.

CONDUCT A MEDICATION AUDIT

Take all of the medications and supplements you use to a primary care physician or pharmacist to discuss potential interactions and if any prescriptions can be canceled. Research from Clarest Health indicates that patients taking five to nine medications have a 50 percent chance of experiencing a significant adverse drug event.

TALK ABOUT DEPRESCRIBING

Speak with a doctor about the process of tapering off medications that may no longer be necessary or are resulting in more harm than benefit.

USE ONE PHARMACY

Always fill prescriptions from the same pharmacy. Modern systems are equipped with safeguards to flag certain drug-to-drug interactions automatically. Also, the pharmacist is often an underutilized resource. Ask questions and figure out if he or she can conduct a medication review to ensure a regimen for taking medications is as complication-free as possible.

UTILIZE SMART SYSTEMS

Rely on smart pill dispensers that unlock only at the correct time to manage high-risk medications. Other pill organizers and digital apps can set reminders to take medications at the appropriate times. An app like Medisafe will notify family members if a dose is missed.

LINK DOSES TO ACTIONS

Make medications an automatic part of your day by linking them to activities, like morning pills taken with a cup of coffee or evening pills when you eat dinner.

USE VISUAL CUES

Keep pill organizers in a visible spot so you remember to take the medication.

ASK FOR HELP

If managing medications has become a tall order, ask a friend, family member or a visiting nurse or aide to assist with medication management.

UPDATE YOUR LIST

Always maintain a current list of the medications and supplements you are taking, and bring it along to every new medical appointment for further review.

Managing medications becomes more complex as seniors typically take multiple drugs and supplements to maintain health.

What If Retirement Living Isn't What You Think?

Many of us carry assumptions about retirement living.

Maybe we picture a place that people move to only when they need significant support. Maybe we assume it means giving up independence, favourite routines, or the lifestyle we've spent years building. But what if retirement living isn't what you think?

More importantly, what if seeing it for yourself changed everything?

At Avalon Retirement Lodge, one of the most common things we hear from visitors is, "This isn't what I expected." And that's exactly why more older adults and their families are choosing to explore retirement living before they think they need it.

The truth is that today's retirement communities are less about stepping away from life and more about creating space to enjoy it.

Imagine waking up without a list of household chores or concerns waiting for you but rather activities to enjoy or someone to chat with over coffee. No worrying about home maintenance or unexpected repairs. Even smaller daily household tasks like what to make for dinner and grocery shopping are no longer a concern. And, instead of eating alone, you have company and conversation at mealtimes. Family can now visit YOU without a to-do list and simply enjoy family time together or join in on the various outings, or the social events the lodge has to offer, all designed with you in mind.

For many residents, that freedom is one of the biggest surprises. Retirement living is often viewed through the lens of what people might be giving up, when in reality many discover they are gaining far more than they expected.

Summer is often the perfect season to start exploring those possibilities.

The longer days and warmer weather naturally encourage us to get out, try new things, and think about what we want the next chapter of life to look like. It's also an ideal time to visit retirement communities, meet residents, experience the atmosphere firsthand, and ask questions without pressure or obligation. After all, no brochure, website, or advertisement can fully capture what it feels like to walk through the doors and experience a community for yourself.

You might discover vibrant social spaces filled with conversation and laughter, meaningful friendships that have formed between residents, and neighbours who are every bit as active, independent, and engaged as you are.

You may even begin to realize that retirement living isn't about slowing down. It's about removing barriers that prevent you from fully enjoying life and creating more opportunities to spend your days exactly as you choose.

At Avalon Retirement Lodge, we believe the best way to understand our brand of retirement living is to experience it firsthand. See the community, meet the people, ask the questions, and explore the possibilities.

After all, many of life's most rewarding opportunities begin with a simple decision to take a closer look.

Wouldn't you like to see it for yourself?

Book your personalized tour today. Call or email Alisa at (519) 941-3351 or athoma@jarlette.com.

We can't wait to meet you!

Avalon Retirement Lodge
Back Entrance, 355 Broadway
Orangeville, ON L9W 3Y3

Wouldn't you like to see it for yourself?

The arrival of a new season has a way of opening the door to fresh possibilities. For some, it starts with realizing that retirement living isn't what they thought or that it's even an option. This is your invitation to take a closer look at Avalon Retirement Lodge... **You never know, it could change everything!**

AVALON RETIREMENT LODGE

Avalon Retirement Lodge

355 Broadway, Orangeville, ON L9W 3Y3

It's Worth A Conversation (519) 941-3351

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Thank you to all older adults and seniors for making our communities stronger, kinder, and more vibrant.

FEELING DISCONNECTED?

Tips for staying in touch.

(NC) Having a strong support system and engaging in social activities is key to our physical and mental well-being. Social connections are especially important as we get older, as they can help lower blood pressure, reduce stress and boost longevity. If you're a senior looking for more ways to connect with others, check out these tips:

JOIN AN EXERCISE GROUP.

Double down on the health benefits of spending time with people by doing it while moving your body. No matter what level of physical activity you're comfortable with, chances are there's a class or club near you that's a great fit. Try a gentle yoga lesson at your community centre or join a pickleball league. Bringing a friend along can help maximize the benefit.

VOLUNTEER YOUR EXPERTISE.

Many older adults get a real sense of satisfaction and fulfillment in retirement by volunteering in a role or at an organization they've always been drawn to. Your local zoo or art museum could be looking for a volunteer tour guide or greeter, or an animal shelter may need someone to help care for resident cats and dogs.

LOOK INTO YOUR LIBRARY'S RESOURCES.

These days, libraries have a ton of options to help you try new things, meet other people and explore your neighbourhood. Look for a book club or author talk in a subject that interests you. See what free classes the library has, such as learning a new language or creative writing. Ask if they have free passes to check out cultural attractions in your municipality.

SET UP VIRTUAL HANGOUTS.

Do you have friends or family living elsewhere? Keep in touch with them with virtual coffee dates. You can even plan to play a game together online or cook the same meal in your own kitchen and eat together.

If cost is a barrier to staying in touch with loved ones online, programs like Telus Mobility for Good can help. It offers free devices and low-cost rate plans to low-income seniors, helping them stay connected to family and friends, social supports and other resources. social supports and other resources.

Learn more at telus.com/mobilityforgoodseniors.

www.newscanada.com

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Call **1-866-959-4848** for more information.
Aspira
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100 Morra Ave, Bolton, ON
aspiralife.ca

Celebrating SENIORS

HOW SENIORS CAN DIVERSIFY THEIR WORKOUTS

ADULTS OFTEN LAMENT A LACK OF TIME to incorporate exercise into their daily routines. Such difficulties are not exaggerated, as the demands of work and family, particularly for parents of young children with busy schedules of their own, can leave little time for daily workouts. Hectic schedules typically do not prevent older adults and seniors from exercising, but aging men and women may still confront some challenges as they aspire to be as physically active as possible.

Boredom with an exercise routine can adversely affect individuals' motivation to be physically active. When that happens, even individuals with ample time to exercise, such as empty nesters and seniors, may find it increasingly difficult to go to the gym or work out at home. In such situations, the more diverse a workout routine is, the less monotonous it can feel, and that lack of monotony can be enough to keep individuals up and moving. With that in mind, the following suggestions can help individuals diversify their workout routines so they remain engaged with physical activity.

MAKE USE OF THE SEASONS

Exercise boredom can develop at any time of year, but disinterest in a workout routine might be especially likely when diversifying a regimen becomes more difficult. For example, the colder temperatures of winter can force individuals to do most if not all of their exercising indoors, which can grow monotonous over time. If exercising outdoors in winter is a nonstarter, then individuals can emphasize outdoor workouts throughout the rest of the year when the weather is more amenable. Incorporate hiking into your weekly routine in spring, summer and fall, and replace typical cardiovascular workouts on a treadmill or elliptical with bike rides when the weather allows. Individuals also can invest in gear to keep them warm so they can get outside to exercise after the mercury drops.

SKIP THE CIRCUIT WORKOUTS FOR MORE SPECIALIZED REGIMENS

Circuit workouts can be great for busy individuals without much time to exercise each week. Such workouts target various muscle groups in quick succession, which allows individuals to work out every muscle group even during weeks when time is limited. However, circuit workouts can be monotonous for people who have the time to exercise each day. In such situations, individuals can specialize their workouts so they target a different muscle group during each session. Doing so can diversify a workout to reduce boredom and may even decrease the risk of repetitive use injuries.

EMBRACE NEW WAYS TO EXERCISE

A gym with all the familiar weights, machines and cardiovascular equipment might be the first thing people think of when pondering exercise. And while gym memberships can motivate people to exercise, traditional fitness facilities are not the only places to break a sweat and be physically active. If a diverse workout regimen is your goal, consider incorporating yoga, Pilates and other less traditional forms of exercise into your routine. Many fitness facilities even offer such classes, and local communities also may feature standalone yoga studios or other establishments offering specific exercises.

MORE THAN A RIDE

Why Seniors' Transportation Matters Now

IN CALEDON, TRANSPORTATION IS NOT JUST ABOUT MOVING FROM ONE PLACE TO ANOTHER. It is about preserving dignity, independence and human connection. At Caledon Community Services (CCS), this truth is lived every day. What began in 1971 as a simple phone line connecting residents to local help has grown into the community's largest social service agency, supporting seniors in numerous ways.

CCS provides food security, operates a specialist clinic and delivers an essential lifeline through our buses and vans, providing seniors and adults with disabilities with vital transportation in a region without public transit.

The impact of that service is deeply personal. One story stands out: a senior gentleman who relied on CCS transportation three times a week to visit his wife in long-term care. That journey was never 'just a ride.' It was love in motion. It was continuity, connection and the refusal to let distance or circumstance sever a lifelong bond. This is the quiet, powerful role CCS plays, combating isolation and keeping people connected to what matters most.

In a community geographically larger than Brampton and Mississauga combined, the barriers to mobility are real. Without accessible transportation, seniors can lose access to medical care, groceries, social services and the simple joys of community life. CCS drivers don't just navigate roads; they build relationships. They know their passengers' stories, their families and their needs. They provide not only safe and comfortable travel, but reassurance and companionship along the way.

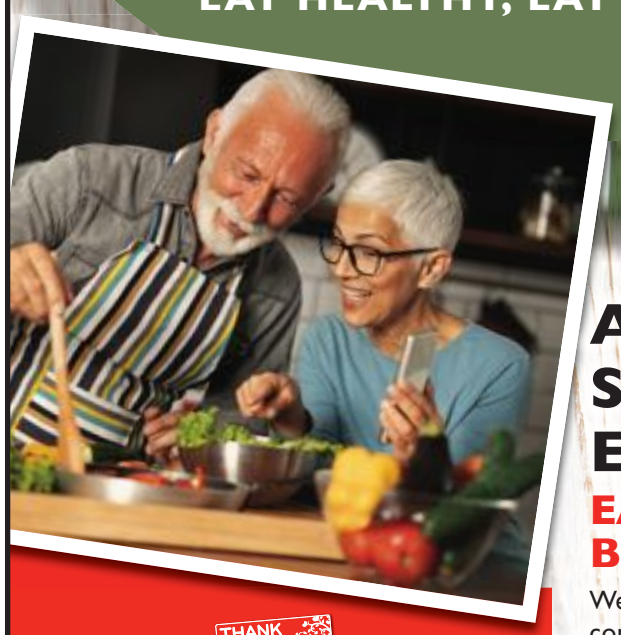
This vital service is at a crossroads. Six buses in the CCS fleet will need to be replaced by 2027. Without investment now, the very connections that sustain our community are at risk.

That is why Velocity, our Ride to Support Seniors on June 20, is so important. This is more than a fundraising event. It is a community call-to-action. By participating, donating or supporting riders, you're helping ensure seniors continue to access not only essential services, but the relationships that give life meaning.

You can register today at ccsvelocity.ca and be part of the effort to keep Caledon connected.

Transportation is freedom. Transportation is connection. Transportation is life. On June 20, let's come together to turn bike rides into bus rides and keep Caledon moving.

Garden foods
EAT HEALTHY, EAT FRESH.



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HomeStairlift

STAIRLIFTS:
WHAT MOST SENIORS DON'T KNOW

Surprising Features That Could Make Life Easier (and Safer)

Thinking about a stairlift for yourself or a loved one?

A stairlift is more than just a mobility aid — it's a way to stay safe, independent, and comfortable at home. Many seniors and families are surprised to learn how advanced modern stairlifts have become. If you are picturing a bulky chair from years ago, it may be time for a second look.

Today's stairlifts are designed with comfort, safety, and convenience in mind. They are built to blend into the home while helping people continue using every level of their house safely and confidently. For many families, a stairlift can make the difference between moving and staying in the home they love.

Smart Technology

Modern stairlifts include features that make everyday life easier. Many models come with remote controls, allowing the lift to be called or sent away when not in use. Some lifts also include easy-to-read diagnostic displays and advanced monitoring systems. Certain models even offer Wi-Fi connectivity, allowing technicians to identify issues quickly and provide faster service if needed.

Comfortable & Stylish Designs

One of the biggest misconceptions about stairlifts is that they look large or outdated. Modern stairlifts are designed to look sleek and fit naturally into the home. Homeowners can choose from different upholstery styles, rail colours, and seat options to better match their décor. Many people are surprised at how compact and attractive today's models are.

Compact, Foldable Features

Space is often a concern for families considering a stairlift, but newer models are specifically designed to minimize obstruction on the staircase. Seats, footrests, and armrests fold up neatly when not in use, leaving plenty of room for others to safely use the stairs. Remote controls also allow the stairlift to be sent upstairs or downstairs and out of sight when guests are visiting.

Outdoor Stairlifts

Many people do not realize that stairlifts can also be installed outdoors. Outdoor stairlifts are perfect for porches, decks, garage entrances, and backyard stairs. These models are specially designed to handle Canadian weather conditions, including rain, snow, and changing temperatures, helping users safely access outdoor spaces year-round.

Safe During Power Outages

Power outages can be stressful, especially for individuals with mobility challenges. Fortunately, most modern stairlifts include battery backup systems. This means the stairlift will continue to operate even if the power goes out, helping users stay safe and mobile when they need it most.

Affordable Options Available

A stairlift may be more affordable than many people expect. In addition to new stairlifts, many companies offer rental programs and refurbished models. These options can be ideal for temporary recovery situations, short-term needs, or families working within a budget.

Straight stairlift rentals are available starting at $295 per month, while pre-owned straight stairlifts start at $2,500. Curved stairlifts are custom-built to fit unique staircases and are priced based on the design and length of the rail system.

Helping Seniors Stay Independent

For many seniors, the ability to safely remain at home is extremely important. A stairlift can reduce the risk of falls, improve confidence, and make everyday routines easier. It can also provide peace of mind for family members and caregivers who worry about safety on the stairs.

If you are considering a stairlift, visiting a showroom and trying one in person can help you better understand how they work and what options are available.

Visit our showroom:

HOME STAIRLIFT
910 Rowntree Dairy Road, Unit 2
Woodbridge, ON L4L 5W4

Contact us today for a free, no-obligation consultation, home assessment, and quote.

416-424-6607
homestairlift.com

Let's help you or your loved one stay safe, comfortable, and independent at home.

Alison Meriano
Sales Director, Home Stairlift

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Did you know that local women built Orangeville's first hospital?

Before Orangeville had a proper hospital, it had a group of women who decided to build one.

In 1907, the Lord Dufferin chapter of the Imperial Order Daughters of the Empire, named after a beloved Governor General, rallied the community, raised the funds, and opened a hospital at 32 First Street. For decades, that was where Orangeville was born, healed, and cared for. Nearly 120 years later, the building at 32 First Street remains, and so does its purpose.

Today, it's home to Lord Dufferin Retirement Community, a residence that has quietly carried the site's original mission forward. For the seniors who call Lord Dufferin home, the history beneath their feet only strengthens their connection to the greater community.

Recently, Lord Dufferin joined Spring Living Retirement Communities, which has 29 locations across Ontario that take a distinctly local approach to retirement living. The philosophy is simple: find communities with strong roots and help them grow deeper. At Lord Dufferin, that's meant thoughtful upgrades, stronger programming, and a staff culture that reflects the same neighbourly instinct the original women brought to this corner of Orangeville over a century ago.

For many residents, Lord Dufferin means never really having to leave the town they love. They're still downtown and part of the community they've helped build.

"Living here has given me a new sense of independence and peace of mind. I know my needs are being looked after, but I still feel like myself and can enjoy my own routine and interests," said Joey, a resident at Lord Dufferin. "The staff are kind, friendly, and caring. There are always people around to talk to, and with so many residents and staff, you naturally find people you enjoy spending time with."

If you're curious about what retirement living looks like when it's rooted in a century of genuine community care, Taylor Sweet and the team at Lord Dufferin would love to show you around.

Lord Dufferin Retirement Community | 32 First Street, Orangeville
(519) 941-8433 | springliving.ca

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Symptoms suggestive of cataracts

The eyes are amazing organs that utilize various parts working in conjunction with one another.

When working correctly, eyes enable crisp vision and process a vast array of vivid hues. When the eyes are compromised by illness or other conditions, various impairments may be the culprit.

Cataracts often affect aging individuals. The American Academy of Ophthalmology® says a cataract forms when the natural lens in the eye, which is responsible for refracting light rays that come in the eye to help a person see, becomes cloudy. As a result, vision can be compromised and seem like a person is looking through a foggy or dirty car windshield, says the AAO.

The National Eye Institute advises that cataracts are common as people get older. More than half of Americans age 80 years or older either have cataracts or have had surgery to remove cataracts. Cataracts may initially produce mild symptoms of blurry or hazy vision, or surroundings may seem less colorful. Over time, cataracts can lead to vision loss if not treated. The following are some common symptoms of cataracts:

- Cloudy or blurry vision that still occurs despite the usage of corrective prescription glasses or contact lenses
- Colors look faded
- Compromised night vision
- Halos appearing around lights
- Oncoming headlights, lamps, or sunlight seem too bright
- Double vision
- Frequent changes to visit prescriptions

Researchers have identified certain things that may contribute to the changes that occur in the lenses that lead to the formation of cataracts. Exposure to ultraviolet light from the sun or other sources is a main risk factor. Diabetes, hypertension, obesity, smoking, prolonged use of corticosteroid medications, and other factors come into play as well.

All About Vision says cataracts can be broken down into various types, and some are much more common than others.

- **NUCLEAR:** These cataracts are the most common and form in the center of the lens, gradually worsening.
- **CORTICAL:** Cortical cataracts generally start as spoke-like opaque areas at the edges of the lens that grow inward. They tend to be responsible for more night glare.
- **CONGENITAL:** Some people are born with cataracts.
- **TRAUMA-INDUCED:** These cataracts form anywhere and often develop into a rosette shape.
- **POST SUBCAPSULAR CATARACTS:** Initially developing at the central back surface of the lens, these cataracts often develop faster than other types. Vision around bright light and colors is affected.

Eye doctors generally diagnose cataracts during dilated eye exams. The NEI says anyone age 60 or older should get dilated eye exams every one to two years. Surgery may be recommended only at the point when cataracts start to severely interfere with daily activities. Until then, people can mitigate cataracts by updating eyeglass prescriptions, turning lights up when possible and wearing anti-glare sunglasses.

AGING WELL STARTS HERE:

SUPPORTING HEALTH, CONNECTION, AND INDEPENDENCE

Living a healthy lifestyle can sometimes feel overwhelming, especially with the abundance of conflicting information available. When broken down, however, healthy aging consistently comes back to three essential pillars: proper nutrition, regular exercise, and strong mental and social wellbeing.

NUTRITION

Fueling the body properly is a key part of active aging. Many older adults experience deficiencies in important nutrients such as iron, fibre, vitamin D, and vitamin E. These nutrients play a vital role in supporting immune health, digestion, muscle and bone strength, and cognitive function. Eating a wide variety of fruits and vegetables each day helps maintain a balanced intake of essential vitamins and minerals. Variety is especially important as different foods provide different nutritional benefits.

REGULAR EXERCISE

Daily movement is essential for aging well. Regular physical activity improves strength, balance, and mobility, while reducing the risk of falls and supporting heart, bone, and cognitive health. Exercise does not need to be strenuous to be effective. A walk through the community, participation in a group class, or simple stretching in the morning and evening can make a meaningful difference. Consistent movement supports independence and overall wellbeing.

MENTAL, EMOTIONAL, AND SOCIAL WELLBEING

Mental and social engagement are equally important. Activities such as reading, puzzles, and creative projects help keep the mind active, while maintaining social connections with family, friends, and community groups has been shown to reduce stress and support cognitive health.

A well-rounded lifestyle does not require perfection — only consistency. By nourishing the body, staying active, and maintaining strong social connections, individuals can age with strength and resilience.

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How seniors can remain physically and mentally active

Growing older is often equated with slowing down. Aging may be characterized as a period of decline marked by an inability to do the things you once did, but recent data indicates otherwise.

PHYSICAL ACTIVITY

The Centers for Disease Control and Prevention recommends 150 minutes of moderate-intensity aerobic activity per week, supplemented by at least two days of muscle-strengthening exercises. Brisk walking or swimming can improve cardiovascular health and reduce the risk of stroke and hypertension, says the Massachusetts Council on Aging. Incorporating yoga or Tai Chi is vital for fall prevention, as it targets balance and flexibility. The CDC says improving joint mobility and balance can significantly extend the amount of time seniors can live independently. In addition, lifting light weights or using resistance bands helps combat age-related muscle loss, which is essential for maintaining metabolic health.

COGNITIVE ADVANTAGES

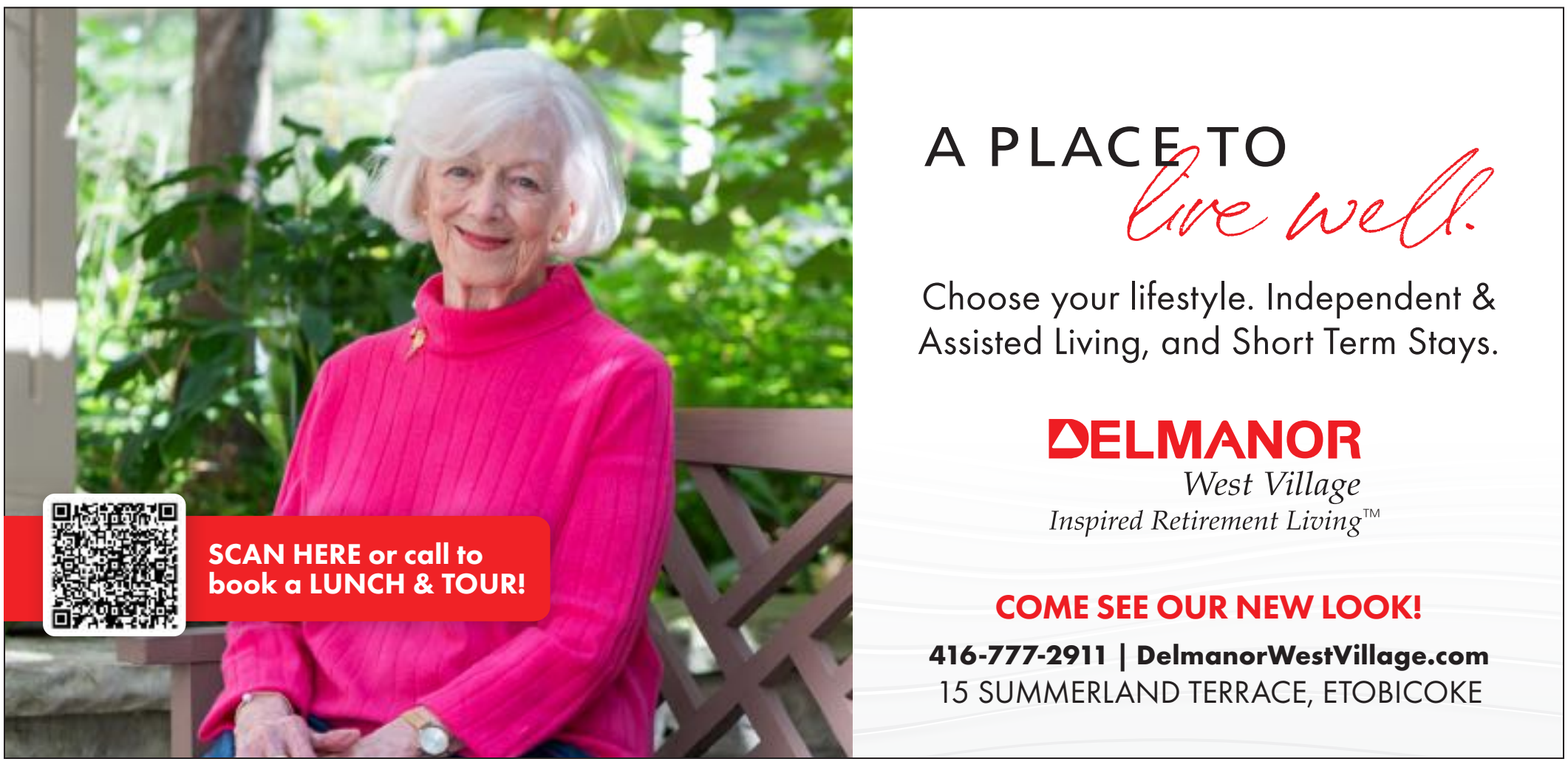
Mental fitness is just as vital to seniors as physical fitness. According to the World Health Organization, routine cognitive stimulation enhances "brain capital," delaying the onset of dementia and Alzheimer's. Strategies for effective mental engagement include:

- **LEARNING:** Lifelong learning techniques include picking up a new language or learning an instrument. This helps strengthen neural pathways that allows the brain to reorganize itself even in later decades.
- **PLAY GAMES:** Play isn't just for kids; games like chess or complex puzzles improve problem-solving and memory retention, according to Nixon Adult Daycare in Houston.
- **SOCIALIZE:** Isolation is a leading risk factor for cognitive decline, says the National Institutes of Health. Group activities like book clubs or community volunteering can offer emotional fulfillment and mental stimulation.

POWER OF POSITIVITY

Findings from a recent Yale University study indicated seniors with a positive outlook on aging were significantly more likely to show physical and mental improvements compared to those with negative perspectives. Psychological resilience is an important tool for seniors to stay healthy.

Movement, social interaction, stimulating activities, and a positive attitude can help seniors maintain overall health.



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C.S.C's "Cardinal Day" features $30,000 Trillium Grant, Opening Day for House League teams, and marquee U15 Ontario Cup matchup versus Woodbridge

BY JIM STEWART

(MAIN) Eliana Barichello, Diane Pellizzari, Maddie Wilson-Fairservice, Eryn Lang, and Taylor Santos are the leaders of CSC's U15 squad competing in the toughest division in Ontario. The club won the PISL Indoor championship earlier this year. (INSET, LEFT TO RIGHT) Kasey McFadyen, Gabriel Borges, Pathik Shukla, Hon. Sylvia Jones, & Callie the Cardinal.
PHOTOS BY JIM STEWART

Saturday's warm and sunny Spring conditions provided a perfect backdrop for the Caledon Soccer Club's "Cardinal Day", which featured the organization's House League teams kicking off their 2026 season at the Caledon East Soccer Complex.

The House League teams—bedecked in colourful jerseys representing eight of the countries in this year's World Cup—were cheered on by organization mascot Callie the Cardinal and a host of dignitaries.

The dignitaries-- including MPP Sylvia Jones (Dufferin-Caledon) and Pathik Shukla from the Ontario Trillium Foundation-- were also gathered to make a significant announcement regarding a $30,000 OTF grant bestowed upon the 53-year-old sports organization.

MPP Jones delineated the purpose of the grant from the provincial government.

"Caledon Soccer Club plays an important role in keeping young people active, engaged, and connected through sport. Through the Ontario Trillium Foundation, our government is proud to support investments that help improve safety, strengthen local recreation programs, and ensure young athletes across Caledon continue to have access to high-quality community sports facilities."

Jones explained how the grant has been put to use by the local soccer club.

"The Caledon Soccer Club used the Capital funding from OTF to purchase eight new 5' x 8' aluminum soccer goals on wheels. The grant funded the purchase of new equipment for house league programs and grassroots programs to improve both the safety and functionality of Caledon Soccer Club's main facility, the Caledon East Soccer Complex, for players, staff, and volunteers. These portable goals will replace old, hard-to-move equipment crucial to several of the club's youth recreational and grassroots programs each summer."

Caledon Soccer Club Executive Director Gabriel Borges described the importance and impact of the OTF grant.

"It's massive. As our MPP mentioned, it has allowed us to purchase eight portable nets that are safe and can be moved from field to field as needed. It's all about the safety of our players. These nets need to be secured; otherwise, there is a great risk of injury. It's a game changer for us. Without this help from the Ontario Trillium Foundation, registration fees would have to be raised to afford these expenditures on nets. As a result of receiving this grant, more families can afford soccer."

Borges turned our attention to the soccer games being enjoyed by dozens of players on the pitches surrounding the Pavilion at the Soccer Complex and described the kids' cool, colourful jerseys.

"We have eight World Cup mini teams running around here—enjoying their first games of the season. They'll be representing Argentina, Brazil, England, France, Netherlands, Portugal, Spain, and Belgium all season to connect to this year's World Cup. Each team will create a theme day to celebrate the country's culture—it'll be a day to celebrate that country's food and traditions. When the Caledon Cup tournament arrives in August, will gear it towards the World Cup events that will have happened in Canada, the USA, and Mexico earlier in the Summer. Our three big tournaments—Heart of Caledon, the Caledon Cup, and Grassroots—will be celebrations of the World Cup, too."

The showcase event on "Cardinal Day" was a U15 Girls Ontario Cup game between Caledon and Woodbridge.

Borges praised the Caledon squad's play this season: "Our 2011 Girls squad is our most competitive team. They qualified for the toughest division (C1) which is very prestigious—they're the only girls' team in Caledon that's in the i-Model program. We have five players leading the charge against Woodbridge this afternoon including Eliana Barichello—a lifer with the Caledon Soccer Club—as well as Diane Pellizzarri, Maddie Wilson-Fairservice, Eryn Lang, and Taylor Santos. They've all played together a couple of seasons and they're coming off a 2026 PISL championship that they won during the Indoor season. Three of them are captains and they're all leaders of the team."

Unfortunately, Caledon lost a narrow 3-2 decision to Woodbridge in their matinee performance on Saturday. Eli and Abby Gaipo scored for Caledon.

Otherwise, "Cardinal Day" was a soaring success for the Caledon Soccer Club with fresh funds for safer nets, dozens of players providing a sneak preview of the magic of the World Cup, and a strong U15 Girls travel team ready to represent during the Ontario Cup playdowns through the Summer.

Melanson succeeds Lambertus as new Head Coach of Dufferin-Peel Skating Club

BY JIM STEWART

The Dufferin-Peel Skating Club has a new Head Coach.

Jarret Melanson, who has served the Skating Club "on and off as a resource coach," succeeded Patty Lambertus as the 2025-2026 season drew to a close.

Melanson complimented Lambertus's leadership and legacy.

"What Patty has established over the years—it's left the skating club in a great spot. It's been an easy transition."

Melanson brings high level skating experiences and performances with him to the rink.

He noted, "I toured with an Ice Show for ten years and have been working with SkateOntario since 2022 and SkateCanada since 2025. I competed up to the Senior Men's Division at Nationals."

The veteran skater praised his team's performance at the Ice Rodeo which took place at the Teen Ranch Ice Corral on March 29: "It's a year-end celebration that showcases the program and our skaters. We have a great relationship with the Ranch, it's our home rink, and they have a great team to work with. We're getting lots of ice time and using off-ice facilities to create off season training programs for our skaters."

One of those DPSC skaters who performed admirably at Ice Rodeo and at the Provincials in Hamilton on March 20-22 was Ella Stamenkovic.

Coach Melanson praised Stamenkovic's impact on the local sports organization.

"Ella is a leader in the Club and she is friends with so many. She's a model athlete who's in Grade 11. As a 17-year-old, she's one of our lead skaters and has worked tremendously hard on and off the ice. She's a most gifted, artistic performer who interprets music so well as a skater. She won silver at the Star 9 event which was great for her, especially since she's put forth tremendous performances all season."

Coach Melanson described the preparations being made by the DPSC for the Fall competitive season.

"We're fortunate to have ice full-time through the year. Our kids have plenty of options for skating over the summer to prepare for the Fall season. In the next year, we'd like to become a partner with the other clubs to share facilities and costs of a summer program during the offseason. It's not a mandatory program—but skaters who want to get better will take up the opportunities. We're doing a variety of training sessions that would focus on the upcoming season, especially reps of jumps in an off-ice program. Off-season jumping exercises helps our skaters' muscle memory so when they get back on ice full-time in the Fall, it will cut down on jumping miscues."

In addition to praising Ella Stamenkovic for her fine performances in 2025-26, Coach Melanson offered "a big shout-out to Sophia Thomas—a Dufferin Peel Skating Club member for ten-plus seasons—who has just completed her first season with Disney on Ice and will be performing throughout the Summer of 2026."

The 20-year-old Thomas joined Disney on Ice in 2025 and is currently completing her studies at university while skating for the world-famous Ice Show.

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PUBLIC NOTICE

NOTICE of ANNUAL GENERAL MEETING of the Alzheimer Society of Dufferin County to take place on June 24th at 5pm at 25 Centennial Rd, unit one, Orangeville Ontario. All are welcome. Please email: info@alzheimerdufferin.org to indicate your intention to attend.

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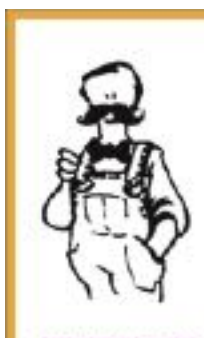

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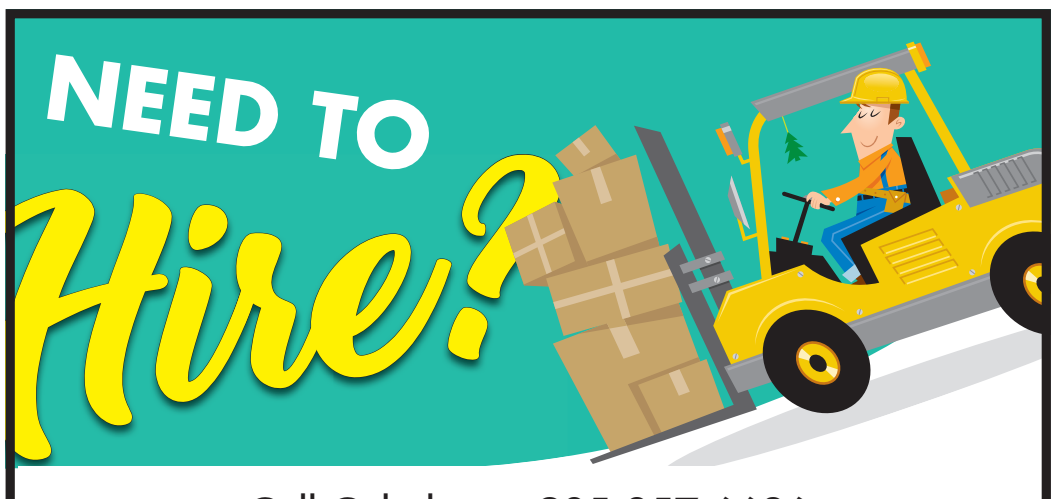

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"Small doesn't necessarily mean irrelevant"
Leader of the Canadian Future Party comes to Caledon

Dominic Cardy addresses the group of listeners gathered.

PHOTO BY RILEY MURPHY

BY RILEY MURPHY
LOCAL JOURNALISM INITIATIVE REPORTER

Dominic Cardy, leader of the Canadian Future Party, took the long drive to Palgrave on Monday, June 1, to speak with residents about the issues they hoped to see reflected in their own politics.

The Canadian Future Party was formed by Cardy, a former New Brunswick cabinet minister and former Progressive Conservative party MLA, in August of 2024, to create a party that is "Not left. Not right. Forward."

Cardy told the small group gathered that day at the Caledon Equestrian Park that his current objective was to hear Canadians' ideas and thoughts.

"That's the whole point of going around the country right now, trying to build a small party into something bigger, is to listen to Canadians, because how else are we actually going to figure out what people want to talk about?" Cardy says in his opening remarks. "If we are going to have an evidence-based party, the evidence for a political party in Canada has to start with what Canadians want."

Cardy says there was "no stress" at that moment about the number of listeners.

"This is a building project, and people who come out right now are the people who are most interested."

What brought him to Caledon was a local member of the party, he explains.

"I've been really clear with party members across the country, and with really anyone saying if you want to talk about democracy and how we can get Canada back on track, I'm there. So, I do my best to try and make it build in as many meetings as I can along the way."

He adds that those need to get back to being in the same room and having discussions: "I think that's how real democratic politics happens."

Cardy discussed the history of Canadian politics and the "back and forth" between Liberal and Conservative parties.

"I was under no illusions about how, frankly, crazy it was to try and start this party," says Cardy. "Small doesn't necessarily mean irrelevant. New doesn't necessarily mean unsuccessful."

In the evening, Cardy addressed topics such as AI use, Canadian identity, free press, and more.

He also spoke about the importance of balanced budgets, something he advocated during his time with the PC party.

During his remarks, he refers to political parties as planes.

He says Prime Minister Mark Carney is piloting a plane with a certain design limitation, and that plane is called the "Liberal Party of Canada."

"All airplanes have limits. Mine has limits in terms of range and speed because we're small. But as we grow, we're able to go to greater distances, fly more interesting missions, and hopefully have more impact," says Cardy.

Currently working to develop their finance portfolio platform, the core Cardy says it will be a broad wholesale tax reform.

"Without modernizing our tax system, which has not been looked at since the 1960s, we are going to be left without a hope of competing in this chaotic new world that's now facing us," says Cardy.

When it comes to AI, Cardy says Canada will face the "biggest economic shock that the human race has faced probably since the invention of the wheel," adding that categories of jobs will continue to disappear daily.

"This is going to cause economic destruction that's going to throw hundreds of thousands of people out of a job. We have no plans for dealing with this. There is no discussion going on in Ottawa about how we confront it," says Cardy.

By the next election, he says he hopes to have a plan for how they can make AI work for Canada.

"Not just with data centers, not just with making work more efficient, but how we can harness a new technology that in some cases allows us to make the best use of a small population," he says.

The CFP will look at which government programs need to be reformed and enhanced with AI, and which are no longer needed.

Lastly, Cardy touched on the Canadian Identity "crisis."

"Our mistake has been that too often we've ended up having a conversation based around where you're from rather than what you believe," he says. "I don't care who you love. I don't care what you look like. I care if you come to Canada or you're already here. You believe in democracy, the rule of law, free press, an independent judiciary and evidence-based politics as a way of deciding what government should do, because if you adopt those basic platforms, they've been picked up by established democracies like us and worked."

Those sitting in the room engaged Cardy in conversations regarding his platform outreach, AI use, and trade agreements.

Something critical to his party, he says, is stopping the belief that "we can separate our economy and our security."

"How should we connect ethics and trade? If a country is bigger than you, hostile to you, and doesn't share your values…run away as fast as you can," Cardy says on the importance of taking care when deciding which countries to trade and engage with.

Circling back to his points on trade ethics, he says there needs to be conversations around ethical trade policy.

Bringing in the example of China, he says, "you don't give your lunch money to the playground bully," referencing their threats to Taiwan, as well as how China "behaves towards its citizens."

Cardy also argues that there is underinvestment in the Canadian military and that it must be ensured that "Canada can be defended against threats from abroad."

After the meeting, Cardy says the conversations in that room that night were "great," and one of the best parts, he notes, was members of the audience engaging with one another.

"We can change to be the country we want if we actually decide that is what we want," says Cardy. "The only way that we're going to make it better is through conversations like this. Face-to-face, sitting in the same room, breathing the same air, talking about how we can make Canada better."

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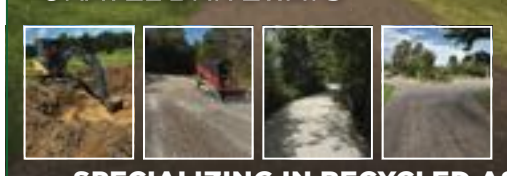

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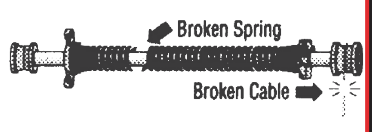

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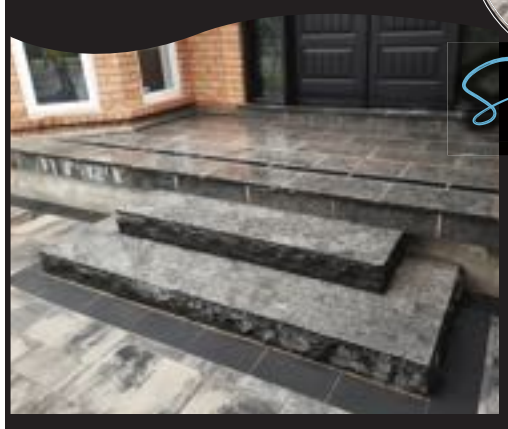

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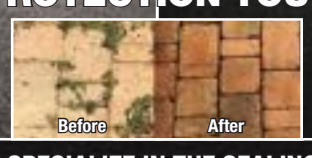

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Hot-hitting Jack Larmer leads Brewers to 7-5 win over Cardinals in "Battle of Caledon"

BY JIM STEWART

Jack Larmer scorched two doubles and drove in three runs to impel the Bolton Brewers to a narrow 7-5 win over the much-improved Caledon Cardinals in NDBL action at North Hill Park on Thursday night.

It was the Cardinals' first loss of the season after opening the 2026 campaign with an 8-7 win over the Lisle Astros last Friday.

Matteo Stothers earned the W on Thursday by providing Bolton with a quality start. The deceptive righthander scattered eight hits, yielded two earned runs, struck out four Cardinals in five innings of work, and left the game with a 6-2 lead.

Victor Moguel earned a two-inning save in support of Stothers, but not before giving Brewers' fans a few heart palpitations.

The veteran righty got off to a shaky start upon ascending the mound at the top of the sixth.

He surrendered three runs to a very pesky Cardinals lineup that strung together three hard-hit singles, and complemented their timely contact with aggressive baserunning, especially a brilliant, delayed double steal that set up a big two-RBI knock by Daniel Ortolan.

With the Brewers' lead reduced to 6-5, it was nail-biting time for the perennial NDBL powerhouse, but Moguel struck out the Cards' dangerous leadoff hitter Ben Larsen to quell the young squad's uprising.

The Brewers' offence responded to the Cardinals' three-run rally when Carson Burns led off the bottom of the sixth with a single and Carter Burnside followed with a walk. After Dan Accardo singled to load the bases with none out, Bolton appeared poised for a big half inning, but Logan Hart popped up to second base. However, a piece of professional hitting by veteran John Hutchinson picked up Hart and provided Bolton with an insurance run when the big lefthander hit a deep, towering opposite field fly ball to drive in Burns to make it 7-5.

After Hutchison's big insurance RBI, Moguel started his second inning of relief by walking the first two Cardinals he faced to create much suspense in The Battle of Caledon.

However, the crafty Brewers' righty induced a fielder's choice and skillfully struck out the last two batters he faced with newfound velocity and control to earn the two-inning save and preserve Stothers's W.

After Moguel forestalled another late inning loss by the Brew Crew, Stothers gave credit to a number of players for the important early season victory and complimented the Cardinals' improved play: "Logan called a great game. We were able to move the ball side to side, around the edges of the zone, and get ground balls and fly-balls against a team that makes good contact and rarely strikes out. We all love playing these guys—they're a good baseball team. Defense was great behind me tonight, too—Carson filled in at shortstop for Brett Chater and did a really good job. Ben Sterritt made some nice plays in the outfield and Reid played really well at first base."

Brewers' starter Matteo Strothers struck out four Cardinals, scattered eight hits, and yielded two earned runs in five innings to earn the 7 – 5 win over Caledon. **PHOTO BY JIM STEWART**

After complimenting his catcher's game-calling and applauding his excellent defenders who played error-free baseball versus the Cardinals, Stothers praised the hitting prowess of his third baseman.

"We really needed to win tonight—it was a must-win situation-- and Jack Larmer played a great game to be our leader. Those two doubles were big hits and Jack was the catalyst of the offence. He's been our star at the plate so far this season and he's been playing great at third."

Larmer, who cobbled together a four-hit night in a narrow 10-9 loss to Orillia on Tuesday night, belted a double into the centre-right gap in the first inning to plate Amin Juarez and hammered a two-RBI double against the centre-field fence to stake the Brewers to a 5-0 lead after two innings of play.

Meanwhile, Stothers cruised along and put up zeroes through four innings until a wee blip in the fifth inning.

The Brewers' starter kept the free-swinging Cardinals off balance until he surrendered a leadoff single to Ortolan, k'd Josh Catalanotto, surrendered an RBI triple to Larsen, induced a GO6-3 RBI, surrendered a triple, but induced a ground ball to his first baseman Reid Deibert to limit the Cardinals to two runs. It was a key sequence that turned out to be pivotal point in an entertaining contest.

The Brewers improved their NDBL record to 2-4 with the victory over the Cardinals who fell to 1-1.

The game also had some historical significance. It was likely the last game the cross-town rivals will play at venerable North Hill Park as both teams are poised to move into their new digs at Taylor Fields in north Bolton for the rest of the NDBL season.

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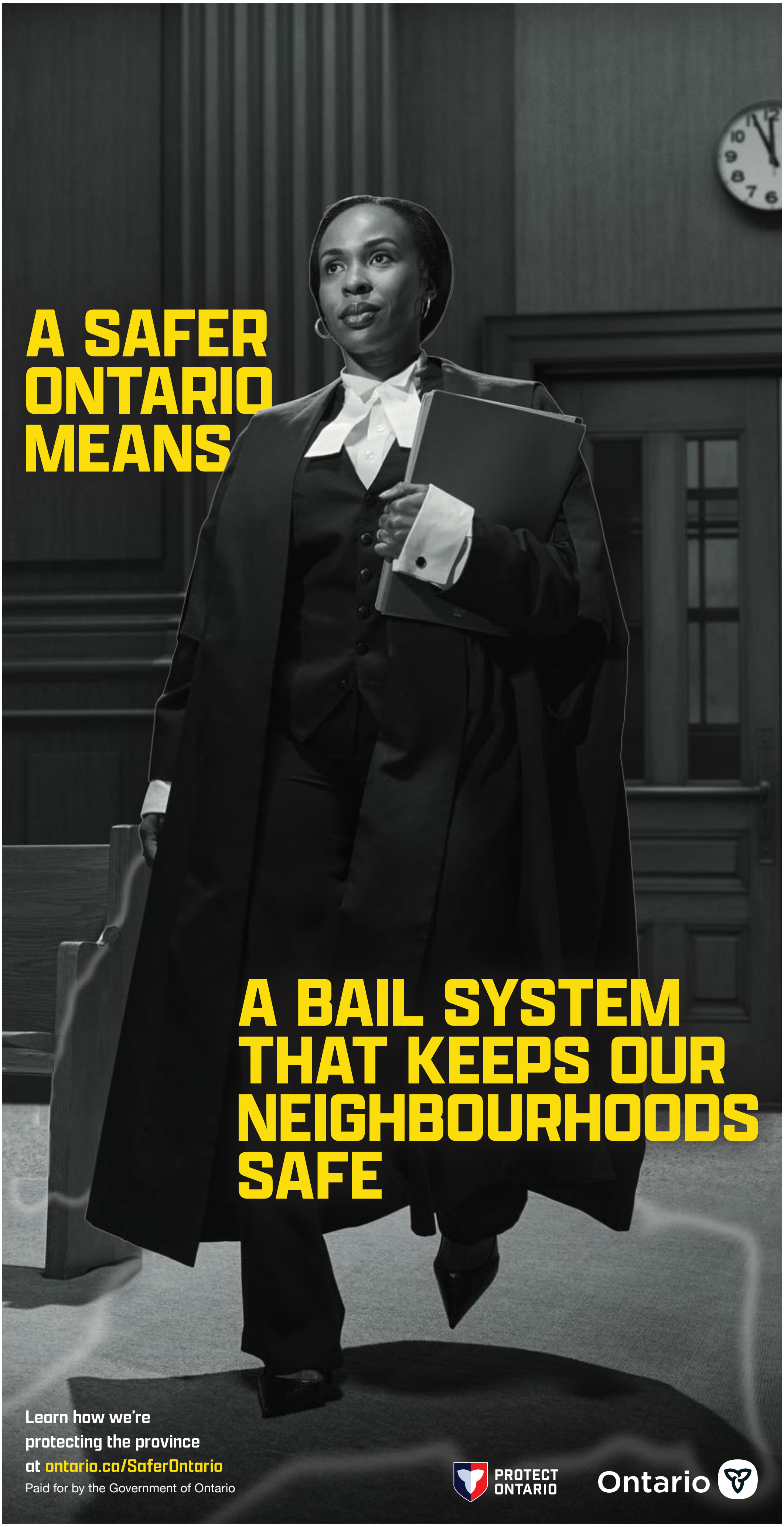
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