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COMMUNITY DONATION: Caledon Mayor Allan Thompson (second left), Coun. Christine Early (second right) and Dufferin-Caledon MPP Sylvia Jones (third from right) helped to deliver over 600 pounds of food to Caledon Community Services this week. The food was donated to the local community group by GlobalMedic. For the full story, see Page A5.

'Raffi's Rebels' organize online fundraiser to help family of 14-year-old cancer patient

Written By ALYSSA PARKHILL

Four Bolton moms have joined forces to bring the Caledon community together in support of a local teen battling through his final stages of cancer.

Raffaele, nicknamed Raffi, has been fighting his battle with cancer since the age of five. When Raffi was in kindergarten, a tumour was discovered on his spinal cord. He endured regular chemotherapy trips to SickKids Hospital and surgery to remove the tumour. Three years later, at age eight, the tumour began to grow again, and Raffi underwent another surgery on his spine, followed by six more weeks of chemo.

Raffi's fight continued until age 12. Though the tumour in his spine was gone, he began suffering from chronic headaches. They were discovered to be abnormal cells in and around his spinal cord and brain. He was diagnosed with High Grade Glioma. In 2019, he underwent surgery to have a Gastrostomy Tube (GTube) fitted, which delivers necessary nutrients directly to the stomach.

In the past two years, Raffi and his family have been fighting the hardest battle yet.

Jennifer Tricoci, Dianna Cocco, Melissa De Cicco and Diane Viveiros Meglio have titled their support group 'Raffi's Rebels'. The name was created by the Scerbo family when they did a fundraising walk for SickKids a few years back.

Continued on Page A6



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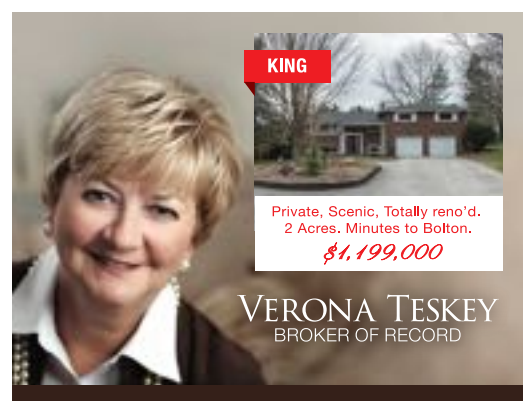
MENTAL HEALTH ISSUES ON THE RISE AS COVID-19 CRISIS CONTINUES

PG A2

ANYTIME FITNESS HOSTS
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Mental health issues on the rise as COVID-19 crisis continues

Written By ALYSSA PARKHILL



FILE PHOTO

BECOMING A STRUGGLE: Steve Joordens, a psychology professor at the University of Toronto, says the ongoing COVID-19 pandemic is likely starting to take a toll on many people's mental health.

"Coronaviruses are a large family of viruses, which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases," according to the World Health Organization (WHO).

WHO was first informed about the new virus in late December 2019, after a number of pneumonia cases sprang up in Wuhan, China. The virus was later named COVID-19, also known as SARS-CoV2.

On March 11, WHO officially declared COVID-19 as a pandemic. Countries began to respond by putting emergency orders in place as the virus began to rapidly spread.

Where this new strain of coronavirus originated is yet be discovered, but authorities were able to identify the new virus as similar to other known coronavirus' such as SARS (Severe acute respiratory), which was identified in 2002, and MERS (Middle East respiratory syndrome), first discovered in 2012.

Though the virus has produced only mild symptoms in some, it has also shown to be fatal in more than 219,000 cases worldwide. The most common symptoms, as stated by WHO, are a fever, dry cough and tiredness. In other cases, some can experience aches, pains, nasal congestion, sore throat, diarrhea and abdominal pain. In more severe cases, individuals have developed respiratory issues, such as pneumonia and bronchitis. Portions of individuals may get infected with the virus but not experience any symptoms at all. COVID-19 is spread through respiratory moisture droplets produced from a person through coughing and sneezing.

It's been shown in several cases that older individuals are at a higher risk of experiencing more severe symptoms than those of younger generations.

"We do see the bulk of cases in individuals aged 35 to 64 years of age, and second in individuals aged 65 and older," said Interim Medical Officer of Health Dr. Lawrence Loh from Peel Public Health.

Researchers and scientists are working hard to develop a vaccine for COVID-19, but likely won't be available to the public until mid-2021 at the earliest.

"There's a number of vaccines for COVID that are being developed all around. I know that there are three potential COVID-19 vaccines that are making their way out to testing in China and United States, as well as a number of other vaccines that are being developed right here at home, in Kitchener I believe," said Dr. Loh. "Even when they find a vaccine that works, there's still a number of security safety checks that need to happen. We would still be looking at 12 to 18 months to get the vaccine out to the general public."

Citizens globally have been ordered to stay at home, work remotely, and keep isolated to stop the spread. The Ontario government closed all non-essential services on March 23 to avoid large gatherings and promote social distancing. But, with so many being isolated for a number of weeks now, mental health and wellbeing is becoming a significant concern.

Psychology professor at the University of Toronto Scarborough Steve Joordens explains the rise of anxiety and mental health issues and ways to keep calm among the pandemic.

"What most of us are feeling is worry and a lot of people are feeling anxious," he explained. "The system that we're all feeling is one that is meant to deal with acute stretch. What our brain does is it senses a threat, kicks us into what's called a sympathetic nervous system, which is a fancy way of what we colloquially referred to as the fight or flight reflex. But when it senses a threat, it says, forget all that. I'm going to make you into a superhero. So, our breathing gets heavier, our heart rate goes up, oxygen is pumped to all of our muscles, our pupils dilate so we can see the world better. And we sort of have this ruling that's basically screaming at us to do something."

The fear of the unknown creates an awkward and uncomfortable energy because we don't know how big COVID-19 is, how long it will last and we can't get away from it, creating that nervousness and anxiety. But many people turn towards positive impactful actions to help their mental state to feel more control.

"That's what anxiety pushes us to do, is to take control of the situation. We're all dealing with that kind of state right now," Joordens added.

A recent poll conducted by Angus Reid Institute showed half of Canadians report their mental health worsening while in isolation, and 10 per cent say their mental health has decreased significantly. In total, 44 per cent feel anxious, 30 per cent are bored while 34 per cent feel grateful.

"When anxiety is at its worst, it's like a negative feedback cycle between your mind and your body where your mind is having all these negative thoughts and it's preparing your body for action. But when you feel that bodily sensation that makes you feel anxious and you have this cycle going on, what you really want to do is get in there and stop that from happening," said Joordens.

Loss of human contact plays a key factor in damaging our mental health. Though many are able to connect through virtual technology like FaceTime and video calls, many individuals, especially seniors, lean on human connection to cope.

"When we feel anxiety like this, we want to connect with other human beings. The stereotypical reaction is to hug somebody, but we can't do that. A lot of those in the younger groups are much more tech savvy and can use technology to connect quite easily with other people, whereas some of the older groups, that wasn't their world," said Joordens.

He added, "So, I worry that they're going to have the double whammy of being a little more anxious to begin with, but also not having the easy coping strategies available to them that others might."

Joordens recommends those with family, especially children who also feel the need to have some type of control, connect with those in the older generations who aren't able to make secure connections while isolated, and almost 'adopt' them during the pandemic. The impact hits home for both parties as children will have the triumph of knowing they're doing something, which improves their mental health, and it builds that connection that many people need.

One question that remains the hardest for people to answer is, what will everything be like when this is all over?

"We've never been here before. We cannot draw on past experiences. Virtually everything is speculation," explained Joordens. "However, on another level we are starting to think of each other as germ bags, as threats. A part of me wonders that if we stay in this disgust phase for too long, how long will the hangover be?"

The Canadian Mental Health Association (CAMH) has created online resources for healthcare workers who are dealing with working on the frontlines, those struggling in isolation and quarantine and strategies to cope with stress and anxiety during COVID-19. Visit camh.ca to learn more about what resources are available.

"After being separated for this long and given how much we crave social connection with other human beings, at some level, you would think as soon as we're allowed, we are going to come together again because we really, really need it," said Joordens.

For more information on different strategies to cope with your mental health please visit camh.ca.



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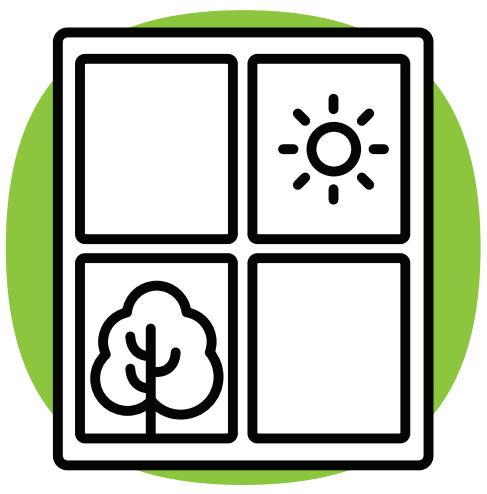
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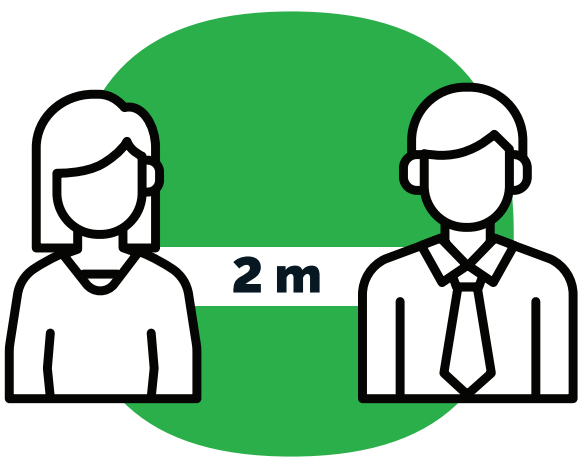
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Caledon man facing dangerous driving charges after trying to flee from crash

On Monday, April 20 at approximately 8:08 p.m. uniformed officers from Caledon OPP responded to a single motor vehicle collision in the area of Charleston Side Road and Kevinwood Drive in the Town of Caledon.

The caller advised that the vehicle in question crashed into a fence then into a ditch, and left the scene travelling erratically westbound on Charleston Side Road.

The officers located the suspect vehicle nearby and conducted a traffic stop.

As a result of a police investigation, the driver, Kyla PARK, 25, of Caledon, was placed under arrest and charged with the following offences: Dangerous operation of a motor vehicle; Possession of a schedule I substance - cocaine; Driving while under suspension; Drive motor vehicle, no currently validated permit; Drive vehicle with cannabis readily available, and Fail to remain

The accused is expected to appear at the Ontario Court of Justice in Orangeville on July 9th, 2020 to answer to the charges.

Motorist flees from police

On Wednesday, April 22 officers from the Community Response Unit of the Caledon OPP were conducting traffic enforcement in the area of Forks of the Credit Road and Dominion Street in the Town of Caledon.

At approximately 4:10 p.m., the officers observed a blue sedan travelling at a high rate of speed on Forks of the Credit Road. The officer attempted to stop the vehicle, however, the sedan continued travelling at a very high rate of speed. The officer lost sight of the suspect vehicle, however was able to obtain the license plate.

As a result of a police investigation, the driver of the vehicle was identified as Andre CHIN, 21, of Brampton. The officer attended CHIN's residence, where he was arrested and charged with the following offences: Dangerous operation of a motor vehicle; Flight from peace officer; Drive motor vehicle, no currently validated permit, and Speeding.

The accused is expected to appear at the Ontario Court of Justice in Orangeville on July 9th, 2020 to answer to the charges.

Thefts, break & enter being investigated in Inglewood

Officers from Caledon OPP had responded to two reported incidents that occurred over the weekend in Inglewood.

The first incident was reported on Sunday, April 26th, 2020 by a complainant residing on Field Crest Road. The home owner reports waking up to find their Sport Utility Vehicle (SUV) stolen from the driveway. Upon further examination of the residence, it was determined that unknown suspect(s) had entered the home through the garage door that was left unlocked overnight, removed the car keys from the laundry room, and then stole the vehicle from the driveway.

The second incident occurred on North Riverside Road, where the complainant's unlocked vehicle had been entered by unknown suspect(s) and sunglasses were stolen as a result.

Both incidents occurred sometime between 10 p.m. on Saturday, April 25 and 9 a.m. on Sunday, April 26

Caledon OPP is asking the residents of the above neighbourhoods to check their security cameras for suspicious people, vehicles or activity. If you have any information or video surveillance footage in relation to these thefts, please call Caledon OPP at (905) 584-2241 or 1-888-310-1122.

You can also provide information anonymously by contacting Peel Crime Stoppers at 1-800-222-TIPS (8477) or online at www.peelcrimestoppers.ca. When you contact Crime Stoppers you stay anonymous, you never have to testify, and you could receive a cash reward of up to $2,000 upon an arrest.

Caledon OPP reminds local residents to always lock vehicles and remove valuables from plain view; never leave the car running and unattended, store car keys in a secure location in your home, and keep all doors in your home locked.

Impaired drivers arrested

On Friday, April 24, at approximately 10:52 p.m., uniformed officers from the Caledon OPP responded to a single motor vehicle collision in the area of Bramalea Road and King Street in the town of Caledon.

A concerned passerby phoned 911 to report a motor vehicle that had crashed into a ditch, sustaining damage to the front. The complainant advised that the driver attempted to drive the car out of the ditch, but was unsuccessful. The driver then fled the scene on foot, once he found out that police were called.

The officers attended the scene and eventually located the driver nearby. The driver was displaying signs of intoxication, and was placed under arrest for Operation while Impaired. The driver was transported to the Caledon OPP Detachment, where further tests were conducted.

As a result, Gennaro Cerullo, 40, of Caledon, has been charged with: Operation while impaired; Operation while impaired - blood alcohol concentration 80 mg plus; Have care or control of vehicle with cannabis readily available, and Driving while under suspension.

The accused is expected to appear at the Ontario Court of Justice in Orangeville on July 9th, 2020, to answer to the charges.

On Monday, April 27 at approximately 11 p.m., a uniformed officer from Caledon OPP was on patrol in the area of Mayfield Road and Snellview Boulevard in the Town of Caledon. While on patrol, the officer spotted a white Sport Utility Vehicle (SUV) driving erratically.

The officer conducted a traffic stop just west of the above location. Upon stopping the vehicle, the officer smelled an odour of alcoholic beverage emanating from the driver's breath. The driver was asked to provide a sample of his breath into the approved roadside screening device, which resulted in a "fail" reading. The driver was placed under arrest and transported to Caledon OPP Detachment, where further breath tests were completed.

As a result, Dowain Williams, 54, of Shelburne, stands charged with: Operation while impaired - blood alcohol concentration 80 plus.

The accused is expected to appear at the Ontario Court of Justice in Orangeville on July 9th, 2020 to answer to the charge

The driver received a 90-day driver's license suspension and a 7-day vehicle impound.

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We still have the physical barriers in place, we prefer debit and credit transactions if possible, we ask customers to bring their own pens when signing for lottery or Western Union transactions, and we have increased the frequency of our cleaning of the front store and pharmacy to every 2-3 hours with a log to document last sanitized time. We still have our front door locked, but our side, wheel chair accessible doors remain open and we ask that the customers use their elbows and not hands to open the door to help stop the spread. Also, we would like to encourage the residents to follow us on social media (Facebook, Instagram and twitter) for more up to date changes and news.

Dr.Bodok's office is located inside the pharmacy and she is still working by seeing patients virtually (either by telephone or via Zoom.Us). If you have an urgent matter and need to contact her, please call her office at 905-951-1173. Other doctors have also implemented these virtual visits. Please call your doctor's office to see what changes they may have implemented in their practices as well.

Last year, we partnered with Good Doctor's Telemedicine who is still operating to bring simple, urgent medical care to the people of Bolton 7 days a week. With the recent change, Good Doctor's has also started seeing patients via telephone and virtually in the privacy of their own home for some conditions. You can call 1-888-930-6571 or text 705-910-7799 and connect with one of their doctors for a virtual visit if applicable.

We here, at Bolton Pharmasave, are continuously trying to keep everyone safe, including staff and those most vulnerable during these times. We would also like to extend a helping hand to local pharmacies to please reach out as well if their patients are in need. We will not be closing our doors and we are here with you, the people and local businesses of Bolton, to help you through these times. Once this all clears up, and it will, we will come out of this together a stronger community. Together, we can fight this!"

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GETTING TO WORK: Hugger Covers began manufacturing and distributing face masks to a variety of organizations and centres in need of safety protection. As they saw the shortage of masks begin to heighten, templates were made, material was cut and their seamstresses sewed to create masks in all different designs.

Caledon community united in support of frontline workers

Written By ALYSSA PARKHILL

"COVID-19 has affected all of us immensely," says Caledon Mayor Allan Thompson. "We are getting through it with help from our courageous frontline workers and the generosity of our neighbours, family and friends."

The Town of Caledon is encouraging residents to connect with each other by sharing their stories over social media on how they have been showing their support for frontline workers, with locals posting stories about creating art, producing protective masks and even making monetary donations.

Local business Roja's Baby Boutique creates baby drool cloths. In support of frontline workers, owner and Valleywood resident, Rosey Kaur has launched her masks to pay it forward. So far, she has made 500 masks and continues to make more for hospitals and seniors homes who are in need.

"Today and always we honour our frontline workers, healthcare system who have done so much for all of us during this pandemic. Thank you for stocking our shelves, thank you for taking care of our healthcare, thank you for your deliveries at our door, thank you for coming and picking up our garbage and recycling. Thank you for everything that you're doing for all of us," Kaur said.

This week, Kaur plans to offer her homemade masks to local residents, leaving them in sealed pages on her clotheslines for individuals to pick up either for themselves or someone they know who is in need.

Ward 5 Area Councillor Tony Rosa shared on his Facebook page, a student from St. Michael Catholic Secondary School in Bolton, who has also been sewing handmade cotton masks for hospitals and frontline workers.

"I want to tell everyone about a student from St. Michael C.S.S. who is helping our community frontline and healthcare workers," Coun. Rosa says. "Fiona Welch-St John loves to sew and aspires to be a fashion designer. When she heard that hospitals were running low on masks and had been requesting handmade cotton ones, she went straight to work! Fiona raided her personal fabric stash and to date has made 30 masks and 5 scrub hats for local nurses, bus drivers, doctors and members of our community. In addition, Fiona is making them at no charge. She has even set up a no-contact porch pick-up."

He added, "God bless Fiona Welch-St. John! You are a local hero."

Mayor Thompson, alongside Dufferin-Caledon MPP Sylvia Jones and Ward 2 Area Councillor Christina Early joined forces with Canadian volunteer organization Global Medic to help deliver 690 pounds of food essentials to Caledon Community Services (CCS) this week.

"Not a chance we maintain our operations without these people and hundreds more who care," said CCS CEO Monty Laskin in a tweet.

Hugger Covers is a local business located in Bolton that makes custom-made covers for cars, trucks, vans, and RV's. In response to COVID-19, they have begun producing and donating face masks to all frontline workers and others in need.

With the support from the community and local volunteers, Hugger Covers has been able to produce and ship 500 handmade masks, or as they call them face huggers, to hospitals, nursing homes, hospice centres, shelters and other organizations who are committed to caring for the community.

"We thank you all for your continual support of all our frontline heroes' for their tremendous courage and commitment during this pandemic," they posted on their Facebook page.

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"Virtual Hugs for Vital Volunteers"

by Chrissy Jarvie, Communications Lead



National Volunteer Week, held annually in April, is a tradition we at Caledon Community Services (CCS) look forward to celebrating every year.

It's an opportunity to applaud the more than 1,000 CCS volunteers who dedicated nearly 23,000 hours to giving back to our community. Volunteers who help out at the Exchange on a weekly basis or during the December and March holidays; those who put their passion for retail to work at our Evolve stores, help out in our offices, provide rides for seniors or help make our fundraising events like the Home for the Holidays Gala a success. Our volunteers are integral to everything we do and are truly invaluable.

Normally volunteer week at CCS is marked with hugs and gatherings where thanks are shared over laughter, stories and usually a cake or two. This year, due to the COVID-19 pandemic, things are a little different with the hugs being virtual and the gatherings being digital but our expression of gratitude is the same.

From all of us at CCS we would like to say thank you to all our incredible volunteers for sharing their time, energy and passion with us. We simply couldn't do what we do without your hard work, dedication and community spirit.

"Big thanks to all of you for being such Caledon Community Services champions this whole year," says Monty Laskin, CEO. "You are gems in our organization."

For now, our volunteer activities have been suspended but we look forward to welcoming volunteers back when it is safe to do so.

"Over the past couple weeks I've received many call from our clients wanting to know how our volunteers are doing," says Fay Davy, Manager of Transportation. "They want to thank you and wanted me to pass on the message for you to stay safe and healthy and that they miss you."

If you would like to help in the meantime, donations in any amount are greatly appreciated and can be made securely at www.ccs4u.org.

To discover future opportunities to volunteer and make a difference, please call 905-584-2300 ext. 277 or email volunteer@ccs4u.org.

How Do You See It?

Tell us how you see it.
Andrea Coles, Volunteer Resources Specialist, Caledon Community Services at 905-584-2300 ext. 277 or acoles@ccs4u.org

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Caledon Lions Club stepping up to help local community

Written By ALYSSA PARKHILL

During these difficult times, communities rely on each other for support and aid when they need it.

Charitable organizations and local businesses step up to the plate to provide supplies, food and a shoulder to lean on for those in the community who need it most.

Caledon Lions Club understands the challenges Caledon residents are going through and are committed to doing their part to help whoever they can.

Lions Club International is the world's largest club organization dedicated to serving communities. With over one million members in 206 countries globally, they live up to their motto "We Serve" exceptionally.

President of Caledon Lions Club, David Cunningham, explains the hardships the club has been going through while being forced to follow social distancing protocols, ensuring members aren't out in the public offering help to those who need it.

"It is tough for a community service organization like the Caledon Lions Club to service its community when we can't get out and roll up our sleeves to help those in need. In lieu, we are making donations to local area food support programs to help those in dire need," said Cunningham.

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>
> David Cunningham
> President of Caledon Lions Club

This past week, the club donated $2,000 to the Caledon Community Services and another $2,000 to the Orangeville Food Bank to do their part.

With public gatherings and social distancing orders in place across the country, the Caledon Lions Club haven't been able to raise funds in their usual manner. The money donated to the various local charitable organizations was raised by selling locally produced fertilizer in Caledon and surrounding areas in preparation for the upcoming spring and summer seasons.

"In prior years, we had campaigns in Alton, Caledon Village and Caledon East in which we sold the fertilizer door-to-door. In addition, we have fertilizer in bulk at a location on Highway 10 that is sold on an honour system," explained Cunningham. "Unfortunately, the door-to-door activities will not happen this year, but the honour system is very much flourishing as we just picked up another eight skids from Alliance Agri-Turf of Bolton."

He added, "It appears a lot of Caledon area citizens are getting ahead of their yard work in these times of social distancing."

Though local fertilizer producer Agri-Turf of Bolton's retail operations are temporarily closed, those looking to purchase fertilizer can do so by calling the store and being sourced through the Lions Club.

Each 25-kilogram bag of fertilizer is being sold for $25. Cunningham noted that products can be picked up at their Lions Club location at 15380 Hurontario Street and is self-serve system. They require individuals to drop cash or cheques into their drop box and pick-up their bag of fertilizer avoiding all human contact.

On top of donating funds towards local charitable organizations and those who are in need, money is also being put towards Lions Foundation of Canada Dog Guides to support the development of service dogs for Canadians with disabilities, as well as Lions Camp Dorset, which is a resort for dialysis patients and their families.

For more information about the Caledon Lions Club or to purchase fertilizer, please visit their Facebook page.

Continued from FRONT

'Raffi's rebels' organize online fundraiser to help family of 14-year-old cancer patient

They launched a GoFundMe fundraiser on April 19 to raise money for Raffi and his family, with a goal of $50,000. Since then 592 people have donated, and the fundraiser has been shared over 2,000 times. A total of $49,201 has been raised, with more donations continuing to flood in.

According to the information provided on the fundraiser, "every day is a struggle as he is almost always in pain. He has lost so much weight that he only weighs about 50 pounds. Raffi now sleeps all day and must use the GTube to provide him with daily calories. He hears his family speak but rarely responds."

It continues, "They are currently living every parent's worst nightmare. They will never get to see their son graduate high school. Raffi has two sisters that will grow into adulthood without him. The Scerbo's need our support. This fund was created to help ease the financial burden they are currently bearing as they continue to provide their son the care he requires. Every donation is greatly received and goes directly to Frank and Jodi. No amount is too small."

Within a week, the fundraiser blew up and the women were receiving non-stop responses and donations.

"When we started this, we had no idea what to expect," said Dianna Cocco. "Within the first 24 hours, I think we were already at $30,000. The more people that find out, the more they share it, and everybody's been calling wanting to do wonderful things for the family in addition to donating on the GoFundMe."

She added, "In the midst of the COVID-19 pandemic, where everybody is worried about their health and their finances, for everybody to be coming together like this, is restoring my faith in humanity."

Raffi is described to be mischievous, vibrant, and one to always be making those around him laugh. One of his passions is sports; especially hockey. As Raffi's story was being shared all around, Toronto Maple Leafs player Mitch Marner got wind of Raffi, and sent him a personal message.

But the support doesn't end there. On the Scerbo's front lawn begun a couple of supportive painted rocks to lift the local family's spirts. The rock garden continues to grow, with bright colours and positive words of hope.

On Sunday (April 26), hundreds of people drove by the Scerbo family home with signs and support in a 25 minute "Parade of Hope" to abide by physical distancing, but still able to show the Scerbo family that the whole community is with them.

"Raffaele, please know the community is thinking of you and your family. We all stand behind you, as you courageously continue your fight. May you draw strength from the love and support which surrounds you," shared Dufferin-Caledon MP Kyle Seeback on his Facebook page to show his own support for Raffi.

With all that's been done and continues for Raffi, his family are extremely grateful and appreciative.

On the Raffi's Rebels Facebook page, the family wrote, "Overwhelmed is not adequate enough to describe how we feel. Everyone's beautiful words, thoughtful gestures and every level of support that family, friends and even strangers have given us. I just hope that Raffaele can sense how he has touched so many people. We continue to read messages to him, and he is surrounded by pictures, posters, and cards that people have given him.



SUBMITTED PHOTO

SUCH A FIGHTER: Caledon resident Raffaele Scerbo has been fighting cancer since he was five years old.

"Raffi, we love you; we are not ready to say goodbye."

For more information about the Caledon Lions Club or to purchase fertilizer, please visit their Facebook page.



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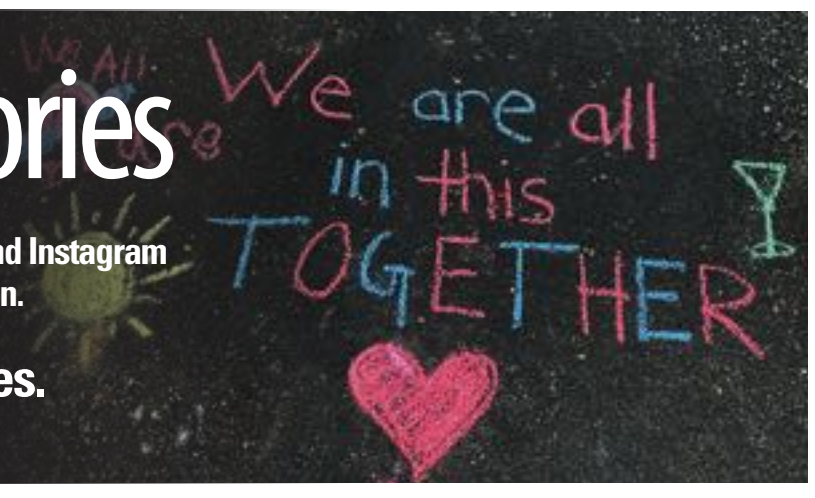


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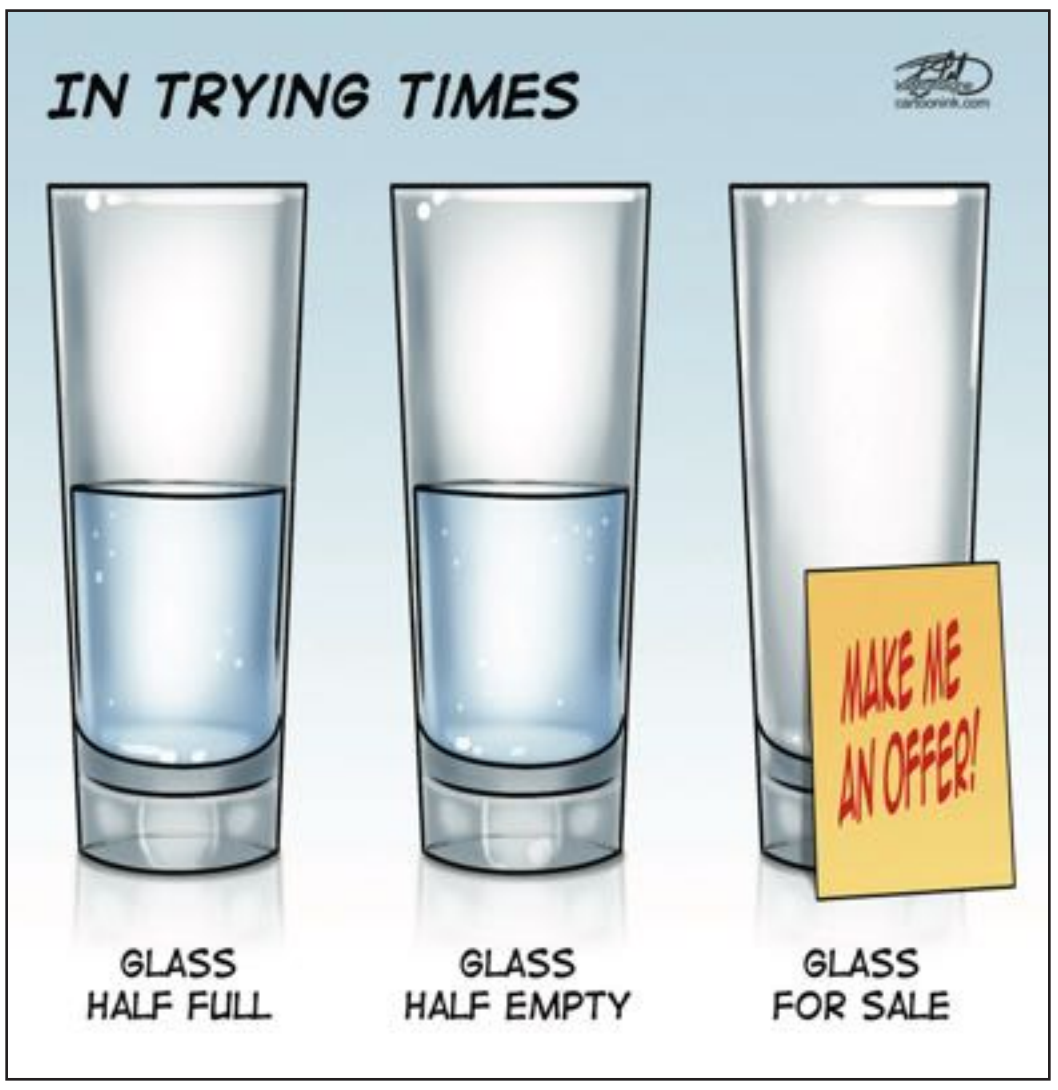
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What is our role during a human crisis?

by Mark Pavilons

"When written in Chinese, the word 'crisis' is composed of two characters. One represents danger and the other represents opportunity."

– John F. Kennedy

JFK is also renowned for the famous quote: ""Ask not what your country can do for you, but what you can do for your country."

In recent weeks, we have all be asked to do things we were afraid of and unfamiliar with. We were asked to change our habits entirely, and stop being the social, interactive creatures that we were born to be.

That's no easy task, as we've all found out during these weeks of social distancing, isolation and sporadic trips into the surreal world for essentials.

Many of us have been glued to our TVs, watching daily speeches and press conferences from our fearless leaders, updating our plight. Yes, most often it's been a depressing, solemn path, a journey lined with death, sickness, limitations and economic peril.

These things aside, many people can't seem to fathom just what their role is during a global pandemic.

It goes back to JFK and his observations. It's about being part of the human race and joining your fellow countrymen and women in solidarity and unity. It's about doing what's right and what's necessary, to defeat a common enemy, and come out the other side stronger and more resilient.

That's what we're doing here in Canada, and it has been working.

Average citizens believe the government and our democratic system is here to serve us. We elect our politicians and put our faith in them to oversee everything in our great country. They work for us.

In times of major crises, we rely on them to come up with the answers, the cures, the solutions and the stop gap measures. We count on them to not only keep us safe and secure, but to save us from drowning.

We may have found out just how strong our social safety net is in this country. Residents and business owners in many other countries around the world don't get the financial support they need to survive. While it may not solve all our woes, the federal and provincial contributions to average citizens has been fair and generous.

For the most part, as countries around the world have come together to share expertise, and our united stance has created something unique. We've put aside our differences, our conflicts and, to some extent, our violent tendencies, to progress through this tragic set of circumstances.

And yet, as witnessed in other parts of the world and south of the border, people can't stand it when their rights are infringed.

Some of our American neighbours have found the stay-at-home orders violate their rights and freedoms, as enshrined in their constitution.

Our own Charter of Rights and Freedoms does clearly indicate we have a guaranteed right of peaceful assembly and association. Gathering with others, sharing ideas and commonalities are basic forms of liberty. We have the right to life, liberty and security and be protected by the law.

The U.S. Bill of Rights guarantees similar basic freedoms and liberties.

To our American neighbours, these are gospel.

I'm sure other countries have something similar in their federal legislation.

While our rights and freedoms are enshrined, it's important to know just what our role is during a crisis. Most of us today have never witnessed anything of this magnitude. Even those alive during the Second World War didn't encounter current measures.

There are mechanisms in place to allow governments to take full control and suspend certain rights, in everyone's best interest. Fortunately, we haven't had to resort to that.

Overall, I believe all levels of government in this country have acted property and senior officials have kept up their end of the bargain. And the majority of Canadians have, too.

That's the beauty of it all, although it's hard to see it right now. When have we ever come together, from sea to shining sea, and hunkered down, obeyed the strict rules and worked to help others? Okay, but the Toronto Raptors can only unite so many of us!

As a fan of apocalyptic tales and stories, I find the abandoned city streets the stuff of great movie-making. But this is reality. And our absence is actually benefitting the planet we call home.

Interestingly, the lack of human activity has improved our atmosphere, water quality, floral and fauna. It's as if the planet gave humans a sign, a message to take a breather from our noxious ways. One of the most interesting impacts of the pandemic is bringing to light, in plain view for all to see, our negative impact on our world. It's enlightening, shocking and humbling. Some stark lessons to be learned.

We're all eager to get back to normal, whatever that turns out to be. If "normal" means road rage, high stress levels, corporate greed, environmental destruction and selfishness, you can keep it!

Some countries are relaxing social distancing to get their economies moving again. We will know very soon if it's premature.

I've quite enjoyed the "quiet" that COVID-19 has brought. I've been pleasantly surprised by the cordiality of my fellow citizens. I've also been shocked by the behaviour of a few bad apples.

I've enjoyed the time our family has together and yes, we'd love to be out and about, but we can still take the dogs for a walk, enjoy family dinners and movie night (which is now every night).

Instead of looking at the imposed restrictions as rights violations, we should take comfort that we're doing it for ourselves, our families, friends and the rest of our country.

Editorial

Names are newsworthy too

IT WAS INTERESTING when Prime Minister Justin Trudeau last week asked media outlets to refrain from naming the individual responsible for the deadliest mass shooting in Canadian history.

The events that transpired in Nova Scotia on April 18 and 19 sent shockwaves across the nation. In total, 22 people were killed and three more injured before the RCMP caught up with the lone perpetrator and, following a brief stand-off, gunned him down. The incident comes at a time when Canadians, maybe not physically but certainly emotionally, are coming together to fight the COVID-19 crisis.

In the days since the shootings, law enforcement has tried to break down, and understand why this happened. It's now confirmed that many of the first victims were known to the shooter, but, as time went on, there was more of a senseless randomness to the killings.

As to that request from the Prime Minister, you will notice we have, in fact, refrained from using the shooter's name – for now.

"Do not give this person the gift of infamy," Mr. Trudeau remarked.

He raises an interesting point. While there has been nothing to suggest this animal carried out these heinous acts as a way of etching his name into the annals of history, there have certainly been instances over the past 20 or 30 years where individuals have perpetrated extreme acts of violence simply to have their names known and remembered for years to come.

Instantly, the 2017 Las Vegas shooting springs to mind. There, a lone gunman opened fire on concert-goers at the Route 91 Harvest music festival on the Las Vegas strip – killing 58 and injuring 413. The horrific massacre at Sandy Hook Elementary School in 2012, where 27 people were killed, many of them young children, is another. In both cases, there appeared to be little, or no motive behind the acts.

Other well-documented incidents in recent times include the 2016 Orlando nightclub shooting (58 victims), the 2019 mosque shootings in Christchurch, New Zealand (51 victims) and the 2011 Norway attacks (77 victims). But, in each of those incidents, the perpetrators clearly held significant prejudicial, terrorist or political agendas, aside from any desire to go down in infamy.

Despite the despicable and horrific nature of these incidents, and the incredible detail they were each reported on both at the time and the weeks and months following, nobody in the Citizen newsroom could recall the names of those responsible. It was only after a quick search on Google that the perpetrators were identified. At least for us, it is the acts themselves that we remember, and not necessarily the people behind them.

That's not to say the prime minister was wrong, or out of line for making his request. In many ways, it does make sense. Why give someone who did something so terrible, as Mr. Trudeau so aptly put it, the gift of infamy. Of being remembered.

But what if that were to happen? For argument's sake, what if mainstream media obliged and chose not to name, or identify people behind such horrible crimes? Would you, the general public, be okay with that? Human beings are curious by nature. We have a thirst for learning. For knowing things. For knowing everything.

And, aside from that, where do you draw the line? Is there really a difference between those who carry out these massacres and other, more renowned monsters, such as Ted Bundy, or Paul Bernardo? What about Orangeville's own 'House Hermit' David Snow, who murdered at least two people in 1991? Would you be comfortable knowing everything about the crime, yet nothing about those responsible?

We suggest, that while it's certainly not the type of news we, or any other media company, enjoys sharing, the names of people behind such crimes is, in fact, news. While Gabriel Wortman will forever have his name attached to the killings in Nova Scotia, we reject the notion that using his name today means his memory, or legacy will live on at the forefront of people's minds forever. If you don't believe us, pull out a pen and paper and try writing down the names of those responsible for some of the previously aforementioned atrocities, in Norway, Las Vegas, Orlando and Christchurch, without searching online.

We'll wait.



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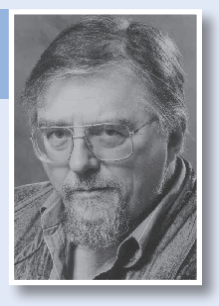
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COVID-19 death rates & arrogance

GWYNNE DYER
OUR WORLD TODAY



Something has gone wrong in the 'Anglosphere', as the English-speaking countries are known in some other parts of the world.

Smaller English-speaking countries are coping with the Covid-19 emergency quite well. New Zealand's coronavirus death toll so far is eighteen, and Australia's is 83. Even Canada, despite being next-door to the United States, has only 2,500 fatalities.

But the two big English-speaking countries are taking worse losses to the coronavirus than anywhere else. The United Kingdom has 20,000 dead already, and the United States will hit 60,000 by Wednesday at the latest. At the current daily death rate, the US will reach 100,000 in about two weeks.

Last month Sir Patrick Vallance, the British government's chief scientific adviser, said that keeping deaths below 20,000 would be a "good outcome", but the final British death toll in this wave of the pandemic will probably be between 30,000 and 40,000 people – the highest loss in Europe.

The United States is almost as bad. Early this month President Trump congratulated himself for his belated conversion to lockdowns, boasting that "The minimum [predicted] number was 100,000 lives and I think we'll be substantially under that number."

American infection rates are still going up, so that is highly unlikely. But even if the US stops at the 'minimum' level of 100,000 deaths, that would mean Americans are dying from Covid-19 at eighty times the death rate that Chinese citizens suffered before Beijing got the virus under control. Or, if you doubt China's statistics, at 1,515 times New Zealand's death rate.

Other English-speaking countries, including those that use English as a common second language, like Kenya, India and South Africa, are not showing anomalous death rates. It's just the US and the UK – so what might they have in common that none of the other English-speaking countries share?

Oh, wait a minute. Weren't these two countries the superpowers that dominated the world one after the other for most of the past two centuries?

Might that have made them a bit arrogant? Unable to see the experience of other countries as relevant to their own situation? Reluctant to follow the advice of international bodies like the World Health Organisation (WHO)? Am I getting warm here?

Britain ticks all the boxes. It has a nationalistic government obsessed with the 'greatness' of the country's past and unable to grasp the reality of its modest current stature. Hence the Brexit project, for example, but exactly the same attitude is manifest in its coronavirus policies.

WHO director-general Tedros Adhanom Ghebreyesus was saying "Test. Test. Test." as early as January. In early March, however, Britain defied the conventional wisdom and all but abandoned both community testing and contact tracing (which is the other essential part of the 'Test' strategy).

It finally declared a lockdown after all its neighbours, and it is paying the price for the delay with its death rate. This was sheer arrogance at work, with only a slight tincture of ignorance. And even now, with pressure growing for an early release from the lockdown, the UK government is still playing catch-up.

Wrong at every step, Prime Minister Boris Johnson must be very grateful to have Donald 'Lysol' Trump to make him look good by comparison. The American president's sins of omission on coronavirus are why the US has one-third of the Covid-19 infections in the world, with only one-twentieth of the world's population.

Trump downplayed the threat as long as he could, then became a last-minute advocate of lockdown. He has now moved on to being the liberator of the American people from lockdown (without any contact tracing, of course). The problem with him as a leader is that he is not only arrogant but flighty and astoundingly ignorant.

But his flightiness and ignorance are merely personal attributes, and Boris Johnson is not ignorant at all (just lazy). What the two men and their respective countries both have in abundance is an arrogant exceptionalism that is leading them into increasingly grave errors.

As Joseph de Maistre remarked, "Every nation gets the government it deserves."

The five stages of isolation

SHERALYN ROMAN
TALK CALEDON



With apologies to Elisabeth Kubler Ross, I write today echoing what I'm sure are the feelings of many amongst us, an acknowledgement that we're all currently experiencing the five stages of isolation. Those of us that are doing our part; unlike the "bunch of yahoos" protesting over their right to get a haircut (a haircut!) have by now, probably experienced every one of these stages. There's a good chance we'll cycle through them at least one or two more times over the course of this pandemic. The only thing that might help us is that one defining characteristic of humanity – our sense of hope. As humans, we have hope. In this case, hope that a better and brighter future is ahead and that our sense of optimism will make the best of that future. Hope is what sustains us until we get there. Meanwhile, as I'm sure you'll agree, it's the five stages of isolation we're really feeling most right now.

Kubler Ross originally wrote about what she termed "the five stages of grief" as they related to individuals facing terminal illness. Later it became the model for what we experience after the passing of a loved one. Since that time it has also been adapted to fit almost any scenario from business to divorce. While generally acknowledged (even by the author herself) as not being completely accurate and certainly not necessarily the linear process originally described, it does provide a simple, easy and relatable framework for discussion about our feelings during difficult times.

Upon the announcement of a new virus circulating around the world, there was Denial. It can't be that bad we thought. It's in another country. It won't impact us. Sadly there are also still some "covidiots" around who think the entire virus is a hoax. Talk about denial! Next up comes Anger. We saw unfortunate displays of xenophobic behaviour by people around the world and even from people in positions of power like Donald Trump who continually referred to CoVid19 as the "Chinese virus." Those of us more rational folks then transitioned into Bargaining, making deals with our government leaders to willingly and in the spirit of cooperation curtail our civil liberties for the greater good. We're staying at home, we're physical distancing and doing our part to prevent the spread of this horrible illness. What began as 14 days of isolation has now stretched over six weeks and we're staring down the prospect of many more weeks still to come before life even begins to resemble some sense of normalcy. Many are struggling with what that "new normal" will even look like. I think it's safe to say many of us are now in the Depression stage. That feeling that the future is uncertain, we're cooped up in our homes, we're missing the opportunities to be with loved ones or to simply hop in the car and take in one of the many lovely scenic destinations that surround us. Many are without work and budgets are being stretched and significant hardships endured. Who can blame us for feeling overwhelmed and depressed? Finally, there is Acceptance. We're adapting to our new reality. We are video conferencing for work or facetiming our loved ones. We're organizing drive by parades for birthdays, placing signs on front lawns announcing good news and even taking part in a tribute to a brave local teenager and his family so that they know they are not alone in their struggles. We are starting to accept a sense of what the "new normal" might look like and finding ways to make it work. They aren't perfect but human beings are resilient and we have hope. It's this hope that will continue to push us forward.

My hope for us now is that each of these stages we've experienced were not undertaken in vain. Anecdotally, on those few occasions I have left the house, I am seeing more and more cars on the road. This concerns me. I deny what I'm seeing as telling signs of people disobeying physical and social distancing orders, and deny that people would be so selfish. Protestors who march at Queens Park demanding their "right" to get a haircut push me back into the anger stage. What right do these people have to compromise the health and safety of us all? Why is your "right" to a haircut more important than my right to live? Or that of my mother or perhaps a family member who is immune compromised. I read something interesting the other day where the author posed this question: If you're ok with going out, with the concept of developing herd immunity and also desperate to get your hair done – you decide which one of your family members should die. Who is it going to be? Then go tell that person you're ok with them dying for the sake of looking good. Me? I'm ok with continuing to bargain away my personal freedoms for the sake of the greater good and I'm pretty certain most of you are the same. I'm ok to keep fighting the depression by focussing on the good. More family time with those we're isolating with, more dinners together, more conversations or catching up on movies we wanted to watch when we "have time." Books that were waiting to be read are now being read, long walks to enjoy nature are now being taken (albeit safely) and a resurgence of baking, sewing and people doing good things for others in the spirit of "we're all in this together" have taken over. I'll accept that. I continue to have hope and hope that most of you do too.



ARTS & Entertainment

Anytime Fitness hosts free group classes to encourage healthy living

Written By ALYSSA PARKHILL

"The online classes seem like a safe way to be socially distance during these difficult times," said owner of Bolton Anytime Fitness Adrian Weglo.

The gym may be temporarily closed, but it doesn't mean they have stopped promoting exercising and healthy living. Weglo and his staff have committed to hosting 25 free group training classes weekly on ZOOM.

"The members at the gym are my family, and I couldn't see us going a month or longer without exercising. The instructors have been very accommodating, helpful and open-minded in this transitional time and have had to incorporate using the ZOOM app, Bluetooth devices and have all become internet wizards to create the best product possible for members," explained Weglo.

While Weglo worries about the impacts the COVID-19 pandemic will have on his business, he's confident Anytime Fitness will endure. With public gyms ordered to close due to risks of spreading the contagious virus, visitors to Anytime Fitness have been reduced to ownership and cleaning staff in recent weeks.

In the meantime, while residents are isolating in the safety of their own homes, Bolton Anytime Fitness wants to encourage everyone to remain physically active. With the virtual online app ZOOM, all the certified personal and group training instructors will be able to provide active and exciting classes for fitness enthusiasts in the community. Average classes include 15 to 30 participants.

"Physical exercise is absolutely integral to building a healthy community. Social interaction between members through the ZOOM app also helps with the overall mental health in the community," said Weglo.

He added, "This is an incredibly stressful time and some people may have lost their routine and normal contact with friends and family. These classes help keep us in touch, accountable and also help maintain a healthy schedule. We have four classes daily and two classes on each on Saturday and Sunday."

Weglo has also donated supplies to several businesses and organizations around Caledon to help do his part during the COVID-19 crisis.

"During this stressful time, we have donated our antibacterial wipes and cleaning supplies to various local businesses, including Caledon Meals on Wheels, Freshii, Dollarama and other local businesses. I'm hoping that we can all come together as a community and support those that have had to work in this stressful time," Weglo remarked.

"We all need to support each other when things slowly get back to normal," he added. "Per capita, Bolton is an incredibly healthy outdoor community and residents have always been incredibly supportive of Anytime Fitness Bolton. Thank you for your continued support and we look forward to reopening soon," said Weglo.

For more information about Bolton Anytime Fitness online ZOOM classes, please visit their Facebook page, or at anytimefitness.com



SUBMITTED PHOTO

CHECK IT OUT: Anytime Fitness is hosting up to 25 online classes weekly for local residents to participate in. Owner Adrian Weglo believes it's more important now than ever to encourage people to live active and healthy lifestyles.

adopt a pet



Baby

Baby is a sweet, shy kitty seeking her forever family. She was found living outdoors, so we do not know much about her background. Baby would do well is a calm household with an owner who is willing to take time with her to help her adjust to her new home and build her confidence. Baby enjoys spending time with her friends in the Adoption Centre and would like to live with a feline companion.

Baby is 2 years old, spayed, vaccinated and micro-chipped.

If you would like to make Baby part of your family, please call us. We are currently closed due to the Covid-19 pandemic, so we will be conducting adoption interviews by phone.

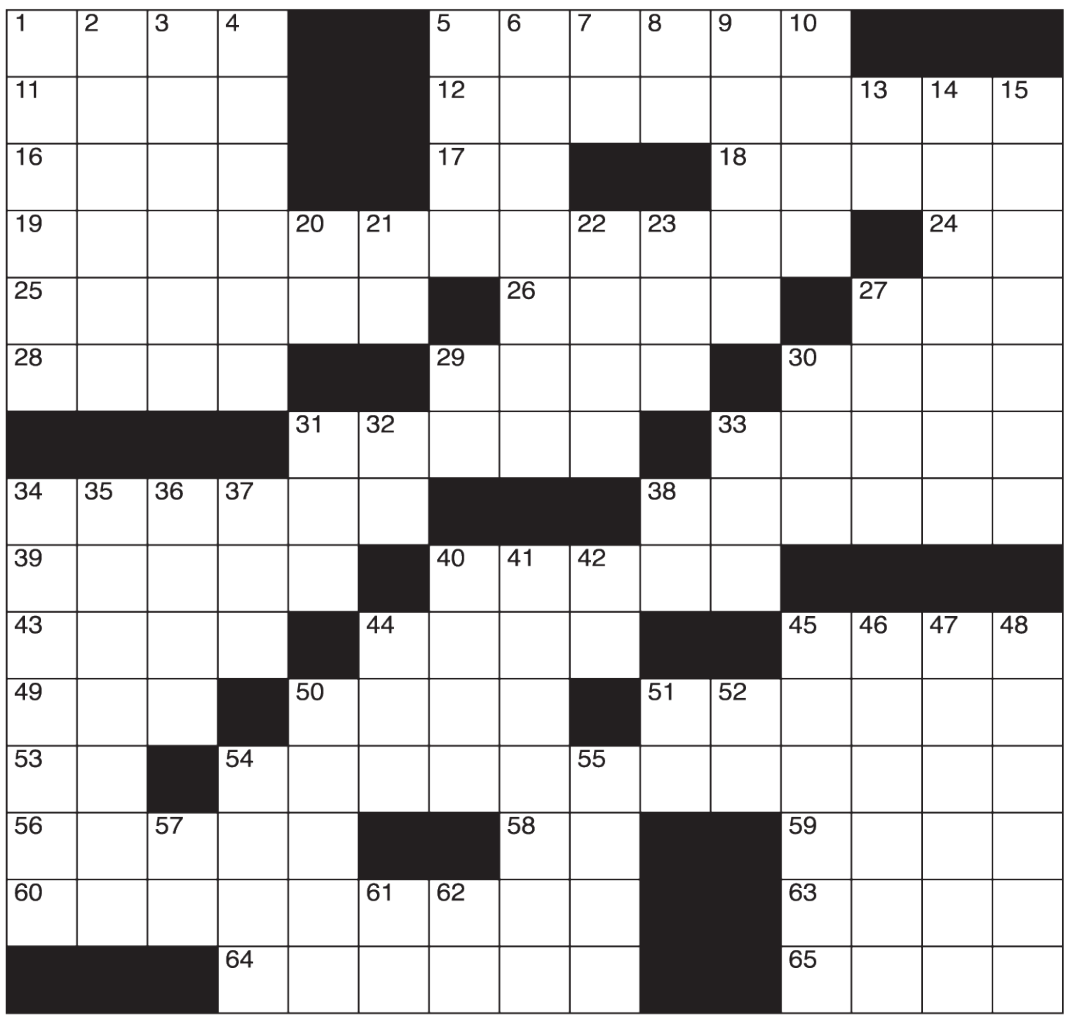
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The Citizen CROSSWORD

Puzzle No. 204510 • Solution on page B1



CLUES ACROSS

1. Curved symmetrical structure
5. One's partner in marriage
11. Male admirer
12. Spend in a period of dormancy
16. Popular Easter meal
17. Doc
18. Bearing a heavy load
19. Gratitude
24. The Mount Rushmore State
25. Driving
26. Girl
27. British thermal unit
28. Makes a mistake
29. A defined length of time
30. Lions do it
31. Large quantities
33. Become less intense
34. Famed peninsula
38. Emerges
39. Rare Hawaiian geese
40. Dance style
43. Drove
44. Measures speed of an engine (abbr.)
45. Yankee hero Bucky
49. Midway between west and northwest
50. Monetary unit of Samoa
51. Makes clothing
53. Spielberg's alien
54. Agreeable to the taste
56. Injury treatment protocol
58. Cools your house
59. Imaginary line
60. New convert
63. Some do it to their windows
64. Wore away
65. Work units

CLUES DOWN

1. Remove body tissue
2. Harvester
3. Roadside living quarters
4. Excessive self-confidence
5. Lapp
6. Bicycled
7. Entrance to a passage
8. Western U.S. state
9. Grain towers
10. "Westworld" actress __ Rachel Wood
13. Commercial
14. One who left a will
15. Makes it through
20. Within (prefix)
21. Sea patrol (abbr.)
22. Cigarettes (slang)
23. A doctrine
27. Constrictor snakes
29. Atomic #73
30. Baseball stat
31. Female sibling
32. A soft gray metal (abbr.)
33. Southern constellation
34. Belgian city
35. Go in again
36. In a different, more positive way
37. A place for sleeping
38. Blood type
40. Syrian news agency (abbr.)
41. A salt or ester of acetic acid
42. Millihenry
44. Populous Israeli city __ Aviv
45. Widen
46. Magical potion
47. Acknowledging
48. Private romantic rendezvous
50. Cavalry sword
51. Terabyte
52. Artificial intelligence
54. Bullfighting maneuver
55. Breezed through
57. Santa says it three times
61. __ and behold
62. 36 inches (abbr.)

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



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OBITUARIES | OBITUARIES

Ransom, Brian

Died on Monday April 20, 2020 surrounded by his loving family at the age of 61. Beloved husband of Brenda; loving father of Chad (Danica) and Bradley (Annie); cherished grandpa of Daphne, Cash, Jack, Gracie, and Katrisse; great grandpa of Ainsley. Brian will be missed by his many other family and friends.



Brian was the proud owner of a 1970 Dodge Dart Swinger, he enjoyed many many hours polishing it up, and could be seen driving around (slowly of course?), to show it off, and would talk passionately about it to anyone willing to listen. But most of all Brian loved spending time with his greatest treasure…his family.

He will be remembered for his caring ways, his guidance, his infectious laughter, and most of all for his love of life, he was a true family man!

Brian touched the hearts of all who were fortunate enough to spend time with him, and when we can all be together, A Celebration of Brian's Life will be held at a later date.

In memory of Brian, donations to Hospice Dufferin would be appreciated by the family.

In Memoriam Funeral Services Inc. has been given the honour to serve the Ransom Family.

HENDERSON, Albert Bolen
Pte. 4th Division RCAMC
September 19, 1917-
April 19, 2020



What can be said about a man who lived an active life for 102 years? Albert Bolen Henderson was born the first son of Albert and Mae Henderson on the family farm in Melancthon Township, not far from Corbetton, Ontario. He was the fifth child after four sisters- Aleth Acheson, Helen Stinson, Della Oldfield and Elva Keast and then was followed by brother Douglas, sister Ella Melanson and brother Eldon. With such a large group of siblings he is survived by many nieces, nephews, great-nieces and nephews and great-great nieces and nephews from both the Henderson and Witney sides. As a young man he was always working on the farm and for other farmers showing his strong work ethic and love for the land, animals and people. Prior to the war and after he worked in research through the University of Toronto for Connaught Labs. On April 25, 1942 he married the love of his life, Julia Mary Witney and they were together for 55 years when she passed in 1997. Both "Bolen and Mary" had enlisted to serve Canada and postponed their married life until after the war in 1946. He served as a medic during the Second World War and was on the first Medic Unit in the battle areas after D-Day. As many veterans stories were not shared when returning home. One highlight he was quite proud of was that when in the Army in England his hand was shaken by Princess Elizabeth. After receiving the greeting from Queen Elizabeth on his 100th birthday he would chuckle and say "I knew her when".
During his research he worked on the vaccines for both rabies and polio and was an animal examiner for many farms and businesses of chickens, pigs, dogs, horses and monkeys. He and Mary spent many of their holidays travelling in Hawaii, Alaska, and across Canada from east to west. Winters of retirement were spent in Florida. Once Bolen settled in Orangeville he took pride in continuing walking his two hundred steps (a mile) each day. He always made a lasting impression on people he met and could recall conversations from times before. He had a great love for dogs. A special thank you to all those friends, family, caregivers and nurses who touched his life and remember fondly his quick wit and humour.
The Family will have a Graveside Interment and a Celebration of Life will be held at future time. Donations may be made to the Heart & Stroke Foundation, the Humane Society-"Rescue Care" or to a charity of choice.
A tree will be planted in memory of Albert in the Dods & McNair Memorial Forest at the Island Lake Conservation Area, Orangeville.
The annual dedication service will be held on Sunday, September 13, 2020 at 2:30 p.m.
Condolences may be offered to the family at www.dodsandmcnair.com

WILSON, Audrey Heather (nee Pearce)



Peacefully at Dufferin Oaks, Shelburne, on Thursday, April, 23, 2020 at the age of 87; loving wife of Tom (d 2007); loved mother of Gordon (Cindy), Alan, Diane Runtas (Frank) cherished sister of Gordon of Edinburgh, Scotland. Beloved Nana of Ryan, Amanda, Kelsey, Jason, Shawn, Kennedy, Megan and Lindsay, Audrey will be sadly missed and thankful she has found peace, with Dad extending his hand. A heartfelt thank you to the 3rd floor RPNs, PSW's and staff for their wonderful care of Audrey.
A Celebration of Life will be held at a later date.
CHEERS TO A LIFE WELL LIVED!
A tree will be planted in memory of Audrey in the Dods & McNair Memorial Forest at the Island Lake Conservation Area, Orangeville.
The annual dedication service will be held on Sunday, September 13, 2020 at 2:30 p.m.
Condolences may be offered to the family at www.dodsandmcnair.com

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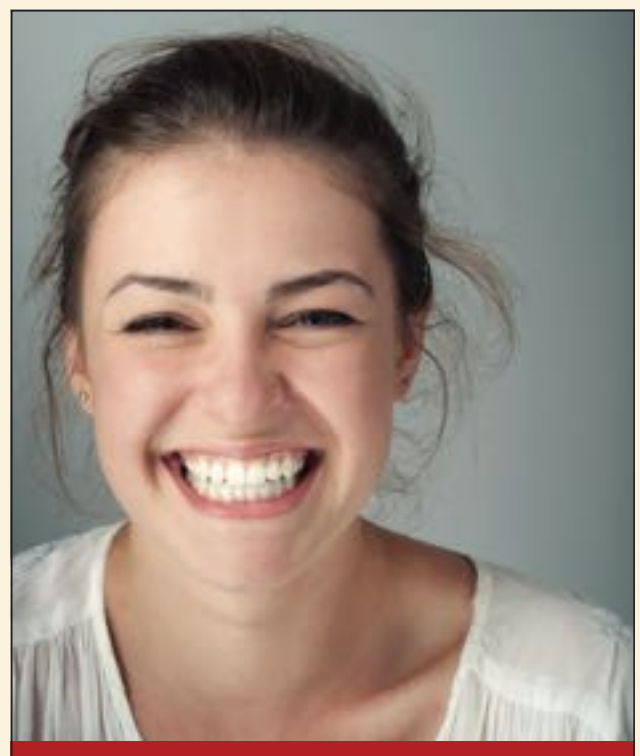
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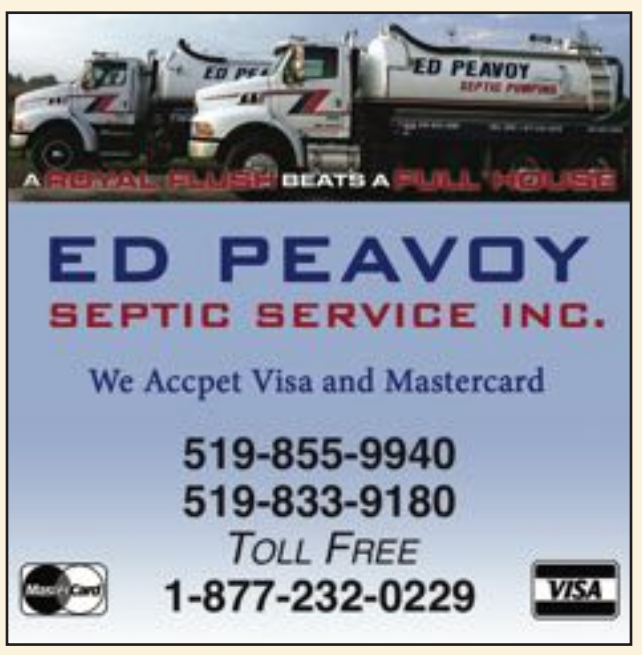
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Mario Ferraro's rookie season couldn't have been any more special

Written By ROBERT BELARDI

When a dream becomes reality, the feeling is surreal. Years of drive and ambition, compiled into one monumental moment.

It depends how you consume it. It wouldn't be uncharacteristic to bask in the moment with tranquility. It isn't totally surprising either, to be excited and completely shocked.

San Jose Sharks rookie defenceman and King City native Mario Ferraro told the Caledon Citizen, being an NHL player, hadn't sunk in, until halfway through the season.

"I don't think it really hit me until I was about halfway through the season that I was playing in the National Hockey League, just complete shock, something you work for your whole life so it hits you by surprise for sure. A lot to soak in," Ferraro said.

To be on the roster for this season, he had to earn the right to feel shock and excitement.

Following two years at UMass-Amherst, his call to camp arrived and he focused on one thing.

"My main goal was to show the coaches how bad I wanted it. Obviously, I wanted to prove that I can play and showcase what I've been working on, but the most important thing was just working as hard as I can, try to make the most of the opportunity."

Head coach at the beginning of the season, Peter DeBoer (later replaced by Bob Boughner), appreciated Ferraro's efforts and awarded him a spot in the lineup. Ferraro praised the opportunity given to him by the organization. He says he is privileged to be a Shark.

On opening night in Las Vegas, against the Golden Knights, excitement and nerves struck the young defenceman before his blades hit the NHL's ice for the first time.

"This one, was obviously the most special moment of my life and so along with that came the most nerves."

Two nights later, the Sharks hosted the Golden Knights in San Jose, resulting in the young defenceman's first point in the league.



SUBMITTED PHOTO

DEBUT SEASON: Mario Ferrraro (#38 in the middle) can't wait until social distancing is over to get back on the ice with his teammates.

He received a nice pass from "Jumbo" Joe Thornton, corralling the puck off the half wall. He shot the puck on a bad angle towards the net and the rebound found Barclay Goodrow who turned it in.

Ferraro says he wishes the team got the win, however, he was excited to have received his first NHL point.

Off the ice, finding a place to live in San Jose hasn't been all that difficult Ferraro says.

"Getting comfortable in the city was fairly easy since I've done it about three or four times now. I also had a ton of nice people help me get accustomed to the new environment."

He is humbled by the support of all of his teammates in the locker room that have played a huge role in his new life in California.

Thornton has invited Ferraro over for dinner quite a few times. He says Thornton has been very supportive over the course of this season, welcoming Ferraro with open arms and taking him under his wing with anything that he needs.

Another player Ferraro has been close with is none other, than the other player on the roster with an exceptionally, long beard.

Brent Burns has been special in developing multiple facets of Ferraro's game with pointers in practice and on the bench.

He says it's not just these two players. Every man in the locker room has played a role in a memorable rookie season for the young Canadian.

Especially, when Ferraro scored his first goal, at the turn of the new year.

In a 6-1 rout of the Philadelphia Flyers on December 28th, scoring his first NHL goal is something he will never forget.

"It's something you know, no one will take away from you. I scored my first NHL goal and that's something I'll never forget and it's something that is just a special moment where I really think 'wow, I'm in the NHL.'"

He has never been a point-hungry player. It never felt like a relief to score that late in the year. He thinks about his team first and that's what matters.

He continues to learn from the head coach now Bob Boughner, who is always looking to make his players better. Either with film or individual pointers in practice, he is keen on finding players weaknesses and improving them; even if that means, being tough to bring out further results.

Until or if, the NHL season returns, Ferraro says that the NHL is everything he imagined.

"It was everything I dreamed of and more. I couldn't have asked to be alongside a better group of guys in a better organization. Love San Jose. I do look to continue to work hard and set greater goals for myself along the way. Obviously, the goal is to win the championship and so, that's what is on my mind right now."

As of now, the 49th overall pick in 2017 continues to keep himself in shape during quarantine.

For workout videos and other related entertainment, you can follow his YouTube channel "Youngest of Plugs" to see what San Jose's #38 is up to on his free time.

Bolton Wanderers soccer coaches still working ahead of new summer season

Written By ROBERT BELARDI

Bolton Wanderers U10 rep coaches Nicholas Ettore and Daniel Korkis haven't stopped coaching.

Amidst the current pandemic, Vice President of Competitive Programs, John Muir has introduced the Zoom app to communicate with players and parents within the team.

With virtual training very much in the balance, Ettore and Korkis have been pushing their team's practice sessions to three or four times a week.

It isn't anything overly complicated. It's simply, reinforcing the fundamentals.

"Me and my head coach Nick, will facetime each other and we'll plan a session," said Korkis, who is the assistant coach of the team.

"That session includes technical work, dribbling, strength and core, simple things."

Both coaches will send a link via TeamSnap to all the parents on the team and the parents with a message and a link.

To keep the children fit, that's what they've been doing. With Ettore being 20-years-old and Korkis at 21, both coaches understand the temptation of grasping an Xbox or PlayStation controller for long hours. They both believe it's important to keep their team active multiple times a week.

Korkis emphasized that all you need is a cone and a ball. The professionals do it, and if the professionals do it, then the children need to continue mastering the fundamentals just like they do.

Recently, last week, both coaches introduced a new training tactic. Some players worked in their basement and others outside.

The coaches wanted to introduce passing and receiving. Using the wall or the fence, the players can kick the ball off of the hard surface and control it cleanly in return. Korkis and Ettore even encouraged parents to participate, exercising with their children with simple drills.

These coaches continue to enforce high training levels at such a young age, because if players want to have the opportunity at a scholarship, or to be noticed by academy teams, these two know what it takes to play at those levels and what the commitment needs to be at to achieve it.

Ettore is a former player for the Ontario Youth Soccer League (OYSL) side, Vaughan Azzurri. He is currently studying for his National C coaching license, which is impressive, considering his young age.

Ettore phoned his friend Daniel Korkis and asked him to join him on the touchline. Without hesitation Korkis accepted.

Korkis formally played for the Bolton Wanderers from the age of five to 12. He moved on to play for the Woodbridge Strikers in the OYSL up until two years ago, and plays competitively for Humber College as well.

Both players have travelled to the United States for matches, been scouted by schools in the process. Young mentors for young minds, seems to be the right formula here for this team.

Re-joining his boyhood club, Korkis is determined to rejoin the club to bring it back to the level when he was growing up playing the sport.

"It gives me more motivation, to return to my boyhood club. This is who made me, into the soccer player that I was."

He wants to give back to the community. He wants to see the Bolton Wanderers, travel to England to see the League 1 side Bolton Wanderers facility. When Korkis was young players had this opportunity and the exposure motivated young players at the age even more.

For now, Ettore and Korkis will continue to train their players as contingency plans are created for the upcoming season.

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Caledon Minor Hockey Age Division Chart 2020 - 2021 Season

Age Division	Year of Birth	Former Name Classification	Age on Dec. 31, 2020	Early Bird Pricing	Pricing effective July 1st, 2020
Under 7 (U7) (U7)	2014 and earlier	Minor Novice	6 or under	$325	$325
Under 8 (U8)	2013	Novice	7	$400	$450
Under 9 (U9)	2012	Minor Atom	8	$555	$625
Under 10 (U10)	2011	Atom	9	$555	$625
Under 11 (U11)	2010	Minor Peewee	10	$555	$625
Under 12 (U12)	2009	Peewee	11	$555	$625
Under 13 (U13)	2008	Minor Bantam	12	$555	$625
Under 14 (U14)	2007	Bantam	13	$555	$625
Under 15 (U15)	2006	Minor Midget	14	$555	$625
Under 18 (U18)	2005	Midget	15	$555	$625
	2004		16	$580	$650
	2003		17	$580	$650
Under 21 (U21)	2000-2001-2002		18-19-20	$580	$650
				$580	$650

Registration - Earlybird Pricing, postdated cheques/credit cards (June, July, Aug) must be PAID by May 31, 2020
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